

<b>Project</b>		<b>Jigsaw Friends</b>	
<b>Lead delivery partner</b>		<b>Jigsaw Mansfield</b>	
<b>Theme</b>	<b>Strengthening Communities</b>	<b>Priority</b>	<b>Older Residents</b>
<b>Activity</b>		<b>Budget code</b>	<b>94/2/5.2</b>
<b>Project outcomes (from SLA)</b>			
<ul style="list-style-type: none"> <li>• Reduce isolation among older residents of the Parish</li> <li>• Extend knowledge and skills of older residents in line with their wishes and interests</li> <li>• Improve the quality of life for older residents.</li> </ul>			
<b>Reporting period dates</b>	<b>October 2015-February 2016</b>	<b>Nr of people benefiting from the project during the reporting period</b>	<b>35</b>
<b>Introduction</b>			
<p><i>Tell us basic information about the project and its outcomes and aims for reporting period.</i></p> <p>The project is called Jigsaw Warsop Friends. It involves setting up group activities for older people to access in community venues. A Group development worker engages with the older community to involve them in the project and establishing the type of things they would like to do. This could include the setting up of regular activities, regular lunch clubs or seasonal trips out. Volunteers are to be recruited to support all the activities.</p> <p>The target for the project would be to initially set up 3 regular activities in the Warsop area, this could involve external organisations providing identified activities. The project would aim to recruit 3 volunteers to support the activities and attract at least 10 people to each activity.</p>			
<b>Activities undertaken during reporting period</b>			
<p><i>Tell us what you have done and how well things have gone. Include any issues carried over from previous report, activities carried out and any base line monitoring. Please attach photographs, quotes, good news stories etc</i></p> <p>Chair based exercises at Melville Court, Meden Vale began on 4/11/15. These run weekly on a Wednesday 10am-11.30am . 14 people are registered to attend this group. This group is supported by a volunteer.</p> <p>Chair based exercises at George Shooter Court, Warsop began on 5/11/15. These run weekly on a Thursday 10.30am-11.45am. 14 people are registered to attend this group. This group is supported by a volunteer.</p> <p>A Lunch Group has been set up for Thursdays. Finding a venue has proved difficult. The Gate pub closed, re opened and closed again. The Java Café was tried but the attendees preferred a hot meal which could not be provided there. As from 18/2/16 the group will be trying The (re opened) Plough</p>			

who are very willing to accommodate the group.

Quotes:

'We exercise our brain as well as our bodies'

'We have such a good laugh'

'I love it when we reminisce about what Warsop used to be like'

'It's something different to look forward to each week'

'I've seen people I haven't seen for years'

'Its lovely to meet for lunch it's so much nicer to eat with friends'

#### **Outcomes the project has contributed to**

*Tell us what difference you have made in relation to the SLA outcomes and more widely in the Warsop BIG Local area.*

The project contributes to all the identified outcomes (from SLA). People attending the exercise groups are meeting and mixing with people who live in the same complex as well as people from the surrounding area, reducing isolation and improving their quality of life. By participating in the exercises they are learning new things and increasing their health and wellbeing.

The lunch group also reduces isolation and improves their quality of life

#### **Timescales**

*Is project on track? If not what are you planning to do to address the issues?*

Yes the project is on track.

#### **Plans for next reporting period**

*What are you going to do next? Are there any activities we should know about?*

Subject to increased funding:

We are in the process of speaking to Halina to explore the possibilities of setting up an activity (such as a film club) in the community hub.

We are also in discussions with the Alzheimers Society who would support us in setting up a memory café.

We would also like to set up reminiscence sessions in Melville Court and George Shooter Court.