



# **Good Practice Mentors**

Index of resources

## Good Practice Mentors

### ***Sharing good practice to reach, involve and connect with older people***

The Good Practice Mentor (GPM) programme is an innovative project that brings together legacy, learning and resources from Ageing Better, a seven-year Test & Learn programme that worked across England to identify the best ways to reduce social isolation and loneliness in people aged over 50.

The Good Practice Mentors draw on learning from across 14 areas of England. We are sharing this wealth of information which can be tricky to navigate, we hope this index will offer you a starting point.

### **What resources will you find listed here?**

- Reports and toolkits from all 14 Ageing Better programmes
- National Lottery Community Fund (NLCF) summary reports
- Relevant resources contributed by other organisations

### **How do you use the Index?**

- Scan the topic headings: Learning is listed under each subject heading, starting with the documents recommended by the GPM team, then The National Lottery Community Fund summaries, and finally learning from other Ageing Better programmes. Each area had a different geographical and economic makeup and was co-produced with older people, which means there is a lot of learning on some topics and less on others.
- We have tried to make this list comprehensive; it is certainly a good starting point, and you will find it grows as we gather more learning and pull new toolkits together.
- We can also help you to navigate our GPM resource index. Ask us questions if you can't find the answer here, by mailing [GPM@syha.co.uk](mailto:GPM@syha.co.uk).



- You might also like to consider joining the Good Practice Mentors in one of our online training sessions, attend a GPM taster session to find out what more we can offer, or simply get in touch for more information via [GPM@syha.co.uk](mailto:GPM@syha.co.uk).

## What sort of information will you find?

Learning was gathered in a range of ways, you'll find short project reports, toolkits, practitioner guides, longer reports and analysis, and even videos and podcasts.

Documents will appear in more than one category.

There are documents created by the National Lottery Community Fund - abstracts, summaries and evaluation reports, drawing together the learning from all the Ageing Better Partners into one place.

You will find documents referred to by current members of the Good Practice Mentor team at the top of each topic, to help you find information you may have been referred to in training or mentoring sessions.

You will find the documents coded to indicate their primary audience

<b>Good for volunteers and staff</b>	<b>VS</b>
<b>Good for commissioners and policy makers</b>	<b>C</b>
<b>Good for system change</b>	<b>S</b>
<b>Good for evaluation</b>	<b>E</b>

The Ageing Better areas across England were as follows, current Good Practice Mentors are those listed in **bold**.

Ageing Better Birmingham

**Ageing Better in Camden**

Ageing Better Middlesborough

## **Age Better in Sheffield**

Manchester Ambition for Ageing

Isle of Wight: Age Friendly Island

Ageless Thanet

Ageing Well Torbay

Bristol Ageing Better

Brightlife Cheshire

Connect Hackney

Leicester Ageing Together

Talk, Eat, Drink in East Lindsey

## **Time to Shine Leeds**

### **Index headings:**

- **Asset Based Community Development**
- **Active life**
- **Age Friendly**
- **Age Friendly businesses**
- **Ageing without children**
- **Ageing in place**
- **Ageism**
- **Arts and creative projects**
- **Barriers to engagement**
- **Befriending**
- **Bereavement**
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- **Housing**
- **Intergenerational**
- **Learning disability**
- **LGBTQ+**
- **Local democracy**
- **Men**
- **Micro grants programme**
- **Monitoring and evaluation**
- **Natural environment**
- **Neighbourhoods**

- **Older people's representative groups**
- **Outreach**
- **Partnership working**
- **Person-centred working**
- **Place-based working**
- **Programme delivery and large-scale grant making**
- **Relationships**
- **Service delivery**
- **Social housing**
- **Social prescribing**
- **Sustainable groups**
- **Systems change**
- **Test and learn projects**
- **Volunteers**
- **Walking projects**
- **Warm Welcome**
- **Wellbeing**
- **Younger older people**

## **Asset Based Community Development**

### **GPM**

Stronger Together: How to grow sustainable groups **VS, C, S**

Stronger Together: Asset-based community development **VS, C, S**

An ABCD Toolkit: An ABCD approach to setting up a community group in your local area  
**VS**

Case study of the Leeds Community Connect Project **VS**

Community Connect End of Project Report **VS**

Setting up a Shared Tables Project in Your Local Area **VS**

### **Other Ageing Better delivery partners**

Tackling Loneliness and Social Isolation in Older People: The role of local organisations  
**VS**

Asset-Based Community Development (ABCD) **VS, C**

Involving Older People in Creating Service and Activities **VS, C**

Learning from Chat and Splash **VS**

Asset-Based Approaches and Inequalities **VS, C**

The Neighbourhood Asset Mapping of Greater Fishponds **VS, E**

A Toolkit for Community Groups **VS, C**

Compassionate People: Commentaries on the pandemic response in Torbay **C, S**

Community Building: Connecting people and place to build community and reduce social isolation **VS, C, S**

Reflections: Wellbeing coordinators in Torbay **VS**



## **Active life**

See exercise

## **Age Friendly**

### **GPM**

Age Friendly Charter **C, S**

Age and Dementia Friendly: Real life stories **V, S**

Age and Dementia Friendly Leeds – background and local picture **C**

### **TNLCF**

Ageing Better: Using the ‘age-friendly’ concept to drive system change in communities and places **C, S**

Age Friendly: Learning from Ageing Better **C, S**

### **Other Ageing Better partners**

Age Friendly Tyburn **S, E**

Towards an Age Friendly Bristol? Understanding the context and development of the Bristol Ageing Better programme **C, S**

Make Your Neighbourhood Age-Friendly **VS, C**

Project report: Housing Options Service run by We Care Home Improvements **C, S**

Working Inclusively to Make Communities Age-Friendly **VS, C, S**

## **Age Friendly businesses**

### **GPM**



[Age and Dementia Friendly Checklist](#) **S**

[How to become Age and Dementia Friendly: a guide for businesses and organisations in Leeds](#) **S**

## **Other Ageing Better partners**

[Age-Friendly Toolkit](#) **S**

[Make Your Business More Age Friendly](#) **S**

[Everyone's Business? A review of TED in East Lindsey's age-friendly business accreditation](#) **S, E**

[The Hildreds Banter Bench](#) **VS, S**

## **Ageing without children**

### **Other Ageing Better partners**

[Ageing Without Children In Rural Lincolnshire: An exploratory study](#) **S**

## **Ageing in Place**

### **Other Ageing Better partners**

[Social Infrastructure: How shared spaces make communities work](#) **C, S, E**

[Working Inclusively to Make Communities Age-Friendly](#) **C, S, E**

[Ageing in Place for Minority Ethnic Communities: The importance of social infrastructure](#) **VS, C, S**

## **Ageism**

## **GPM**

Age Proud Leeds **VS, C, S**

## **TNLCF**

Language: Learning from Ageing Better **VS, C, S**

Shifting sands and different look-outs? Perspectives from TED Ageing Better in East Lindsey 2015-2021 **VS, C, S**

## **Arts and creative projects**

### **GPM**

In Mature Company: dance in care homes **VS**

Dementia care mapping - finding trends & future thinking **C, S, E**

Dementia care mapping - evaluating data & finding trends. **C, S, E**

In Mature Company: introduction to the Dance Diary **VS**

Dancing the small moments: animations series **VS, E**

In Mature Company (podcasts) **VS, E**

Sharing Learning: Yorkshire Dance – In Mature Company **VS, C, E**

Artist Reflections: Creative sessions with care home residents during the Covid-19 pandemic **VS, C**

