

Good Practice Mentors

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



Why do we exist?

New funding has enabled a team of Good Practice Mentors to:-

- Continue the legacy work of Ageing Better
- Share a plethora of learning, experience and in-depth practice from an established national network
- Help to overcome challenges in reaching, connecting & empowering older people in local communities.



Who are we?

- Age UK Camden
- Leeds Older People's Forum
- Torbay Communities
- South Yorkshire Housing Association

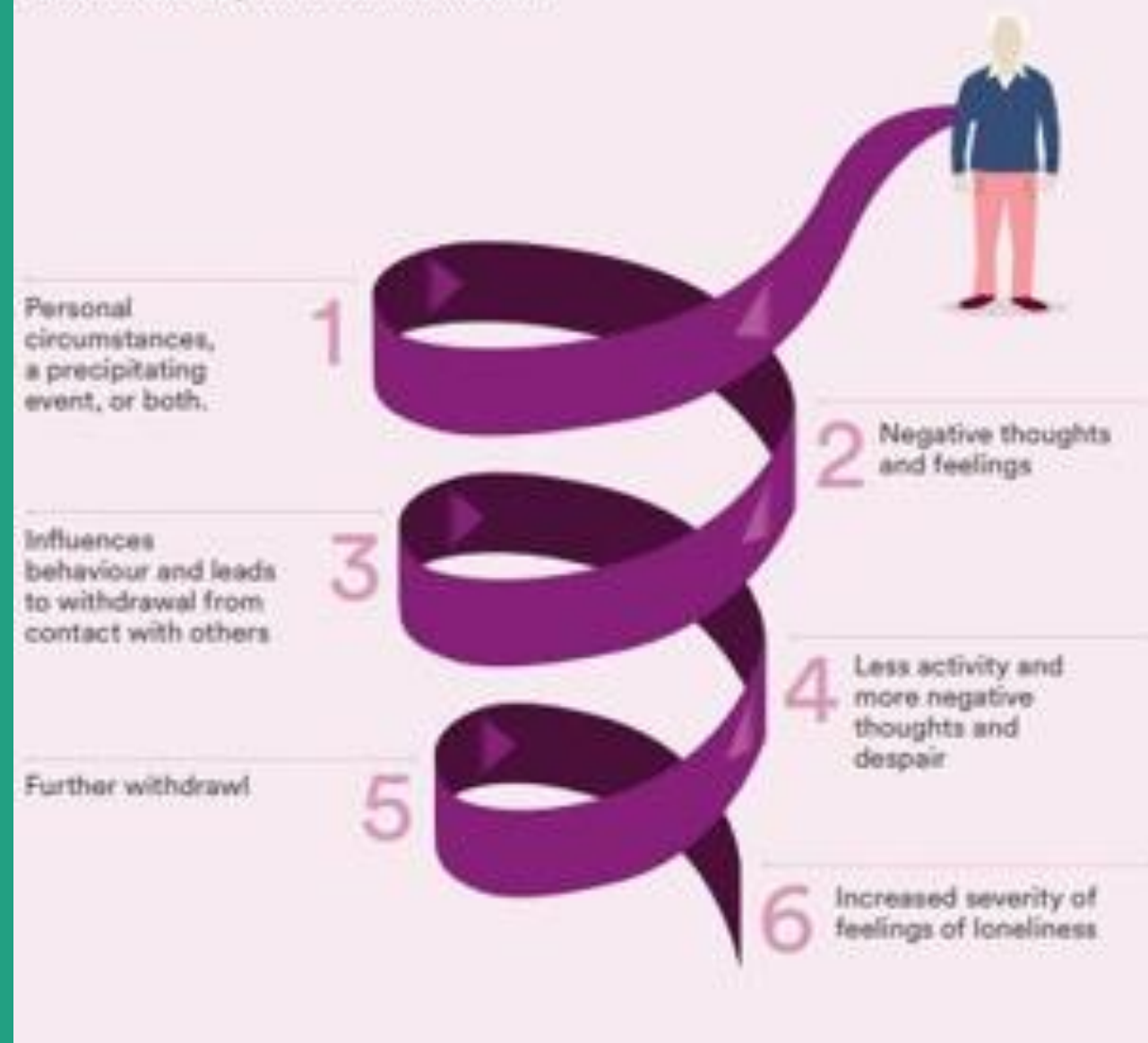


Loneliness is a subjective, unwelcome feeling of lack or loss of companionship, which happens when there is a **mismatch between the quantity and quality** of the social relationships that we have, and those that we want

