

GROWING SUSTAINABLE GROUPS

CONTENTS PAGE

RESOURCES

1. Ageing Better in Birmingham:

- ***A) Growing sustainable groups with the Age of Experience group in Birmingham***
Growing sustainable groups takes time and it's vital to include experience from a range of people with lived experience; coproduction is vital to growing a sustainable group. The Age of Experience group would like to share their top tips for starting and sustaining a community group.
- ***B) Involving older people in creating activities and services***
This briefing explores the different ways in which older people have been involved in coproduction as part of the Ageing Better in Birmingham programme and highlights some key learning from the experience.

2. Ageing Better in Middlesbrough:

- ***Involvement support workshop to co-create a Community Development plan***
We asked a group of older people who have been involved in co-design and/or coproduction of Ageing Better Middlesbrough to help us design the involvement aspect of our new Community Development Project for the next three years. Below are the key themes that emerged.

3. Bristol Ageing Better:

- ***A) The journey of the Stockwood STAR bereavement peer-support group***
This document showcases the journey and key learning from the STAR (Share, Talk and Remember) bereavement peer-support group in Stockwood in Bristol.
- ***B) Presentation: Using an ABCD approach to set up a local group***
The powerpoint slides from a webinar presentation in February 2021 showcasing how an Asset-Based Community Development approach was used to set up a local peer-support group in Bristol; the Stockwood STAR.
- ***C) Video: Bereavement peer-support - Using an ABCD approach to set up a local group, 08-03-2021***
This webinar recording is part of the Stronger Together programme: a co-production webinar series with Ageing Better. It shares the journey of the STAR bereavement peer-support group, which began in the neighbourhood of Stockwood in Bristol.

STORIES

1. Ageing Better in Birmingham:

- **A) Vision and Key Messages**

The vision and key messages of the Ageing Better in Birmingham programme, including how they want to make sure the skills and experiences of older people are at the heart of the programme.

- **B) Interviews with the Age of Experience group**

1. **Video: Interview with Vimla**

2. **Video: Interview with Sharda**

We asked two members of the Age of Experience group about the successes of the group and the importance of sharing co-production learning with others

- **C) News article: Supporting the Make Someone's Day campaign**

A news article marking the launch of the Make Someone's Day campaign in March 2020. The campaign encouraged people to pick up their phones, tablets and computers to connect with those who are most vulnerable and isolated in Birmingham.

- **D) Spring Forward, A Celebration of Ageing March 2020**

1. **News article**

2. **Poster**

Details of an event held by the Ageing Better in Birmingham programme in March 2020 to celebrate ageing.

- **E) Video: How to grow sustainable community groups**

This video explains how the Ageing Better in Birmingham programme has grown and sustained the co-produced Age of Experience group. It outlines the development of the Age of Experience group and the personal stories from Age of Experience group members about what being part of the group has meant to them.

2. Bristol Ageing Better:

- **Interview with Debs, a member of the facilitation team for Stockwood STAR**

In this informal off-the-cuff interview a member of Stockwood STAR speaks about her role within the group, why it is so valuable for people who have experienced a bereavement and her advice for others wishing to set up a STAR group in their local community.