Case Study of the In Mature Company Project **VS, C**

Young at Arts: reducing loneliness and social isolation through offering creative social opportunities **VS**

Food for Thought: reflections on the Young at Arts project **VS, E**

Young at Arts: Time to Shine end of project report **VS**

Older People and the arts: health and wellbeing through creative engagement **VS**

Shine magazine - Lifestyle, learning and laughter during Lockdown in Leeds **VS**

CARA; Connecting older Irish people in Leeds **VS, E**

Extending the Hand of Friendship’: exploring loneliness among the older Irish community in Leeds **VS, E**

## **BAME**

see Diverse Communities

## **Barriers to engagement**

See also

LGBTQ+

Learning disabilities

Finance

Men

## **Befriending**

### **GPM**

A Communication Lifeline: How outreach ethos, knowledge and skills supported rapid development of a telephone befriending service during Covid-19 **VS, C**

Telephone befriending: information and resources **VS**

## **TNLCF**

Telephone Befriending: Learning from Ageing Better **VS**

Telephone Befriending: Update **C**

## **Other Ageing Better areas**

Telephone Befriending: Learning from Ageing Better Middlesbrough **VS**

## **Bereavement**

### **GPM**

Life, loss, learning and legacy: learning from men's experience of bereavement **VS, E**

### **TNLCF**

Bereavement: Learning from Ageing Better **VS, C**

## **Care homes**

### **GPM**

Artist Reflections: Creative sessions with care home residents during the Covid-19 pandemic **VS, E**

Case Study of the In Mature Company Project **VS**

CARA Too: being a friend **VS**

Dancing the small moments: animations series **VS**

Dementia care mapping - finding trends & future thinking. **VS, C, E**

Dementia care mapping - evaluating data & finding trends. **VS, C, E**

Digital Angels: support to get older people connected **VS**

In Mature Company: introduction to the Dance Diary **VS, E**

In Mature Company: dance in care homes **VS**

Sharing learning: Yorkshire Dance – In Mature Company **VS, C, E**

### **Other Ageing Better partners**

Care Homes in the Community: Evaluation report of a Bristol Ageing Better project led by Alive **VS, C, E**

Spotlight on Social Isolation and Supported Living **VS, C**

### **Carers**

#### **GPM**

Carers Connections: linking people with a shared experience – end of project report **VS**

#### **TNLCF**

Working and Engaging with Carers: Learning from Ageing Better **VS, C**

### **Other Ageing Better delivery partners**

Carers' Voice (Unsung Heroes): Executive Summary **VS**

Care for Carers **VS, E**

### **Commissioning**

#### **GPM**

Stronger Together: Developing a co-commissioning model **C, S, E**

Stronger Together: A co-production toolkit from Ageing Better **C, S, E**

Creating a Cohesive Programme: A Time to Shine toolkit **C, S, E**

Greater Than the Sum of Its Parts: Creating a cohesive programme **C, S, E**

## **TNLCF**

Ageing Better: Using the 'age-friendly' concept to drive system change in communities and places **C, S**

## **Other Ageing better partners**

Top Tips: Contracts and Commissioning **C, S**

## **Community Building**

### **GPM**

Enabling resident engagement and community building within sheltered housing communities **VS, C, S**

An ABCD approach to setting up a community group in your local area **VS**

Case study of the Leeds Community Connect Project **VS**

Community First Yorkshire: Community Connect – final report **VS, C**

## **Other Ageing Better delivery partners**

It's About People, Not Just Place: How community organisations support older people in dispersed communities **VS, C, S**

Community Development for Older people in Bristol **C, E**

Social Isolation and Loneliness in South Asian Communities **VS, C**

Resilience, Communities and People **C**

Keep Ageing Better: The role of volunteers in group dynamics and legacy **VS**

Community Building: Connecting people and place to build community and reduce social isolation **C, S**

Pandemic Response: Building resilience in the community in response to Covid-19 pandemic **VS, C, S**

## **Communities of interest**

See

Diverse Communities

Carers

Men

LGBTQ+

## **Community Connectors/Navigators**

### **GPM**

Community Connectors During Covid-19: adapting to support older people out of isolation **VS**

Social Prescribing Ecosystems: Building value and purpose to improve health and wellbeing through the development of a social prescribing ecosystem **VS, C, S**

### **TNLCF**

Ageing Better: Understanding connections **VS, C, S**

Connector Role Projects **VS, C, S**

Learning Snapshot: The connector role **VS, C, S**

Role of Connectors During Covid-19: Learning from Ageing Better **VS, C, S**

Ageing Better Learning Report 02: Community Connectors **VS, C, S**

## **Other Ageing Better delivery partners**

A Spatial Approach to Working with Marginalised Communities **VS**

Care Navigators **VS, C**

A Toolkit for Community Groups **VS, C**

Connecting People to People - Places - Possibilities - Potential **C, S, E**

Leicester Ageing Together: Supporting active involvement in communities **VS, C**

Bristol Ageing Better Community Navigators Service: Final evaluation report of a social prescribing initiative addressing loneliness and social isolation amongst older people **C, E**

How Successful Has the Connect Hackney 'Connector' Model Been? An in-depth study of the Community Connectors project for older people in Hackney living with or at risk of loneliness and social isolation **C, E**

Top Tips: Social Prescribing **VS**

Community Navigators **S, C, E**

## **Connecting people**

### **TNLCF**

Person Centred Delivery: Learning from Ageing Better **VS, C**

Ageing Better: Understanding connections **VS, C, S**

Ageing Better: Supporting meaningful connections through social prescribing **C, S, E**

### **Other Ageing Better delivery partners**

Ageing in Place for Minority Ethnic Communities: The importance of social infrastructure **VS, C, S**

Older People and Physical Activity: Collective learning from 9 local organisations **VS**

Bristol Ageing Better Project Report 2021: BAME wellbeing **VS, C**

Doing New Things, Meeting New People, and Making New Friends: It's scary but worth it! **VS**

Bristol Ageing Better Project Report 2020: Friends Ageing Better **VS**



[The Value of Small Community-Led Equalities Research: Summary](#) **E**

[A Safer Space in Bolton for People with Mental Health Issues](#) **E**

[Tackling Loneliness and Isolation in Older People: Top tips for a successful activity](#) **VS**

## **Co-production**

### **GPM**

[Camden Older People's Advisory Group: Impact report](#) **VS, C, S**

[Stronger Together: What is co-production?](#)

[Stronger Together: Developing a co-commissioning model](#) **C, S**

[Stronger Together: Co-production in research](#) **C, S, E**

[Stronger Together: Increasing diversity and inclusion](#) **VS, C**

[Stronger Together: How to grow sustainable groups](#) **VS, C**

[Stronger Together: Asset-based community development](#) **VS, C, S**

[Stronger Together: Creating a co-production culture](#) **VS, C, S**

[Stronger Together: Principles and values of co-production](#) **VS, C, S**

[Co-Production: A Time to Shine toolkit](#) **VS, C, S**

[An ABCD approach to setting up a community group in your local area - toolkit](#) **VS**

[Helping community groups to become self-led and sustainable](#) **VS**

[Case Study of the Leeds Community Connect Project](#) **VS, C**

[Shine magazine - Lifestyle, learning and laughter during Lockdown in Leeds](#) **VS, C**

