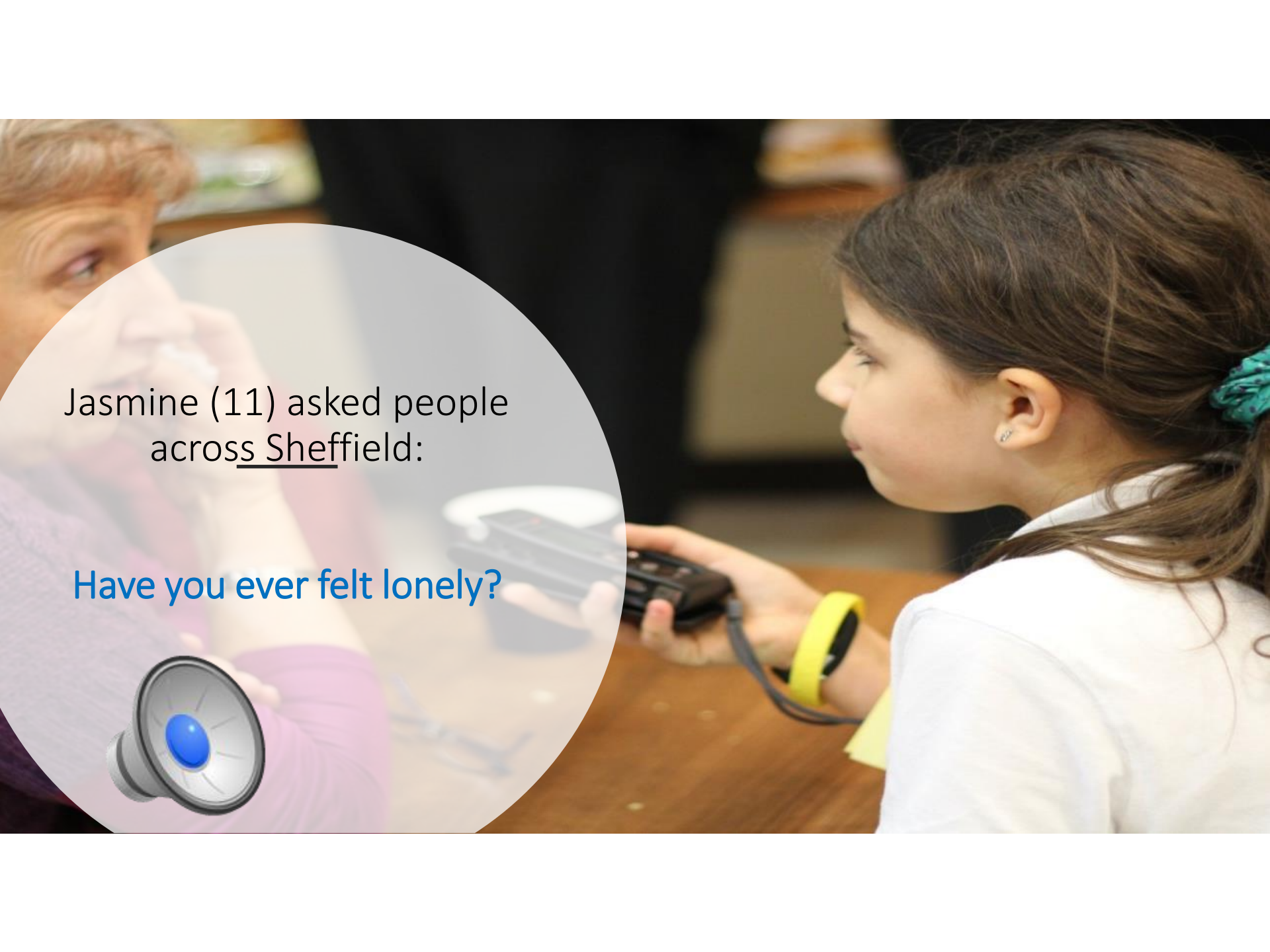




AGE BETTER  
IN SHEFFIELD

## Our story

We love helping to make Sheffield a city we can all be proud to grow older in. In partnership with lots of organisations across Sheffield we're delivering innovative and exciting projects to help tackle loneliness and social isolation for people aged 50 and over. We've made it our mission to support individuals to develop positive and meaningful connections with others.



Jasmine (11) asked people  
across Sheffield:

Have you ever felt lonely?



# Our projects

Opportunity to collaborate with 3<sup>rd</sup> sector & arts organisations across Sheffield

Testing out a range of innovative interventions

Co-designed and delivered projects

Focus on key issues of bereavement, access to resources/impact of austerity/travel & accessibility/employment and making Sheffield a more Age Friendly place to live.