(Perlman and Peplau, 1981)

Figure 2

Downward spiral of loneliness

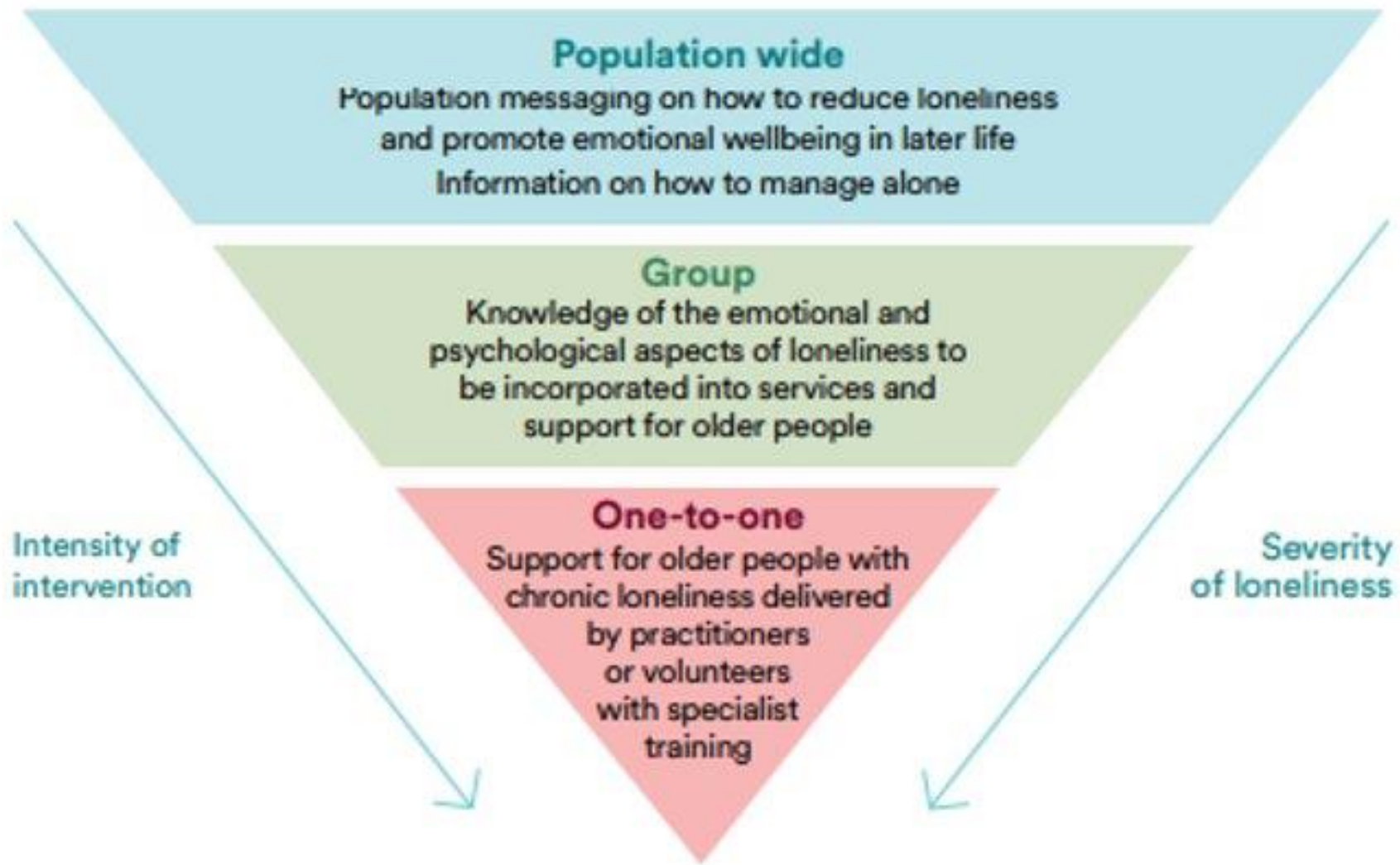


So what does all this loneliness do to people - and why do we need to know?