[The Role of Co-production in Combatting Loneliness and Social Isolation in Later life: a case study of the Time to Shine programme](#) **VS, C, S**

Setting up a Shared Tables Project in Your Local Area **VS**

## **Other Ageing Better delivery partners**

Working with communities collaboratively **C, E**

Enhancing togetherness through 'grassroots best practice' **C, E**

Co-Production: Involving older people in the design and delivery of services **VS, C**

Involving Older People in Creating Service and Activities **VS, C**

Co-producing with diverse communities **VS, C**

Top tips for making your activity sustainable **VS**

Age Friendly Middlesbrough Fund: Micro funding to support community groups **VS, C**

Community Researchers: Interim report on five years of learning and achievements **VS, C, E**

Bristol Ageing Better Project Report 2021: BAME wellbeing **VS, C**

Involving older people in decision making **VS, S**

Brightlife Legacy Progress Report **C, E**

Building Older People's Influence in Hackney: understanding influence, recognising leadership and sharing best practice **C, S, E**

Shifting Sands and Different Look-Outs? Perspectives From TED Ageing Better in East Lindsey 2015-2021 **C, S, E**

## **The Covid-19 pandemic**

### **GPM**

"A Thread of Continuity in Uncertain Times": The impact of the Older People's Advisory Group **VS, C**

A Communication Lifeline: How outreach ethos, knowledge and skills supported rapid development of a telephone befriending service during Covid-19 **VS, C**

Community Connectors During Covid-19: adapting to support older people out of isolation **VS**

Creating a Warm Welcome to Maintain Older People's Sense of Belonging in the Context of Covid-19: A practitioner's guide **VS, C, S**

Learning in the Time of Covid-19: Engaging members not online - teleconferencing

Activity Phone Calls: The Ripple Effect's response to supporting bereaved older people during the time of Covid 19 **VS**

Adapting Rapidly to change: a lockdown diary **VS**

Artist Reflections: Creative sessions with care home residents during the Covid-19 pandemic **VS, C**

Boosting confidence to regain independence **VS**

Compassionate and informative telephone calls during Covid-19 **VS, C**

MHA Community Support project: helping older people get out and about **VS**

Telephone befriending: information and resources **VS**

Time To Shine local evaluation. Report 8: the impact of Covid-19 on Time to Shine service delivery and project beneficiaries **E**

## **TNLCF**

Role of Connectors During Covid-19: Learning from Ageing Better **VS, C, S**

Ageing Better: Local responses to the Covid-19 pandemic, neighbourliness and reciprocity **E**

Ageing Better: Learning from our COVID-19 response to enhance future delivery **VS, C, E**

Hybrid Delivery: Early insight from Ageing Better **VS, E**

Ageing Better: Local responses to the Covid-19 pandemic - promoting healthy lifestyles to build resilience **VS, C, E**

Covid-19 Transition Phase: Learning from Ageing Better **VS, C, E**

Ageing Better: How we are responding to Covid-19 **VS, E**

### **Other Ageing Better delivery partners**

Telephone Befriending: Learning from Ageing Better Middlesbrough **VS, C**

Supporting People Over 50 to Become Digitally Included: Learning from Ageing Better Middlesbrough **VS, C**

Developing Social Contact Models in a Time of Social Distancing: A response to Covid-19 **VS, E**

Covid-19: Reacting to a crisis **C, E**

What has the Bristol Support Hub for Older People learnt about online and telephone group activities? **VS, E**

Helping Older Neighbours: How can you support people who are self-isolating in Bristol **VS, E**

Learning From Covid-19: Working in the sector: adaptation, flexibility and engagement **VS, E**

Digital Inclusion During Covid-19: Identifying gaps and bridging the digital divide(s) **VS, E**

Resilience, Communities and People: Resilience through digital inclusion **VS, E**

Resilience, Communities and People: 'Reaching out' not 'hard to reach': Flexible, person-centred work **VS, E**

Compassionate People: Commentaries on the pandemic response in Torbay **VS**

Reflections: Wellbeing coordinators in Torbay **VS**

Pandemic Response: Building resilience in the community in response to Covid-19 pandemic **VS, C, S**

## **Data**

See evaluation

## **Dementia**

### **GPM**

Age and Dementia Friendly: Real life stories **E**

In Mature Company podcasts **VS, E**

Dementia care mapping - finding trends & future thinking **VS, C, E**

Dementia care mapping - evaluating data & finding trends **C, E**

Case Study of the In Mature Company project **VS**

Dancing the small moments: animations series **VS, E**

In Mature Company: introduction to the 'Dance Diary' **VS**

In Mature Company: dance in care homes **VS**

Sharing learning: Yorkshire Dance – In Mature Company **VS, C, E**

## **Other Ageing Better delivery partners**

Bringing Different Ages Together Through Shared Activities **VS**

## **Digital inclusion**

### **GPM**

Creating a Warm Welcome to Maintain Older People's Sense of Belonging in the Context of Covid-19: A practitioner's guide **VS, C, S**

Smart Phone Smart Friends **VS**

Digital Angels: support to get older people connected **VS**

Exploring the online world **VS**

Reducing loneliness through digital connections: case study of the digital angels project **VS, E**

## **TNLCF**

Bridging the Digital Divide: Learning from Ageing Better **VS, E**

Hybrid Delivery: Early insight from Ageing Better **VS, E**

Learning Snapshot: Delivering digital projects **VS, E**

Delivering Digital Projects for People Aged 50+ Experiencing Social Isolation: Learning from Ageing Better **VS, E**

Positives of Digital Connection **VS, E**

## **Other Ageing Better Delivery Partners**

Maintaining Social Connections with Older People Remotely **VS, E**

Micro Funding to Enable Digital Inclusion: Learning from Ageing Better in Birmingham **VS, C, E**

Supporting People Over 50 to Become Digitally Included: Learning from Ageing Better Middlesbrough **VS, C**

How Have BAB Projects Used Technology To Reach and Engage People Aged 50+? **VS**

What has the Bristol Support Hub for Older People Learnt about Online and Telephone Group Activities? **VS, E**

Can the Use of Technology Help to Reduce Social Isolation and Loneliness? Final report **E**

Lincs Digital: Digital skills toolkit **VS**

Digital Inclusion During Covid-19: Identifying gaps and bridging the digital divide(s) **VS, E**

Resilience, Communities and People: Resilience through digital inclusion **VS, E**

Enhancing Resilience in East Lindsey Communities **VS, E**

Can the Use of Technology Help to Reduce Social Isolation and Loneliness? An in-depth study of digital inclusion projects for older people living with or at risk of social isolation and loneliness **VS, C, E**

Accessing Digital Services **VS**

## **Diverse communities**

### **GPM**

Don't Call Me Old: Working with younger older people **VS, C**

Working With Younger Older People **VS, C**

Health for All Connection: working with younger older people **VS, C**

Financial Deprivation and Loneliness: Our learning so far **C, S**

Outreach learning report: Connecting older men to their communities **VS, C, S**

CARA Too: being a friend **VS, C**

Carers Connections: linking people with a shared experience **VS, C**

Connecting with and supporting older LGBT+ people **VS, C**

Bee Together: Ideas on how to include accessible information **C, S**

Bee Together: Ideas on how to include people with learning disabilities **VS, C**

Making a Match: engaging people through their interests **VS, C**

Making LGBT+ older people feel comfortable in your groups: a toolkit for people organising social groups and activities for all older people **VS, C**

