

Age Better in Sheffield is a £6m investment programme funded by The Big Lottery Fund and led by South Yorkshire Housing Association to reduce isolation in people aged 50 and over.

The projects are co-delivered by people aged 50+ and a range of inspiring partners across the city including Royal Voluntary Service, Ignite Imaginations, Sheffield Cubed, Sheffield Mind, and SYHA. The programme is governed by Age Better in Sheffield Core Partnership, which includes older people with experience of isolation, Sheffield City Council, Sheffield 50+, NHS Sheffield Clinical Commissioning Group, Sheffield Hallam University, the voluntary, community and faith sector, the private sector and SYHA.



#LOVE002 Pics by Justine and Joe.

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0114 2900 250



SYHA South Yorkshire
Housing Association



IGNITE
IMAGINATIONS

mind | Sheffield
for better mental health

SHEFFIELD
CUBED

LIVE LOVE LAUGH



Volunteer or take part in Age Better in Sheffield.
A range of exciting projects and volunteer opportunities
to reduce the isolation of older people in Sheffield.

AGE BETTER IN SHEFFIELD

Life doesn't stop at 50, in fact many of us are just getting started! But as we get older, life does have a habit of throwing things our way that can easily increase the risk of becoming isolated.

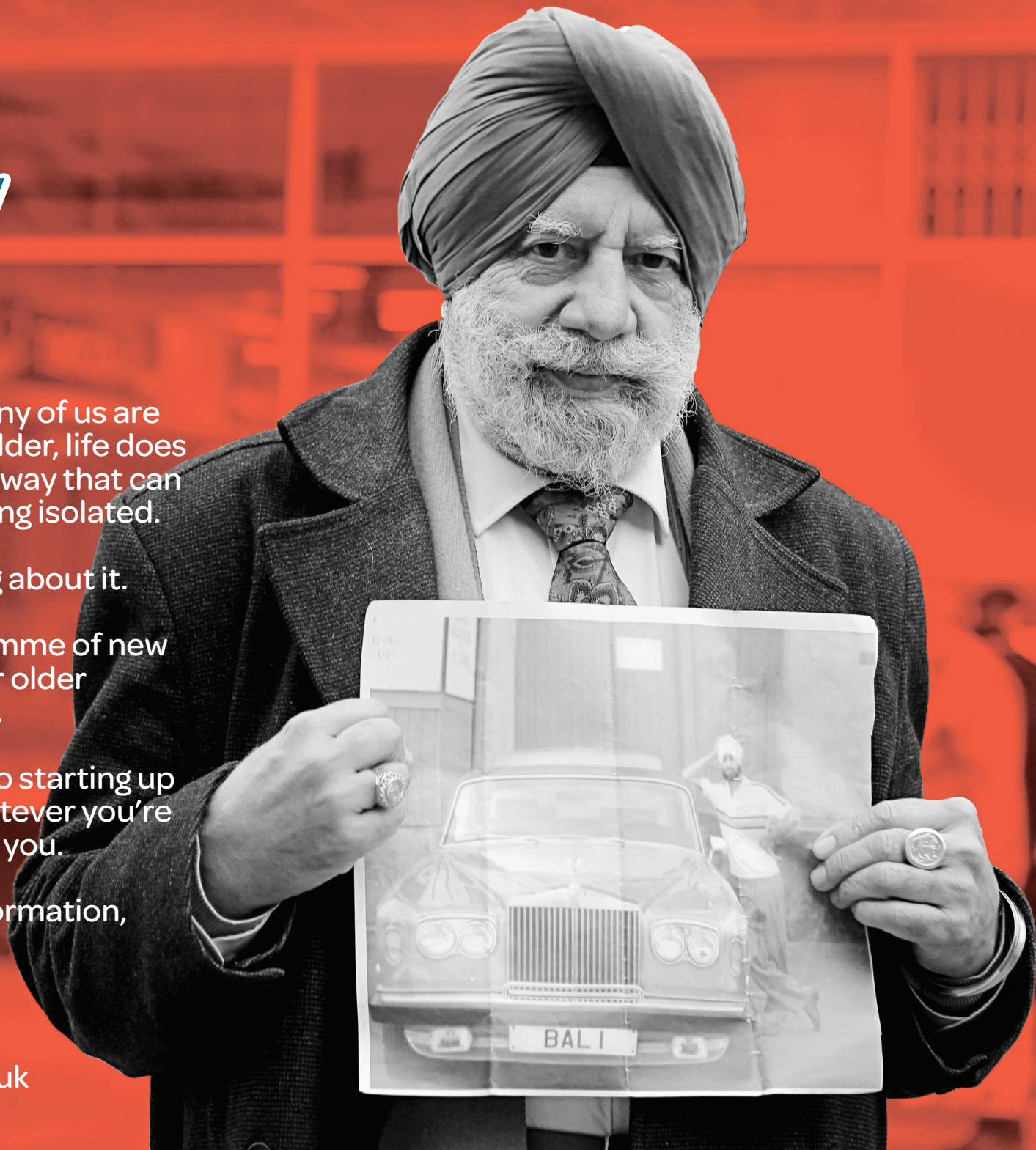
That's if we don't do something about it.