## Impact

2,700+ people engaged

500+ volunteers

46% reduction in levels of loneliness

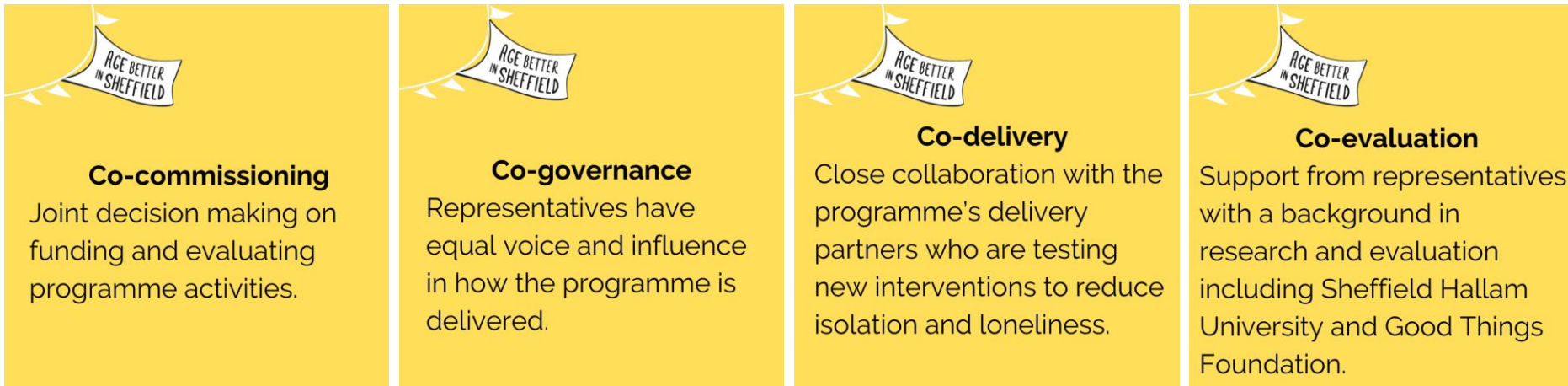
67% of participants report improved mental wellbeing

21% participants BAME

28% participants have limiting health condition.



# Older people leading the way



# Our successes

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- Featured in the World Health Organisation report *Creating Supportive Environments and Resilient Communities*
- Co-produced and hosted first ever Ageing Better celebration event – attended by 150 people – 70% of which were over 50
- Created 3 Neighbourhood Toolkits which have been delivered to over 30,000 people.
- Produced a guide for Housing Associations who are working to reduce social isolation & loneliness in partnership with the Fund.





# Response to Covid-19



Do you need food delivering to your doorstep?

Would your mental well-being benefit from having a chat?

Are you looking for someone to walk your dog? Or would you like to start planting seeds on your windowsill?

Maybe you're not local to Sheffield and you're worried about a loved one who lives alone in our city?

Please get in touch with us on **0114 2900 294** and we can do our best to make things like this happen for you!



# Moments of Joy

- Co-created and delivered over 2,500 'Hello Sheffield Neighbour' activity packs in 3 weeks
- Worked with older people in the city to develop an arts and music programme (35+ sessions to date)
- Developed a befriending project with SYHA's volunteering team.



## Creamy Leek and Potato Soup

- |   | Ingredients | Method  |
|---|-------------|---|
| 1 | 100g butter | 1. Chop all the vegetables  |
| 2 | 100g oil    | 2. Heat oil in a large pan  |
| 3 | 100g salt   | 3. Add chopped vegetables and cook for 3-4 minutes                    |
| 4 | 100g stock  | 4. Add the vegetable stock and bring to the boil                      |
| 5 | 100g pepper | 5. Season and cook at a low temperature until the vegetables are soft |
| 6 |             | 6. Whizz with a blender and add the cream (if using)                  |
| 7 |             | 7. Enjoy!   |



# Moments of Joy...



AGE BETTER  
IN SHEFFIELD

MUSIC  
IN THE ROUND



Tuesday 5th May 2020  
Sheffield



# What next

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- Extension offered for Year 7 – a strong strategic relationship with TNLCF.
- TNLCF has indicated there will be further sustainability opportunities for SYHA beyond March 2022
- Continue to lead the national Ageing Better co-production work
- Grow the Moments of Joy across extra care schemes in the city.
- Build on the legacy of the programme across Sheffield



Thank you!