Reducing social isolation amongst older LGBT people: a case study of the Sage project **VS, C**

Sage: a project for older LGBT+ people in Leeds **VS, C**

SELF: supporting older people's mental health **VS, C**

Time to Shine local evaluation. Report 5: motivations and barriers for beneficiary engagement **VS, C, E**

Working with individuals with anxiety **VS, C**

Working with younger older people **VS, C**

BME Network: support for a network of small groups of Black and Minority Elders

A Report on the Development and Impact of a BAME-Led Partnership for Tackling Social Isolation Among Older People in Camden **S, E**

Stronger Together: Increasing diversity and inclusion **VS, C**

Connecting with Culture - an insight from Time to Shine **VS, C**

CARA; Connecting older Irish people in Leeds **VS**

Choices: a project for older people living in the diverse populations of Chapeltown in Leeds **VS**

‘Extending the Hand of Friendship’: exploring loneliness among the older Irish community in Leeds **VS, C**

Lychee Red Chinese Seniors **VS**



Time to Shine, time to share: Lychee Red Chinese Seniors **VS, C**

Raat di Roti: meals shared with Punjabi elders **VS**

Raat di Roti - the volunteer experience **VS**

Before this I had nothing: A report on the development and impact on a BAME partnership **VS, C, S**

Sunshine in Leeds: supporting the most lonely older people **VS, C**

BME Network: support for a network of small groups of Black and Minority Elders **VS, C**

Reducing the loneliness of vulnerable groups: a case study of the small funds projects  
**VS, C**

## **TNLCF**

Ageing Better Learning Report 4: Engaging Marginalised People Over 50 **E**

Ageing Better: Understanding context **VS, C**

Ageing Better Learning Report 03: Groups at risk of marginalisation **E**

Working and Engaging with BAME Communities: Learning from Ageing Better **E**

Engaging Marginalised People Over 50 **E**

## **Other Ageing Better delivery partners**

Tackling Loneliness and Social Isolation in Older People: How to get more men involved  
**VS, C**

Tackling loneliness and social isolation in older people: Overcoming barriers to joining in  
**VS, C**

Older People and Financial Security **VS, C**

Older People and Physical Activity: Collective learning from 9 local organisations **VS**

Working and engaging with older men **VS, C, S**

Thematic Bulletin 2: Challenging stereotypes and changing the narrative **VS, C, S**

Shifting Sands and Different Look-Outs? Perspectives From TED Ageing Better in East Lindsey 2015-2021 **VS, C, S**

Mapping and Working with Marginalised Communities: A workbook to guide you in identifying and supporting seldom heard communities in your neighbourhood **VS, C**

The Value of Small Community-Led Equalities Research: Summary **E**

A Spatial Approach to Working with Marginalised Communities **VS**

It's About People, Not Just Place: How community organisations support older people in dispersed communities **VS, C, S**

What Works in Tackling Social Isolation of Older People in Bangladeshi Communities Briefing **VS, C**

A Toolkit for Inclusion in Practice: Learning from the Ambition for Ageing programme **VS, C**

Asset-Based Approaches and Inequalities **VS, C**

Ageing in Place for Minority Ethnic Communities: The importance of social infrastructure **VS, C, S**

Sat Cung 失聰 – Hearing Loss: Summary report AFA

Bristol Ageing Better Project Report 2021: BAME wellbeing **VS, C**

Diversity: Stories of a Hackney generation VS

How to target your services: Final report **VS, C**

Social Isolation and Loneliness in South Asian Communities **VS, C**

Experiences and Challenges of Aged 50+ Polish Expats in Greater Manchester **VS, C**

Out of Sight: Summary report **VS, C**

[Ambitions for Ageing \(hearing impairment\)](#) **VS, C**

## **Ecosystem**

See also

Groups

Place-based working

Social Prescribing

[Ageing Better: Understanding ecosystem](#) **C, S**

## **Evidence**

### **GPM**

[Executive Summary of the Time to Shine Local Evaluation](#) **C, S, E**

[Time to Shine Programme Evaluation: Summary of beneficiary outcomes](#) **C, S, E**

### **TNLCF**

[Ageing Better: Supporting meaningful connections through social prescribing](#) **C, S, E**

[Ageing Better National Learning Report](#) **C, S, E**

[Dementia Care Mapping: Finding trends and future thinking](#) **C, S, E**

## **Other Ageing Better delivery partners**

[7 Years, 7 Key Lessons From Ageless Thanet: Executive summary](#) **C, S, E**

[Can the Use of Technology Help to Reduce Social Isolation and Loneliness? Final report](#)  
**C, S, E**

Shifting Sands and Different Look-Outs? Perspectives From TED Ageing Better in East Lindsey 2015-2021 **C, S, E**

Effects of the Bristol Ageing Better Projects for Older People: Evaluation of the impacts of the programme on loneliness, isolation and a range of associated outcomes **C, S, E**

Towards an Age Friendly Bristol? Understanding the context and development of the Bristol Ageing Better programme **C, S, E**

## **Exercise**

### **GPM**

'Not Just for Young People': Older people's views of Ageing Better in Camden's outreach events at leisure centres **VS**

The Great Outdoors Project: Fresh air and friendship **VS**

Short-term outreach to foster social connections away from formal settings: Men talk about their experiences of informal walking groups **VS**

### **TNLCF**

Ageing Better: Local responses to the Covid-19 pandemic - promoting healthy lifestyles to build resilience **VS, C**

## **Other Ageing Better delivery partners**

Older People and Physical Activity: Collective learning from 9 local organisations **VS**

Learning from Chat and Splash **VS**

The Ageless Thanet Feelgood Factory: Creating a community through exercise **VS, C**

Wellbeing Activities to Reduce Loneliness and Isolation **VS, C**

## **Finances**

### **GPM**

Financial Deprivation and Loneliness: Our learning so far **VS, C, S**

Working with younger older people **VS, C, S**

### **TNLCF**

Economy and Personal Resources **VS, C, S**

## **Other Ageing Better delivery partners**

Older People and Financial Security **VS, C, S**

Learning from COVID-19 - Working in the sector: adaptation, flexibility and engagement

## **Food**

### **GPM**

Setting up a Shared Tables Project in Your Local Area **VS**

Shared Tables: Time To Shine case study **VS, C**

Shared tables: older people eating out together **VS, C**

Food for Thought - community connections through shared meals - film **VS, C**

Carers Connections: linking people with a shared experience **VS, C**

Food for Thought: reflections on the Young at Arts project **VS, C**

Lychee Red Chinese Seniors **VS, C**

Time to Shine, time to share: lychee Red Chinese Seniors **VS, C**

More Than a Mealtime - Shared Tables: sharing and enjoying food together **VS, C**

Raat di Roti: meals shared with Punjabi elders **VS, C**

Raat di Roti - volunteer experiences **VS, C**

## **Other Ageing Better delivery partners**

Social Eating: Project story **VS**

Social Eating: Technical handbook **VS, C**

Social Eating: Guide **VS**

Older People and Community-Supported Shared Meals in Bristol: Evaluation report on Bristol Ageing Better projects "Talking Tables" and "Bristol Meets the World" **VS, C, E**

Your Food, Your Health final project report **VS, C, E**

## **Frailty**

### **GPM**

Reducing loneliness and social isolation through improving wellbeing: a case study of the SWIFt project **C, S, E**

