

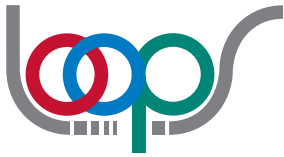
Local Opportunities for Older People



65+



Signposting Older People to Local Activities



What are LOOPS?

As a busy professional it can be challenging to find time to build relationships with local colleagues from other sectors and find out about the wide range of local activities and services available for older people in the area.

Pilmey Development Project and EVOC, working with City of Edinburgh Council, have established locally based **Local Opportunities for Older People (LOOP)** networks in each of the Social Care quadrants to begin to address some of these challenges.

These networks have two primary aims:

- To provide the opportunity to meet colleagues from across sectors: LOOP meetings provide time and space to network and find out about valuable resources for the older people you work with.
- To develop new ways of working collaboratively to support and encourage local older people to use existing preventative services, social events and activities.

Early this year we came together to design and fund the projects outlined in the rest of this booklet but we believe that we can do more.

If you would like to come along to one of our meetings please contact Anne Munro for North East or Stefan Milenkovic for South West, South East and North West Edinburgh.

Are you out of the LOOP?

Anne Munro: 0131 553 2559
annemunro@btconnect.com

Stefan Milenkovic : 0131 555 9100
stef.milenkovic@evoc.org.uk

How can you get involved?



The LOOPs have two main elements:

In addition to LOOPs networks, the projects we are delivering are focussed on local older people and will provide new ways to provide local older people with crucial information about existing services across the city. Further information is available throughout the rest of this booklet.

If you are looking for information or signposting for an older person please get in touch or put them in touch with us.

Evidence shows that by working together, sharing information and strengthening relationships between Statutory, Independent and Third Sector colleagues we will be better able to support the people we work with.

During a mapping exercise over the last year EVOC identified 1900 activities for older people every week. We have put that together as a website at <http://www.evocredbook.org.uk>

North East:	Community Navigation	pages 4-5
NW & SE:	Support line	pages 6-7
North West:	Community Champions	page 8
South East:	Chums	page 9
South West:	Community Navigators	pages 10-11

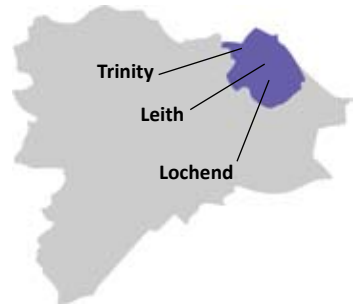




North East Edinburgh, LOOPS Community Navigation Project

NE LOOP Infrastructure Project

NE LOOP members identified a range of needs within NE Edinburgh Quadrant, specifically around key themes of:



- **Information**
- **Communication**
- **Outreach/Support**

In particular, local service providers in the NE LOOP are concerned about the needs of older people who are isolated and experiencing difficulties getting out into the community. This is often due to access difficulties getting to and from their property, physical/mental health problems, loss of confidence or lack of knowledge of what's available locally. We aim to build on existing infrastructures by increasing the availability and visibility of information, improve communication between the community and local services, and move the point of contact for at risk older people to their own homes; thereby helping to prevent deterioration in health and wellbeing through preventative engagement.

The North East LOOP project includes the recruitment of a Community Development Worker and a team of volunteers who will establish an information channel between services and socially isolated older people and carers living in NE Edinburgh.

The proposal comprises working around 3 strands in the following ways:



- 1) **Information** availability - we will develop 'Information Stations' in the NE quadrant using available space in libraries, GP surgeries, local convenience stores etc.



- 2) **Communication** across sector services including - recruiting, training and supporting volunteers to assist with dissemination and outreach etc.



- 3) **Outreach** to socially isolated older people in their own homes - to provide 'in house' person-centred support to socially isolated older people, over a time limited period (normally up to 4 - 6 weeks).

Anne Munro: 0131 553 2559
annemunro@btconnect.com



North West & South East Edinburgh LOOPs Phoneline

**Do you know people that are 65 or over living
in South East or North West Edinburgh who:**

- Want to link in to their local community?
- Want to be with people?
- What to find out what is happening nearby?
- Want to try something new?
- Want to start an activity that they used to enjoy?



0131 603 8311

**The phoneline can help older people join events that
are going on locally, call for a chat with a friendly
volunteer on local activities.**

Lines will be open from 10am - 2pm Monday to Friday and out with these
times there will be someone to take a message with a next day call back
service and there is a dedicated email service

loops@volunteeredinburgh.org.uk



Phoneline Advisors will:

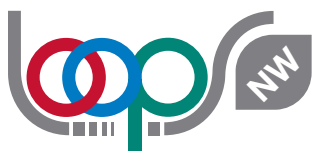
- Answer calls.
- Provide information.
- Follow up with people who have contacted the helpline.
- Record all calls on a database.

The phoneline will signpost people to appropriate community activities and link in with existing provision with referrals from family members, carers, GPs, Health & Social Care Professionals, Social Workers, OTs and local people to reduce isolation and improve the quality of life of older citizens.

This is a preventative service being run by Volunteer Centre Edinburgh which aims to maintain the health and wellbeing of our more isolated older people by offering easy access to relevant information on local services and activities in a friendly, supportive, and crucially in an encouraging way.

