

Tower Hamlets Council

Older People’s Services Fund 2021-22



Dorset Community Association

Dorset Older People Lunch Club

£14,400

Organisation Type:
Registered Charity

Area of Benefit:
Weavers, Tower
Hamlets

**Number of Project
Beneficiaries:**
60

Primary Ethnicity:
All Ethnicities

Primary Age Group:
Older People

Organisation’s Aims & Objectives

Dorset Community Association (DCA) is a grassroots BAME led voluntary organisation based in the Weavers ward of Tower Hamlets. DCA acts as a community hub for Tower Hamlets residents where 48% of residents are of BAME heritage from wards experiencing the highest 10% levels of deprivation nationally.

Project Details

The organisation is looking to run a hybrid service where participants can have food delivered to their homes or come to the centre to have lunch in-person. The same staff will be coordinating the project as in Year 1, and the organisation would like to run the lunch club service 1-2 days per week (at least every Thursday from 11 AM to 4 PM) for a year. The application also mentions the provision of health-related information and translation services.

Sessions will provide opportunities for elderly residents to meet and socialise, have freshly cooked meals and refreshments, go for outings, attend exercise sessions, healthy cooking & eating sessions, and get involved with quiz competitions, raffles, and attend information, advice and guidance sessions. The service users will also attend health check-up clinics and attend study circles on topics of interest; The organisation plans to celebrate social events including cultural activities such as Eid, Easter & Christmas parties and celebration of festivals and birthdays.

£14,400 is awarded to cover staff costs, volunteer costs, operational/activity costs (the cost of meals), office costs, publicity and other costs.

Year 1 Outcomes

Last year, the organisation was awarded £10,610 to deliver a weekly lunch club service for residents aged 50+, who were deemed to be at risk of social isolation or losing their independence. The organisation intended to deliver two five-hour sessions each week: one for 20 men and one for 20 women. The lunch

clubs were to include opportunities for socialising, cooked meals and the provision of advice and guidance.

The Covid-19 pandemic caused the organisation to adapt its services and it was agreed that the organisation would deliver food packages and meals to service users twice a week. The project reached 95 beneficiaries and achieved the following outcomes:

- The organisation delivered 20 to 25 food/ meal packs to local resident's homes who were unable to leave their homes.
- 95 people signed up for food delivery services.
- 4 volunteers helped to deliver food packages on the estates throughout the pandemic.



The Ensign Youth Club

UNITY Project

£14,995

Organisation Type:

Registered Charity

Area of Benefit:

Whitechapel, Tower Hamlets

Number of Project

Beneficiaries:

38

Primary Ethnicity:

Black and Black British

Primary Age Group:

Older People

Organisation's Aims & Objectives

The Ensign Youth Club is a community organisation that engages with young people in the London Borough of Tower Hamlets through recreational activities to help develop skills and create a strong affinity for the community in which they live in. The Ensign Youth Club seeks to promote social, educational, and cultural development of the local community by providing culturally sensitive services for all generations and being a responsive and vibrant community organisation.

Project Details

This funding is for the continuation of the UNITY project which has been running since 2013. It provides social services for local BAME elderly people through weekly structured activities over the year. Starting in July 2021, they are planning in-person activities at their centre located at the border of St. Katharine's, Whitechapel, Wapping and Shadwell wards. Coffee and lunch club sessions will take place three times a week at the centre. Additional activities include healthy eating workshops held once a month for 10 people, self-management of chronic illness workshops held every six weeks for 10 people, ongoing advice, guidance and signposting and translation sessions held once a month for 20 people. The project will recruit those deemed disadvantaged from the surrounding wards, which have many multi-generation households.

The funding of £14,995 is for the full project with no funding raised so far. Most of the funding is for staff costs of a manager and assistant throughout the year and general premises and operational costs. Refreshments has been included in the budget at a cost of £2,025.