SWIFt interim evaluation - NHS - Autumn 2018 **C, S, E**

SWIFt - film **C, S, E**

SWIFt Supporting Wellbeing and Independence for Frailty **C, S, E**

## **Friendship**

The Warm Welcome Toolkit: A guide to running welcoming community activities with older people **VS, C, S**

What Makes Groups Welcoming for Older People and Why Does It Matter?: Key messages **VS, C, S**

Developing friendships **VS, C, S**

Running a supportive and welcoming group **VS, C, S**

Everyone Needs a Warm Welcome: Reminders and checklist **VS, C, S**

The complexity of loneliness and meaningful relationships **VS, C, S**

‘Extending the Hand of Friendship’: Exploring loneliness among the older Irish community in Leeds

CARA: Connecting older Irish people in Leeds **VS, C**

The value of working with volunteers on Time To Shine projects **VS, C**

Carers Connections: linking people with a shared experience **VS, C**

Case Study of the Bee Together project **VS, C**

Findings from the Bee Together Project **VS, C**

Float Your Boat: encouraging people to talk on the waterways **VS, C**

More Than a Mealtime - Shared Tables: sharing and enjoying food together **VS, C**

Setting up a Shared Tables project in your area **VS, C**

Shared tables: Older People eating out together **VS, C**

Shared Tables: Time To Shine case study **VS, C**

Telephone befriending: information and resources **VS**

## **TNLCF**

How to Create a Warm Welcome: Insights pack **VS, C, S**

Groups: Learning from Ageing Better **VS, C, S**

Working and Engaging with Carers: Learning from Ageing Better **VS, C, S**



Tackling Loneliness and Social Isolation in Older People: How to get more men involved  
**VS, C, S**

### **Other Ageing Better delivery partners**

Social Eating: Guide **VS, C, S**

Social Infrastructure: How shared spaces make communities work **VS, C, S**

Bristol Ageing Better Project Report 2020: Friends Ageing Better **VS**

Older Men at the Margins: a study of older men's experiences of seeking social engagement and combating loneliness in later life. **VS, C, S**

Friendship Groups TED Toolkit **VS, C, S**

TED Friendship Groups **VS, C, S**

### **Grassroots activity**

### **Other Ageing Better delivery partners**

Tackling Loneliness and Social Isolation in Older People: The role of local organisations  
**VS, C**

Community Conversations: Social connections as we age **VS, C, E**

Keep Ageing Better: The role of volunteers in group dynamics and legacy **VS, C, E**

Involving older people in decision making **VS, S**

### **Groups**

### **GPM**

The Warm Welcome Toolkit: A guide to running welcoming community activities with older people **VS, C, S**



What Makes Groups Welcoming for Older People and Why Does It Matter?: Key messages **VS, C, S**

Warm Welcome checklists pack **VS, C**

The value of working with volunteers on Time To Shine projects **VS, C**

## **TNLCF**

Groups: Learning from Ageing Better **VS, C, S**

How to Create a Warm Welcome: Insights pack **VS, C, S**

## **Other Ageing Better delivery partners**

Tackling Loneliness and Social Isolation in Older People: The role of local organisations **VS, C**

Micro Funding to Enable Digital Inclusion: Learning from Ageing Better in Birmingham **VS, C**

Tackling Loneliness and Isolation in Older People: Top tips for a successful activity **VS**

Tackling Loneliness and Social Isolation in Older People: How to get more men involved **VS, C**

Social Eating: Project story **VS, C**

Social Eating: Guide **VS, C**

Group Work Peer Pilot Projects: Key Learning **VS, C**

Bristol Ageing Better Project Report 2021: Shared reading groups **VS, C**

Older People and Community-Supported Shared Meals in Bristol: Evaluation report on Bristol Ageing Better projects "Talking Tables" and "Bristol Meets the World" **VS, C, E**

Leicester Ageing Together: Supporting active involvement in communities **VS, C**

A Toolkit for Community Groups **VS, C**

Friendship Groups TED Toolkit **VS**

TED Friendship Groups **VS**

Keep Ageing Better: The role of volunteers in group dynamics and legacy **VS, C, E**

## **Grief**

See bereavement

## **Health & wellbeing**

### **GPM**

MHA Community Support project: helping older people get out and about **VS**

Mindfulness **VS**

Reducing loneliness and social isolation through improving wellbeing: a case study of the SWIFT project **VS**

Working with individuals with anxiety **VS**

SELF: supporting older people's mental health **VS**

Boosting confidence to regain independence **VS**

Keep Calm and Listen: Effective ways of holding conversations with someone living with a mental health condition **VS**

From the Clinic to the Community: Reducing loneliness through therapy **C, E**

### **TNLCF**

Working With Older People With Poor Physical Health **VS**

Positive Mental Health: Learning from Ageing Better **VS, C**

## **Other Ageing Better delivery partners**

Working with People Experiencing Chronic Loneliness: Insights from Ageing Better Middlesbrough **VS, C**

You Can't Always Fix Loneliness: Supporting the mental health of lonely older people **VS, C**

Ambitions for Ageing **C**

Join Us, Join In: Summary report **C**

Out of Sight: Summary report **C**

A Safer Space in Bolton for People with Mental Health Issues : Equalities Board **E**

What Makes a Neighbourhood a Good Place in Which to Grow Older For People with Mental Health Issues? **E**

Ageless Thanet Social Prescribing Pilot **VS, C, S**

Wellbeing Activities to Reduce Loneliness and Isolation

Older People and Physical Activity: Collective learning from 9 local organisations **VS**

Bristol Ageing Better Project Report 2021: BAME wellbeing **VS, C**

Mental Health and Wellbeing **VS, C, S**

Talking Therapies final project report **VS, C, S**

Wellbeing Service Pilot Projects: Key Learning **VS, C, S**

Your Food, Your Health final project report **VS, C, S, E**

## **Housing**

**GPM**



[It was a day of friendliness, Older people's views on outreach in sheltered housing](#)

## **Other Ageing Better delivery partners**

[Spotlight on Social Isolation and Supported Living](#)

[Your Food, Your Health final project report](#)

## **Intergenerational**

### **GPM**

[Ageing Better in Camden intergenerational week film](#)

[Intergenerational Skills Swap, 2015-2018](#)

### **TNLCF**

[Learning Snapshot: Intergenerational working](#)

[Intergenerational Working: Learning from Ageing Better](#)

## **Other Ageing Better delivery partners**

[Bringing Different Ages Together Through Shared Activities](#) **VS**

[Age Friendly Island \(Isle of Wight\) film](#)

[Social Infrastructure: How shared spaces make communities work](#)

[Key learning from all three intergenerational pilot projects](#)

[Volunteering Matters: Learning for Life Together Pilot](#)

[Windmill Hill City Farm: Learning for Life Together Pilot](#)

[Wyldwood Arts Project: Learning for Life Together Pilot](#)

## **Learning Disability**

## **GPM**

[Bee Together: Ideas on how to include accessible information](#) **VS, C**

[Reducing Social Isolation and Loneliness for Older Adults with a Learning Disability](#) **VS, C**

[Case Study of the Bee Together project](#) **VS, C**

[Consultation with LGBT+ People with Learning Disabilities](#) **VS, C**

## **Other Ageing Better delivery partners**

[Going for GOLD! Growing Older with Learning Disabilities: An inclusive research project to reduce social isolation amongst older adults with learning disabilities.](#) **C, S, E**