‘The individual is forever appraising others for their potential as providers of the needed relationships, and forever appraising situations in terms of their potential for making the needed relationships available...

(Loneliness) produces an oversensitivity to minimal cues and a tendency to misinterpret or to exaggerate the hostile intent of others

Weiss, R. S. (1973). *Loneliness: The experience of emotional and social isolation*. The MIT Press



Our overall aims

- Provide innovative and collaborative ways of working
- Drive culture change in the way systems and communities interact
- Help communities and older people support services to adapt, flex and thrive
- Encourage collaborative partnership working between voluntary, community and social enterprise organisations (VCSE) to tackle isolation and loneliness more effectively



Helping you to..



Reach Older People *through*

increasing diversity & inclusion
creating informal engagement settings
developing a range of outreach
practices





Supporting older people to..

**Feel welcomed
& connected**

by

creating the right environment;
overcoming barriers to taking part, and
ensuring a “Warm Welcome”



Nurturing networks that..



Create sustainable partnerships

through

Enabling more connected support, developing an eco-system of support and a community “front door” approach, including social prescribing





Offering a range of ways that..

**Enable older people to
create their own
connected future together**
through

co-production and strength-based
ways of working; such as *Asset
Based Community Development*



Supporting you to..



Capture learning and data

to

Measure impact in meaningful ways; such as ripple effect mapping & other bespoke assessment tools



Stronger Together

a co-production toolkit for all

The Stronger Together toolkit is a one stop space where 7 years of collective co-production learning and experience is shared, co-created by 14 Ageing Better national partners

Based around **12 co-production themes**, it is for anyone who has an interest in co-production, including local authorities, funders, people-focused organisations, community services, or groups & individuals looking to learn more.

It includes a series of learning guides helping to make the toolkit accessible and user-friendly.

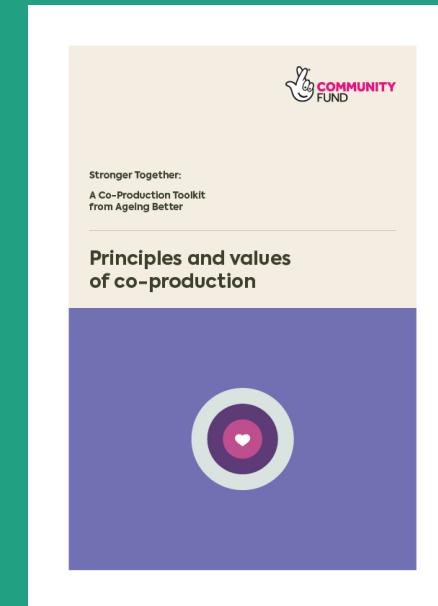


Learning Guides

Our learning guide series helps to make the most out of the toolkit and get to grips with co-production as an approach - linked to several of the key themes.

The first 4 guides will help you to:

1. Use and **navigate** the toolkit
2. Understand **what co-production is**
3. Get to know the **core principles & values** of co-production
4. Guide you to relevant resources that help to **create a co-production culture.**



In what ways can we support you?

- Adapting our learning and approach to your unique setting
- Offering a range of bespoke training and support packages to enable you to develop your confidence, knowledge and skills
- Connect you with Good Practice Mentor partners and networks to help provide you with what you need
- Support can be offered in person or virtually
- Think of us as a resource, a sounding board or a listening ear. Peers that have been on the journey already
- All support is free!

How to get in touch

Find details of future GPM sessions here;
<https://www.eventbrite.com/o/the-good-practice-mentor-team-66357714073>

For general enquiries and further questions email our central team
gpm@syha.co.uk