Year 1 Outcomes

Last year, £12,770 was awarded towards the project which directly supported local older people from Bangladeshi and Somali communities. To adapt with Covid-19 and restrictions, they switched to offering advice and guidance remotely through telephone. They also provided a delivery service for their clients who are of a vulnerable population of household and food items including hot meals in partnership with Fareshare and Tower Hamlets Tackling Poverty Team. In Year 1:

- 42 BAME older people directly benefitted from the funding, 32 of which had a long-standing illness or health condition.
- 28 participants were new and received this support for the first time.

- 135 sessions were delivered remotely providing advice/guidance who were isolating at home.
- All participants reported improved physical/mental/emotional health through receiving hot meals and essential items which made their life easier during the pandemic.

This funding last year was essential to Ensign Youth Club being able to provide essential support to their most vulnerable clients and helped them to secure additional funding to extend their services.

Outcomes for Year 2 are to help reduce isolation and promote activities that will improve health and knowledge. There is also a focus to help their clients understand the easing of restrictions with Covid-19. Through this, they aim to see reduced pressure on the public health system in the long run. They will track progress by monitoring number of beneficiaries, sessions run, and will collect qualitative feedback through surveys and progress charts, case studies, and informal feedback and observations.



Weavers Community Forum

Weavers Health Project

£14,998

Organisation Type:
Registered Charity

Area of Benefit:
Weavers, Tower
Hamlets

**Number of Project
Beneficiaries:**
35

Primary Ethnicity:
Bangladeshi

Primary Age Group:
Older People

Organisation's Aims & Objectives

Weavers Community Forum (WCF) is a grass root led charity organisation based in the Weavers ward of London Borough of Tower Hamlets. The Forum was set up in 2010 to tackle poverty, deprivation and isolation being experienced by marginalised members of the community.

Project Details

The organisation is applying for funding to deliver Year 2 of the Weavers Health Project, which aims to reduce social isolation and improve the wellbeing of older women from BME backgrounds.

The organisation aims to deliver two sessions per week on Mondays and Thursdays (11 AM-1 PM) for 35 women. 15 people will be supported per session. Using yoga, light movement and exercises, the project aims to improve the physical and mental health of service users. Coffee and refreshment will also be provided.

The application also notes that there will be additional services available for users: 1 x healthy eating workshop per month for 10 users, 1 x health promotion workshop per month for 10 users, Advice Information and Guidance/ Signposting: 15 people per month, 1 x Social Interaction session per month: TV and Translation

£14,998 is being applied for to cover staff costs, volunteer costs, operational/activity costs (including the cost of refreshments), office costs, capital costs and publicity costs.

Year 1 Outcomes

Last year, the organisation was awarded £12,770 to deliver a programme of support for older BME women. 2-hour sessions were to take place every Monday and Thursdays for 45 weeks. Activities were set to include light exercise such as yoga as well as the provision of coffee and refreshments. Additional activities were also to be provided including healthy eating workshops, ongoing advice, guidance and signposting and translation sessions. The Covid-19 pandemic forced the organisation to adapt its services, and the organisation provided telephone advice services and essential food shopping and food delivery services to its service users.

The project reached 65 beneficiaries and achieved the following outcomes:

- The organisation reached 55 new people through the emergency food bank service.
- 65 people received weekly support with the delivery of food packages and household essentials.
- The organisation recruited 7 new volunteers as a result of the project.

In terms of the organisation's track record, the organisation is well established within the local community and provided vital support for 65 families during the first lockdowns. The organisation is well placed to deliver this project.

The project will directly increase the positive participation of older BME women living on the estates surrounding the Weavers ward. By engaging older women, the organisation seeks to increase the mental and physical health and wellbeing of service users. It is hoped that the physical activities and information provided surrounding healthy eating will help to reduce the risk of obesity and associated diseases amongst service users.



The Bangladesh Youth Movement

"Golden Years" : Older BAME People's Initiative

£14,716

Organisation Type:
Registered Charity

Area of Benefit:
Whitechapel, Tower
Hamlets

**Number of Project
Beneficiaries:**
50

Primary Ethnicity:
Bangladeshi

Primary Age Group:
Older People

Organisation's Aims & Objectives

Bangladesh Youth Movement (BYM) supports over 2,000 people each year with a focus on ensuring local Bangladeshi & BAME communities have access to appropriate advice, information and support, to enable them to live independently in good physical, mental and financial health.