[What Have We Learnt about Reducing the Social Isolation of People with Learning Disabilities? Connect Hackney key messages](#) **C, S, E**

## **LGBTQ+**

### **GPM**

[Spotlight on Racism: Leeds LGBT+ mapping project](#) **C**

[Connecting with and Supporting older LGBT+ people](#) **VS, C**

[Making LGBT+ older people feel comfortable in your groups: a toolkit for people organising social groups and activities for all older people](#) **VS**

[Sage: a project for older LGBT+ people in Leeds](#) **VS**

[Reducing social isolation amongst older LGBT people: a case study of the Sage project](#) **VS, C**

### **TNLCF**

[Ageing Better Learning Report 03: Groups at risk of marginalisation](#) **E**

Reducing social isolation in LGBT+ communities aged 50+ learning report **C, S**

Ageing and social networks: the experiences of LGBT+ adults **C, S**

Learning snapshot - key messages, - Reducing Social Isolation in LGBT+ Communities Aged 50+ **VS, C, S**

### **Other Ageing Better delivery partners**

Ageing with Pride **VS, C**

Podcast episode: A conversation about LGBT Experiences in care home settings **S, E**

Reaching and Engaging Older LGBT+ People **VS**

### **Local democracy**

See

Older people's representative groups

Men

### **GPM**

Bringing Older Men Together in Neutral Spaces **VS, C**

Connecting older men to their communities **VS, C**

Short-term outreach to foster social connections away from formal settings: Men talk about their experiences of informal walking groups **VS, E**

Float Your Boat: encouraging people to talk on the waterways **VS**

Life, loss, learning and legacy: learning from men's experience of bereavement **VS**

Tackling the growing crisis of lonely older men; exploring what works through Time to Shine **VS, C**

## **Other Ageing Better delivery partners**

Tackling Loneliness and Social Isolation in Older People: How to get more men involved **VS, C**

Acocks Green Men in Sheds **VS**

What Has Worked Well When Reaching and Engaging Older Men? **VS, C**

Older Men at the Margins: a study of older men's experiences of seeking social engagement and combating loneliness in later life **VS, C**

## **Micro-grants programmes**

### **GPM**

Funding Black-led micro-organisations in England **C, S**

Sowing The Seeds: Reflections on running a Small Funds programme **C, S**

Small Funds: Setting up a micro-funding programme **C, S, E**

Case study of Small Funds **C, S, E**

### **TNLCF**

Micro-Funding: Empowering communities to create grassroots change **C, S**

## **Other Ageing Better delivery partners**

Micro Funding to Enable Digital Inclusion: Learning from Ageing Better in Birmingham **VS, C, E**

Age Friendly Middlesbrough Fund: Micro funding to support community groups **VS, C**

A Good Practice Guide to delivering inclusive Microfunding **VS, C**

Supporting Ageing in Place: A process evaluation of Ambition for Ageing's microfunding programme **C, S, E**

[Evaluation of the Bristol Ageing Better Community Kick-Start Fund](#) **C, S, E**

[Ageless Thanet Community Fund: learning report, 2018-2019](#) **C, S, E**

## **Monitoring & evaluation**

### **GPM**

[Stronger Together: Co-production in research](#) **C, S, E**

[Dementia care mapping - finding trends & future thinking](#) **VS, C, E**

[Dementia care mapping - evaluating data & finding trends](#) **VS, C, E**

[Time to Shine local evaluation. Report 3: process evaluation](#) **S, E**

[Time To Shine local evaluation. Report 10: Test and learn: Understanding the experiences and challenges of frontline organisations](#)

[21 test and learn questions from the Time to Shine programme](#) **E**

[Evaluation of the Supporting Wellbeing and Independence for Frailty \(SWIFt\) Service Highlight report](#) **C, S, E**

[Greater than the sum of its parts: creating a cohesive programme](#) **C, S, E**

[Creating a cohesive programme: A Time To Shine toolkit](#) **C, S, E**

[Monitoring and Evaluation at Time to Shine](#) **C, S, E**

[Sharing learning: Yorkshire Dance – In Mature Company](#) **VS, C, E**

### **TNLCF**

[Ageing Better: Impact evaluation report](#) **C, S, E**

## **Other Ageing Better delivery partners**

[The Value of Small Community-Led Equalities Research: Summary](#) **E**



Community Researchers: Interim report on five years of learning and achievements **VS, C, E**

## **Natural environment**

### **GPM**

Short-term outreach to foster social connections away from formal settings: Men talk about their experiences of informal walking groups **VS, E**

The Great Outdoors Project: Fresh air and friendship **VS**

### **Other Ageing Better delivery partners**

Nature and Ageing Well in Towns and Cities: Why the natural environment matters for healthy ageing **VS, C**

## **Neighbourhoods**

See also

Community development

Place based working

### **Older people's representative groups**

### **GPM**

A Thread of Continuity in Uncertain Times": The impact of the Older People's Advisory Group **VS, C**

Camden Older People's Advisory Group: Impact report **VS, C, S**

The Friendly Communities Project – an independent evaluation **C, S**

## **Other Ageing Better delivery partners**

Building Older People's Influence in Hackney: understanding influence, recognising leadership and sharing best practice **C, E**

Keep Ageing Better: The role of volunteers in group dynamics and legacy **VS, C, E**

Involving older people in decision making **VS, S**

Torbay Assembly **C, S**

## **Outreach**

### **GPM**

Outreaching to find and engage older people “no-one knows”: a necessary element of work to address social isolation and loneliness **C, S**

Toolkit: for providers who want to engage with older people **VS, C, S**

Enabling resident engagement and community building withing sheltered housing communities **VS, C, S**

Doorstep outreach: a practitioners guide to first engagement with older people **VS**

ABC Outreach Service: Describing and evidencing the work; and planning for the future **C, S, E**

What Have We Learned About Street Outreach with Older People? Operational strategies from the Ageing Better in Camden Outreach Team **VS, C**

A Communication Lifeline: How outreach ethos, knowledge and skills supported rapid development of a telephone befriending service during Covid-19 **VS, C**

Bringing Older Men Together in Neutral Spaces **VS, C**

'Not Just for Young People': Older people's views of Ageing Better in Camden's outreach events **C, E**

## Partnership working

### GPM

[Ageing Better in Camden: The impact of working in partnership](#) **C, S**

[Greater than the sum of its parts: creating a cohesive programme](#) **C, S**

[Creating a cohesive programme: A Time To Shine toolkit](#) **C, S**

[Evaluation of the Supporting Wellbeing and Independence for Frailty \(SWIFt\) Service](#)

[The Friendly Communities project: an independent evaluation](#) **C, S, E**

### TNLCF

[Thematic Bulletin 3: Working with communities collaboratively](#) **C, E**

## Other Ageing Better delivery partners

[Bristol Ageing Better Project Report 2021: BAME wellbeing](#) **VS, C**

[Working In partnership](#) **VS, C**

[Everyone's Business? A review of TED in East Lindsey's age-friendly business accreditation](#) **C, S, E**

[Working in the Sector: Adaptation, flexibility and engagement](#) **C, S, E**

## Person-centred working

### GPM

[Working With Younger Older People: Time to Shine report September 2021](#) **VS, C**