Age Better in Sheffield is a programme of new projects designed by and for older people across our city.

From help getting out and about, to starting up your own community project, whatever you're into, there's something for you.

Have a look inside for more information, or contact us now on:

0114 2900 250
care@syha.co.uk
www.agebettersheff.co.uk



Someone to talk to...

Peer Mentors

Over 50 and facing a significant life event such as caring for a loved one, ill health, retirement, moving home, or the death of a partner? These events can significantly increase your chances of becoming isolated. Sometimes it's helpful to talk to someone of a similar age for a chat and a bit of advice for what to do next, so why not give a Peer Mentor a call?

Contact Guy Weston at Sheffield Cubed:
guy.weston@soarcommunity.org.uk or ring SYHA on 0114 2900 250



"I wanted to volunteer to help myself but also give something back to others. It's important when you're on your own to mix – it helps your wellbeing when you can socially interact. Courage is a big thing, to have someone go along with you that first time helps."

Janice, Peer Mentor volunteer

Ageing Better Champions

Feeling lonely or isolated? Want to speak to someone who has had a similar experience to you? Our Ageing Better Champions are volunteers who have also experienced loneliness or isolation due to sudden changes in their lives. If you are over 50, why not give them a call?

Contact Guy Weston at Sheffield Cubed:
guy.weston@soarcommunity.org.uk or ring SYHA on 0114 2900 250

Wellbeing Practitioners

Many older people said that making that first move to get out and about seemed like an impossible task, unless there was professional help available. The Wellbeing Practitioners are professional counsellors from Sheffield Mind who provide free intensive counselling. They will work with you to find out why you are feeling lonely, and support you with practical ways to build your confidence. They can come to your own home or wherever you feel most comfortable.

Contact Alice Hall at Sheffield Mind for more information:
a.hall@sheffieldmind.co.uk or ring SYHA on 0114 2900 250

Help getting out and about...

Access Ambassadors

Do you struggle to get out of the house on your own? Would you benefit from a volunteer supporting you to walk around your local area? Maybe you need some help with transport? Are you over 50? Our Access Ambassadors can give you whatever support you need to get you out of the house and engaging with other people.

Contact Shannon Kennedy to arrange support:
s.kennedy@syha.co.uk or ring SYHA on 0114 2900 250



"Although I've never felt isolated myself, I still wanted to be able to go for a walk in my street. The Access Ambassadors are helping me continue to 'be active' by accompanying me when I go out. I would encourage everyone to get involved – they will help you to do as much or as little as you please to help you gain confidence and get out more."

Nora, age 101

Meet people of different ages...

www.agebetersheff.co.uk

Intergenerational 5 Ways to Wellbeing

Anyone can feel lonely at times – it doesn't matter how old you are. This project is looking for older people with life experience to support younger people who are at risk of isolation.

Contact Wilma Smith at Royal Voluntary Service
wilma.smith@royalvoluntaryservice.org.uk or ring SYHA on 0114 2900 250

Intergenerational Skills Swap

This project links different generations together to share a skill and learn something new. It's about showing or teaching anyone to do something new – from growing your own veg, to using a digital camera.

Contact Wilma Smith at Royal Voluntary Service
wilma.smith@royalvoluntaryservice.org.uk or ring SYHA on 0114 2900 250

Start up your own project

Start Up

Are you aged 50 or over? Do you feel like the activities on offer in your area aren't for you? Got an idea for something social that could reduce isolation? This project gives support to people aged 50 and over who are interested in setting something up as a group that is socially focussed and reduces isolation.

Contact Panni Loh at Ignite Imaginations:
panni@igniteimagination.org.uk or ring SYHA on 0114 2900 250

Volunteer

There's still time to volunteer for Age Better in Sheffield! We are particularly looking for people over the age of 50, especially if you've had first-hand experience of being isolated. However, we do offer volunteer opportunities for people of all ages.

Call us now on 0114 2900 250 or email us: care@syha.co.uk

Neighbourhoods Toolkit



Do you have an interest in photography, journalism, or film making? We are looking for volunteers to help us develop a Neighbourhoods Toolkit, which will be posted out to homes across Sheffield. The toolkit will help and inspire neighbours to reduce isolation and loneliness in older people, and the first pilot will be developed in the Burngreave Ward. We are particularly looking for local Burngreave residents to take part, though volunteering is open to anyone aged 18 or over across the city.

To volunteer call us on 0114 2900 250 or email: j.gaubert@syha.co.uk

Business and Professionals

Have contact with older people as part of your job? Volunteer as a business or an individual to spread the word and refer people you meet to Age Better in Sheffield. You can also join in the discussion on social media using [#proudtoask](https://twitter.com/proudtoask)

Contact Brooke Leigh on 0114 2702 536 or email: b.leigh@syha.co.uk