Good Practice Mentors:

Tackling isolation and loneliness among older adults by sharing knowledge and expertise

The Good Practice Mentor (GPM) programme is a new and innovative project that brings together legacy, learning and resources from Ageing Better, a seven year Test & Learn project that worked to reduce social isolation and loneliness in people aged over 50, and engaged more than 150,000 people in over 366 projects.

Since March 2022 the Good Practice Mentors have been sharing the learning, resources and skills needed to provide a collaborative local response to social isolation and loneliness among older people, as well as working on a national level, to address challenges faced by many larger organisations striving to reach, connect and empower older people in the community.

This new funding will allow a small team to continue their work with organisations who want to increase their engagement and support of older citizens in the community. We'll share our knowledge and resource to help you build skills and confidence, create new connections, influence decision makers and drive system change. We want to support your journey to find and highlight the voices of older people in the community, creating the right environment for connection building and the development of robust, citizen led networks.

We'll harness the networks and partnerships we have developed through the delivery of Ageing Better, sharing and embedding the learning, knowledge and skills we have acquired.

The GPM team includes;
• South Yorkshire Housing Association
• Age UK Camden
• Leeds Older People's Forum
• Torbay Community Development Trust

Each partner brings a unique set of learning and skills to the project; together we offer a wide range of free training, bespoke support for your organisation and toolkits and resources to help you on your journey to reducing loneliness and isolation.

Ways the Good Practice Mentor Programme can help you:

- Explore innovative and collaborative ways of working
- Culture change in the way systems interact with communities
- Sharing our learning and experiences from past programmes - whatever challenges you come across we've probably been through them before - let us help you!
- A focus on practical tools
- An exploration of third sector infrastructure in your area
- Mentoring for small and independent groups'
- A sounding board to share your challenges and ideas for change
- Understanding and adapting our approach for your unique context
- Bespoke training offers tailored from what we already do.
- Taster sessions of our wider offer
- Existing training/Bespoke training
- Co-Production support
- Empowering you to share learning and ideas with others
- Delivering solutions to the problems you might be experiencing working with an older community
- Connecting you with other partners whose offer may suit your needs

Contact us for a no obligation chat and to find out more!
GPM@syha.co.uk

Good Practice Mentors

How can we help you?

I want to reach older people in the community →
- Increasing diversity of inclusion
- Creating informal settings to enable engagement and build community
- Explore outreach practice and door knocking to increase inclusion

I want older people to feel welcome & connected →
- Resources on Ageism, Social Inclusion and Loneliness
- Insight into barriers to engagement
- Warm Welcome toolkit - creating the right environment for engagement of older people

I want to create an environment for everyone to take part →
- Co-Production Toolkit
- Embedding Co-design into everyday practice
- Strengths Based Approaches
- Asset Based Community Development

I want to create sustainable connections & partnerships →
- Partnership working to foster wellbeing
- creating a 'community front door'
- Creating an 'ecosystem' of support, resources and connections based on social prescribing for older people

I want to capture learning and data →
- Ripple Effect Mapping
- Bespoke Assessment tool for signposting to resources
- Solution Focused Approaches and goal setting

Good Practice Mentors

Leeds Older People's Forum · Camden age UK · Torbay Communities Stronger Together · South Yorkshire Housing Association · COME HOME