Project Details

This funding is for Year 2 of their Golden Years project starting in September 2021 for 50 older people from BAME & Bangladeshi communities in Whitechapel. Similar to year 1 delivery, the project will offer a variety of support services and activities to older people, this year to assist them back into the community post Covid-19. Activities include community lunches and events/trips, advice services such as helping with access to pension benefits, various health-related workshops, volunteer befriending and continuing their Elders Forum. Services will be offered 2-days per week complemented by volunteer-led befriending activities outside project hours.

This funding is for the full project cost of £14,716 with no funding raised so far. Most of the funding is for staff costs of the project coordinator and elder's support worker, followed by activity costs for workshops and venue, volunteer costs and general running costs such as telephone and internet. Food costs is incorporated in the budget as a small cost of £25 for refreshments for volunteers.

Year 1 Outcomes

Last year, £12,770 was awarded for their one-year pilot with older people from BAME and Bangladeshi communities experiencing health problems, financial hardship, and isolation. Bi-weekly activities were delivered such as exercise and advice sessions, volunteer befriending and the establishing of an Elders Forum. With Covid-19, services were adapted to telephone advice and online support. They found this was successful and plan to continue providing services this way along with their in-person support offer. In Year 1:

- 192 activity sessions were delivered.
- 40 older people directly benefited from the programme and identified improved physical/mental/emotional health.
- 12 volunteers were involved in the project, such as for befriending.
- 12 older people joined the Elders Forum to provide input and insight on programming, with six meetings held already

- 10 people gained new skills, such as through their ESOL classes.
- 2 participants gained employment through starting as part-time care workers as a result of support through this project.

With this funding, they were able to provide support to older people while trialling new ways to deliver services in response to the pandemic to keep their services running safely. The grant also enabled them to match fund against other grants and were awarded a large Lottery grant through showing they can deliver support through the crisis.

Outcomes for Year 2 are to improve health and wellbeing in their clients and reduce demand for public services by ensuring the older people they work with have access and knowledge to supports available. To measure results, they are tracking data such as number of elders accessing activities complemented by feedback and informal conversations with their clients and volunteers. Their Elders forum also provides ongoing input for project development.



Wapping Bangladesh Association

Older People's Friendship Club

£14,694

Organisation Type:
Registered Charity

Area of Benefit:
St Katharine's &
Wapping, Tower
Hamlets

**Number of Project
Beneficiaries:**
80

Primary Ethnicity:
Bangladeshi

Primary Age Group:
Older People

Organisation's Aims & Objectives

WBA is charity setup for the benefit of people living in Tower Hamlets. Founded in 1981 as a self-help group to help, care, empower & improve the quality of life of the local community and their families/carers, young people and pensioners struggling to cope with daily life challenges as result of poverty, hardship and other racial and health inequalities.

Project Details

Wapping Bangladesh Association has been awarded funding to continue the delivery of the Older People's Friendship Club, which began last April. The organisation aims to transition from online services (as provided in Year 1) to a gradual reopening of face-to-face delivery and drop-in services 3-days a week from September 2021 onwards.

The project aims to reduce the impact of social isolation on elderly people through the provision of a safe meeting space where people can engage in activities and make new friends. The organisation's volunteers will conduct outreach services such as home visits and regular telephone calls. The beneficiaries will also have access to information, training and skills to broaden their knowledge on cultivating a healthy lifestyle. The project will also include physical activity sessions and confidence-building activities.

£14,694 funding awarded to cover staff costs, operational/activity costs (including the cost of light refreshments), office costs and publicity costs. The total cost of the project is £20,553 and £5,859 has already been raised.

Year 1 Outcomes

Last year, the organisation was awarded £12,770 to deliver activities three times a week, from 11 AM -4 PM. The activities were set to include social and cultural activities, in addition to information and advice on healthy living and the provision of a light lunch and refreshments, as well as physical and confidence-building activities. The organisation was forced to adapt its project due to the Covid-19 pandemic and provided food delivery, online Zoom classes, tele-befriending services and provided PPE equipment to vulnerable service users. The project reached 130 beneficiaries and achieved the following outcomes:

- The organisation delivered 120 emergency food Parcels to 120 vulnerable users' doorsteps. Each food parcel contained sufficient food

for up to 28 days.