[CARA; Connecting older Irish people in Leeds](#) **VS, C**

[Carers Connections: linking people with a shared experience](#) **VS, C**

Don't Call me old: working with younger older people **VS, C**

Health for All Connections: working with younger older people - **VS, C**

SELF: supporting older people's mental health **VS, C**

From the Clinic to the Community: Reducing loneliness through therapy **C, E**

## **TNLCF**

Working in the Sector: Adaptation, flexibility and engagement **VS, C, S**

Person Centred Delivery: Learning from Ageing Better **VS, C**

Role of Connectors During Covid-19: Learning from Ageing Better **VS, C, S**

## **Other Ageing Better delivery partners**

Working with People Experiencing Chronic Loneliness: Insights from Ageing Better Middlesbrough **VS, C**

Enhancing Resilience in East Lindsey Communities **VS, C, S**

Ageless Thanet Social Prescribing Pilot **VS, C**

Working and Engaging with Carers: Learning from Ageing Better **VS, C**

Top Tips: Volunteering **VS, C**

Top Tips: Marketing **VS, C**

Care Navigators **VS, C**

What We Learned: Connect Hackney phase one **VS, C, S**

Social Prescribing Ecosystems: Building value and purpose to improve health and wellbeing through the development of a social prescribing ecosystem **VS, C, S**

Ageing Better Learning Report 02: Community Connectors **VS, C, S**

## **Place-based working**

### **GPM**

Community Building: Connecting people and place to build community and reduce social isolation **C, S**

Greater than the sum of its parts: creating a cohesive programme **C, S, E**

Creating a cohesive programme: A Time To Shine toolkit **C, S, E**

### **Other Ageing Better delivery partners**

Ageing Better: Using the 'age-friendly' concept to drive system change in communities and places **C, S, E**

Age Friendly Middlesbrough Fund: Micro funding to support community groups **VS, C**

## **Programme delivery and large scale grant making**

### **GPM**

Stronger Together: Co-production in research **C, S, E**

Stronger Together: Increasing diversity and inclusion **VS, C**

Greater than the sum of its parts: creating a cohesive programme **C, S**

Creating a Cohesive Programme: A Time to Shine toolkit **C, S**

Monitoring and Evaluation at Time to Shine **C, S, E**

Executive Summary of the Time to Shine Local Evaluation **C, S, E**

The Friendly Communities Project – an independent evaluation **C, S, E**

21 test and learn questions from the Time to Shine programme **E**

The impact of working in partnership **C, S, E**

## **TNLCF**

Thematic Bulletin 1: Embedding the aims and objectives of Ageing Better **C, S, E**

The Ageing Better Programme: Summative report **C, S, E**

Ageing Better: Understanding ecosystem **C, S**

Ageing Better: Understanding context **C, S**

Programme Setup and Development **C, S**

Ageing Better: National evaluation report **C, S, E**

Ageing Better: Achievements and learning from project delivery to date **C, S, E**

## **Other Ageing Better delivery partners**

Shifting Sands and Different Look-Outs? Perspectives From TED Ageing Better in East Lindsey 2015-2021 **C, S, E**

A Good Practice Guide to delivering inclusive Microfunding **C, S, E**

Towards an Age Friendly Bristol? Understanding the context and development of the Bristol Ageing Better programme **C, S, E**

How to target your services: Final report **C, S, E**

Top Tips: Contracts and Commissioning **C, S, E**

What We Learned: Connect Hackney phase one **C, S, E**

Connect Hackney: What we've learned in phase 1 summary, 2015-2018 **C, S, E**

## **Relationships**

### **GPM**

Grief takes many forms: supporting older people through loss and bereavement **VS, C**

Life, loss, learning and legacy: learning from men's experience of bereavement **VS, C**

Reducing loneliness and social isolation through improving wellbeing: a case study of the SWIFt project **C, S**

Reducing social isolation and loneliness for older adults with a learning disability **VS, C**

The Warm Welcome Toolkit: A guide to running welcoming community activities with older people **VS, C**

Key messages: What Makes Groups Welcoming for Older People and Why Does It Matter? **C, S**

Everyone Needs a Warm Welcome: Reminders and checklist **VS, C**

## **Service delivery**

### **GPM**

A Communication Lifeline: How outreach ethos, knowledge and skills supported rapid development of a telephone befriending service during Covid-19 **C, S**

Dementia Care Mapping: Finding trends and future thinking **C, S**

### **TNLCF**

Ageing Better: Local responses to the Covid-19 pandemic, neighbourliness and reciprocity **VS, C**

Ageing Better: Understanding ecosystem **C, S**

## **Other Ageing Better delivery partners**

Brightlife Legacy Progress Report **C, S**

Working in the Sector: Adaptation, flexibility and engagement **C, S**

Torbay Community Helpline **C, S**

## **Social housing**

### **GPM**

Enabling resident engagement and community building withing sheltered housing communities **VS, C, S**

It was a day of friendliness: older people's views on outreach in social housing **VS, C,**

### **TNLCF**

Working and Engaging with Older People Living in Sheltered Housing: Learning from Ageing Better **VS**

## **Other Ageing Better delivery partners**

Social Eating: Project story **VS**

Bristol Ageing Better Project Report 2021: Housing options service **VS, C**

Your Food, Your Health final project report **VS, C,**

Spotlight on Social Isolation and Supported Living **VS, C,**

## **Social prescribing**

### **GPM**

From the Clinic to the Community: Reducing loneliness through therapy **C, E**

### **TNLCF**

Person Centred Delivery: Learning from Ageing Better **VS, C**

Ageing Better: Local responses to the Covid-19 pandemic - promoting healthy lifestyles to build resilience **VS, C**



[Connector Role Projects](#) **VS, C, S**

[Learning Snapshot: The connector role](#) **VS, C, S**

[Working and Engaging With Older People With Poor Physical Health: Learning from Ageing Better](#) **VS, C, S**

[Role of Connectors During Covid-19: Learning from Ageing Better](#) **VS, C**

[Ageing Better Learning Report 02: Community Connectors](#) **VS, C, S**

[Ageing Better: Supporting meaningful connections through social prescribing](#) **C, S, E**

### **Other Ageing Better delivery partners**

[Bristol Ageing Better Community Navigators Service: Final evaluation report of a social prescribing initiative addressing loneliness and social isolation amongst older people](#) **C, E**

[Collective learning from social prescribing services in Bristol](#) **E**

[Community Webs final evaluation report](#) **E**

[Top Tips: Social Prescribing](#) **VS**

[How Successful Has the Connect Hackney 'Connector' Model Been? An in-depth study of the Community Connectors project for older people in Hackney living with or at risk of loneliness and social isolation](#) **C, E**

[Leicester Ageing Together: Supporting active involvement in communities](#) **VS, C**

[Community Navigators](#) **S, C, E**

[Ageless Thanet Social Prescribing Pilot](#) **VS, C**

[Planning for Later Life](#) **VS, C**

[Reflections: Wellbeing coordinators in Torbay](#) **VS**

Social Prescribing Ecosystems: Building value and purpose to improve health and wellbeing through the development of a social prescribing ecosystem **VS, C, S**

## **Sustainable groups**

### **GPM**

Stronger Together: How to grow sustainable groups **VS, C, S**

Stronger Together: Asset-based community development **VS, C, S**

Case study of the Leeds Community Connect Project **VS**

Community First Yorkshire: Community Connect End of Project Report **VS, C**

## **Other Ageing Better delivery partners**

Involving Older People in Creating Service and Activities **VS**

Tackling Loneliness and Social Isolation in Older People: How to make a difference in your community and keep your activity going **VS**