The Volunteer Centre Edinburgh Development Officer for LOOPS project is Heather Yang at heather.yang@volunteeredinburgh.org.uk or call **0131 603 5144**

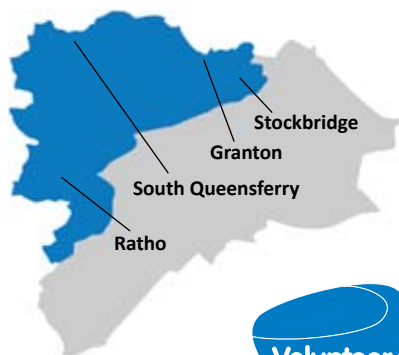


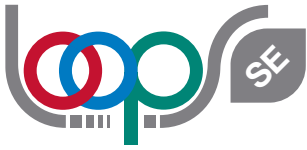


North West Edinburgh Community Champions

In North West Edinburgh Community Champions will:

- Promote the phonenumber with flyers and posters a number of key sites like the library, post office, supermarkets and with key people that contact older people in the community like Health Professionals.
- Personally deliver leaflets to selected homes.
- Follow up with community engagement by fully trained volunteers working in pairs will offer advice on the doorstep on what is going on locally.
- Distribute local taster leaflets.
- Share local knowledge.

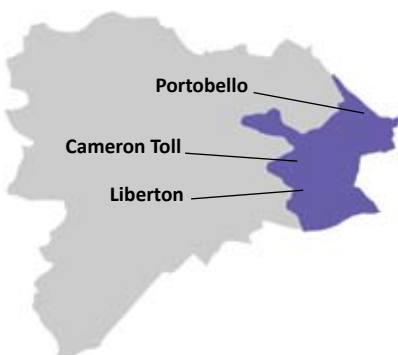




South East Edinburgh Chums Initiative

In South East Edinburgh Community Chums will:

- Be a welcoming dedicated volunteer who will be introduced to the older person and will help settle them in, accompany them on their first visit and help them link in fully with the receiving service.
- Offer support & confidence to encourage and enable an older person to join the local organisation that they wish to attend and will assist them start a new activity.
- Connect with and link in to local Community Groups to provide support and a confidence boost to encourage socially isolated older people to take part.





Community Navigator

Find Out What's Going on in Your Local Community

It can be hard to know what's going on in your local area and how you can access the support and services you need. This becomes especially difficult when our lives are changing, for example after a fall that knocks our confidence or after the death of a loved one.

Our Community Navigator Emma, and team of friendly local volunteers will support you to find out what is on in your local area, and how you can access the support you need, in the way you want.



Magazine

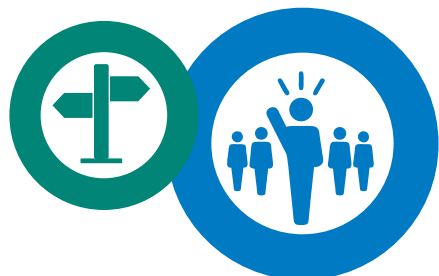
We will develop a twice-yearly magazine which will outline how to access support and services and what you can expect when you do. It will also give you an idea of the range of services available in your area. We aim to have the first one ready for October 2014 and another will be available around April 2015.

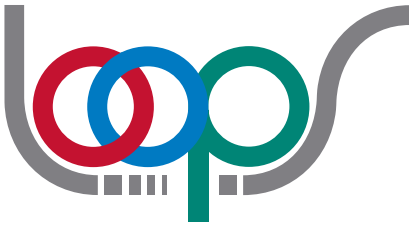
Information Stations

From October 2014, we will also be holding informal information stations across South West Edinburgh. Look out for us in your local supermarket, post office, GP surgery or library. If you have ideas of where we should hold an information station, please let us know. The information stations will not only include a friendly face but also a wealth of knowledge about the services, groups and activities in South West Edinburgh.

Find out more

We know that it can be hard to approach people about the support you need, so we will also reach out to people by contacting them at home. If you would like to find out more about what we do or the local support and services available, please call Emma, our Community Navigator, on **0131 225 8508**. Would you like to volunteer with us, or do you have an idea for a piece in our magazines? If so please get in touch on the number above.





LOOPS NETWORK:

North East LOOP Network

Anne Munro - Pilmeny Development Project

Tel: 0131 553 2559 Email: annemunro@btconnect.com

SW, SE & NW LOOP Network

Stefan Milenkovic - EVOC

Tel: 0131 555 9100 Email: stef.milenkovic@evoc.org.uk

LOOPS PROJECTS:

North East

Anne Munro - Pilmeny Development Project

Tel: 0131 553 2559 Email: annemunro@btconnect.com

South West

Emma Pattinson - Health in Mind

Tel: 0131 225 8508 Email: emma@health-in-mind.org.uk

North West and South East

Heather Yang – Volunteer Centre Edinburgh

Tel: 0131 603 5144 Email: heather.yang@volunteeredinburgh.org.uk

Phoneline: 0131 603 8311

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Working together for a caring,
healthier, safer Edinburgh