- Wapping Bangladesh Association also delivered 650 hot, home-cooked, healthy, and nutritious meals. Each meal was sufficient for a person to consume over 1-2 days if refrigerated and reheated properly.
- The organisation also ran 130 tele-befriending sessions with the help of their volunteers and delivered 45 drop-in and 50 tele-advice sessions relating to topics such as debt, housing, and benefits.

The proposed outcomes of this project include re-building older people's confidence and willingness to engage and socialise with others, whilst also improving their mental and physical health. Light refreshments will also be provided. The project aims to engage 80 beneficiaries.



Hornafrik Integration Projects

BME Senior Citizens Project

£14,655

Organisation Type:
Registered Charity

Area of Benefit:
Poplar, Tower Hamlets

Number of Project Beneficiaries:
50

Primary Ethnicity:
African

Primary Age Group:
Older People

Organisation's Aims & Objectives

Hornafrik Integration Projects is a local community-led organisation that serves Somali and other BME communities in Tower Hamlets in the areas of education, community support, integration and cohesion. The charity's main focus is to address social exclusion by tackling poverty and economic deprivation of local BME communities.

Project Details

This funding is for Year 2 of the E14 BME Senior Citizen Project starting in August 2021 taking place at The Reach Community Hub. It will provide user-centred advice sessions to isolated elders who face complex needs and other accessibility issues. The project will employ a sessional project worker, supported by project coordinator and two volunteers to carry out advice sessions once a week for 6 hours, helping elders in benefit entitlement, repair needs, health issues and help with possible Care Packages. The project will include workshops once a month focused on healthy eating and staying safe with the pandemic. There will be a total of 10 workshops throughout the project on different areas of knowledge with a hot meal provided on the workshop day.

£14,655 Awarded to cover the full project cost. The majority is for staff costs of their project coordinator and project sessional worker and operational costs for the monthly workshops. Hot meals for 30 participants of their 10 workshops has been placed in the budget at a cost of £1,950. Within their £1,000 allocated for volunteer expenses is travel expenses and refreshments for the two volunteers.

Year 1 Outcomes

Last year, £12,770 was awarded to Hornafrik Integration Projects for the project. The original plan was to deliver their services in-person with a similar schedule to what is proposed for this year. When Covid-19 hit it greatly affected their programming as their clients are from a vulnerable population. The planned workshops proved very difficult, given the lockdown and other illnesses which hit their target group. With restrictions, the organisation instead ran a hot meal delivery service and provided £10 worth of essential shopping to vulnerable older people. They also arranged a few workshops on healthy eating and Test & Trace vaccination guidance. In Year 1:

- 45 people directly benefited from the project's support services, some with identified disabilities, and 25 of which were accessing support services for

- the first time.
- 50 activity sessions were delivered and with participant feedback indicating less stress, less sadness and improved overall wellbeing.
 - Language barrier support, such as the creation of a volunteer group made up of residents that aided with peer-led communication and advice helping with language barriers.

Hornafrik Integration Projects is rooted in the community and has worked with Tower Hamlets Council previously on research reports due to their experience in the borough. Last year, this project helped to combat social isolation in vulnerable older people, most from the Somali community. Continued need for the project has been demonstrated through feedback from their clients and from their volunteers seeing first-hand its impact. Most recently in May 2021, they consulted with 37 of their clients with over 95% wanting the project to continue as a source of this vital support.

Outcomes for this year are to continue to reduce isolation, measuring how many of their clients report less sadness and improved wellbeing from their programming. They aim to have at least 35 participants attending the monthly workshops and trying something new. Further to increasing client's knowledge of support services, they will track how many clients referred to services go on to utilise them. With restrictions easing and with the vaccine rollout, their outcomes for this year also include ensuring clients are aware of vaccine information and the most up-to-date guidance.