Key learning from group activity pilot projects **VS, C**

Supporting Community Groups to be sustainable **VS**

A Toolkit for Community Groups **VS, C**

Thematic Bulletin 5: Shifting to sustainability? Maximising resource and harnessing participation **VS, C, S**

Enhancing Resilience in East Lindsey Communities **VS, C, S**

Community Building: Connecting people and place to build community and reduce social isolation **C, S**

## **Systems Change**

## **GPM**

Stronger Together: a coproduction toolkit **VS, C, S**

Time to Shine local evaluation. Report 9: legacy, systems change and sustainability **C, S**

Time to Shine local evaluation. Report 10: Test and learn: understanding the experiences and challenges of frontline organisations **C, S, E**

Outreaching to find and engage older people “no-one knows”: a necessary element of work to address social isolation and loneliness **C, S**

ABC Outreach Service: Describing and evidencing the work; and planning for the future **C, S**

## **TNLCF**

Ageing Better: Using the ‘age-friendly’ concept to drive system change in communities and places **C, S**

### **Other Ageing Better delivery partner**

Community Building: Connecting people and place to build community and reduce social isolation **C, S**

## **Test and learn projects**

### **GPM**

Time to Shine local evaluation. Report 9: legacy, systems change and sustainability **C, S, E**

Creating a cohesive programme: A Time To Shine toolkit **C, S, E**

Greater than the sum of its parts: creating a cohesive programme **C, S, E**

Sharing learning: Yorkshire Dance – In Mature Company **VS, C, E**

An ABCD approach to setting up a community group in your local area - toolkit **VS**

Carers Connections: linking people with a shared experience **C**

MHA Community Support project: helping older people get out and about **VS, C**

Changing Journeys: older people and transport **C**

## **TNLCF**

Learning Snapshot: The 'test and learn' approach **C, S, E**

Test and Learn: Ageing Better **C, S, E**

## **Other Ageing Better delivery partners**

Working in the sector: Adaptation, Flexibility and Engagement **C, S, E**

## **Transport**

### **GPM**

Changing journeys: older people and transport **VS, C, S**

### **TNLCF**

Ageing Better: Inclusive transport approaches and active travel research **C, S, E**

Ageing Better Inclusive Travel Approaches and Active Travel Research: Methods note **C, S, E**

## **Other Ageing Better delivery partners**

What, if Anything, Can Ageing Better Middlesbrough Usefully Do Regarding Transport for Lonely and Isolated Older People? **C, E**

## **Volunteers**

### **GPM**

Intergenerational Skills Swap, 2015-2018 **VS, C**

Stronger Together: How to grow sustainable groups **VS, C, S**

Stronger Together: Asset-based community development **VS, C, S**

The value of working with volunteers on Time To Shine projects **VS, C**

Working With Younger Older People: Time to Shine report September 2021 **VS, C**

Float Your Boat: Encouraging people to talk on the waterways **VS**

## **TNLCF**

Intergenerational Working: Learning from Ageing Better **C, S**

Telephone Befriending: Update **C, S**

Ageing Better: Local responses to the Covid-19 pandemic, neighbourliness and reciprocity **E**

## **Other Ageing Better delivery partners**

Age Friendly Middlesbrough Fund: Micro funding to support community groups **VS, C**

Ageless Thanet: Taking a Different Approach to Volunteering **VS, C**

Covid-19: Reacting to a crisis **C, E**

Older Volunteers Within the Bristol Ageing Better Programme **VS, C**

Supporting volunteers **VS**

Tackling Loneliness and Isolation in Older People: Top tips for a successful activity **VS**

Helping Older Neighbours: How can you support people who are self-isolating in Bristol **VS, E**

Community Researchers: Interim report on five years of learning and achievements **VS, C, E**

Top Tips: Volunteering **VS**

Helping Out: Taking an inclusive approach to engaging older volunteers **VS, C**

A Toolkit for Community Groups **VS, C**

Leicester Ageing Together: Supporting active involvement in communities **VS, C**

Keep Ageing Better: The role of volunteers in group dynamics and legacy **VS, C, E**

Pandemic Response: Building resilience in the community in response to Covid-19 pandemic **VS, C, S**

## **Walking projects**

### **GPM**

Community Connectors During Covid-19: adapting to support older people out of isolation **VS**

Short-term outreach to foster social connections away from formal settings: Men talk about their experiences of informal walking groups **VS, C, S**

The Great Outdoors Project: Fresh air and friendship **VS**

Walking with Confidence **VS**

Walk with me **VS**

### **Other Ageing Better delivery partners**

Tyburn Walking maps **VS**

## **Warm Welcome**

### **GPM**

The Warm Welcome Toolkit: A guide to running welcoming community activities with older people **VS, C, S**

Key Messages: What Makes Groups Welcoming for Older People and Why Does It Matter? **VS, C**

Developing friendships **VS, C**

Running a supportive and welcoming group **VS, C**

Everyone Needs a Warm Welcome: Reminders and checklist **VS, C**

## **Wellbeing**

### **GPM**

From the Clinic to the Community: Reducing loneliness through therapy **C, E**

SELF: Supporting older people's mental health **VS**

Health for All Connections: Working with younger older people **VS**

The Great Outdoors Project: Fresh air and friendship **VS**

Float Your Boat: Encouraging people to talk on the waterways **VS**

### **TNLCF**

Positive Mental Health: Learning from Ageing Better **VS, C**

Ageing Better: Local responses to the Covid-19 pandemic - promoting healthy lifestyles to build resilience **VS, C**

Ageing Better: Supporting meaningful connections through social prescribing **C, S, E**

## **Other Ageing Better delivery partners**

Tackling Loneliness and Isolation in Older People: Top tips for a successful activity **VS**

A Safer Space in Bolton for People with Mental Health Issues : Equalities Board “Ageing Equally?” Research Project

What Makes a Neighbourhood a Good Place in Which to Grow Older For People with Mental Health Issues? **VS, C**

Social Eating: Project story **VS, C**

Social Eating: Guide **VS, C**

The Ageless Thanet Feelgood Factory: Creating a community through exercise **VS, C**

Wellbeing Activities to Reduce Loneliness and Isolation **C, E**

Helping Older Neighbours: How can you support people who are self-isolating in Bristol **VS, E**

Older People and Community-Supported Shared Meals in Bristol: Evaluation report on Bristol Ageing Better projects "Talking Tables" and "Bristol Meets the World" **C, E**

Friendship Groups TED Toolkit **VS**

Reflections: Wellbeing coordinators in Torbay **VS**

## **Younger older people**

### **GPM**

Don't Call Me Old: Working with younger older people **VS**

Health for All Connections: Working with younger older people **VS**

Working With Younger Older People: Time to Shine report **VS**

SELF: supporting older people's mental health **VS**

Working with individuals with anxiety **VS**





For general enquiries and further questions email our central team: [GPM@syha.co.uk](mailto:GPM@syha.co.uk)

Find details of future GPM sessions here;

<https://www.eventbrite.com/o/the-good-practice-mentor-team-66357714073>

For specific workshops & sessions you can contact GPMs individually :-

[Jo](#) - Age UK Camden

[Jessica](#) - Leeds Older People's Forum

[Jennie](#) - South Yorkshire Housing Association



## Good Practice Mentors

*Sharing good practice to reach,  
involve and connect with older  
people*