

Elders and our work with Older People

Issue:

One of the most under represented and under resourced groups within our local community are those who are over 50, particularly those who are not residing in sheltered accommodation. There are currently 3665 over 50's residing on the Meadow Well Estate with $\frac{3}{4}$ of these being over 60. The Cedarwood Trust's Lower Super Output Area (DCLG 2011) puts us in the bottom 1.7% in terms of income deprivation pertaining to the proportion of older people aged 60 and over living in income deprived households and many with whom we come into contact struggle to make ends meet.

Our response:

Much of the current success of our work has its roots in personal contact and word of mouth. We will continue to focus upon building and strengthening positive relationships within the community, learning from the successes of our "Soup-a Gran", Drop-in and community listening activities and building future programmes and activities from that baseline.

Through our Elders project we will continue to focus our resources and effort upon those within our community who are hardest to reach, particularly those experiencing the negative impacts of income deprivation.

Soup-a Gran:

Soup-a Gran was developed by a group of older residents as a way to distribute friendship and healthy food to isolated and vulnerable residents. The team cook healthy meals weekly and deliver these meals, spending a little time with recipients. Volunteers are Food Hygiene, Health and Safety, Safeguarding and First Aid trained and are Dementia Friend and Safe Space trained.

Cedarwood Outreach:

Developed by a group of volunteers to expand the service offered by our Soup-a Grans. Cedarwood Outreach visits vulnerable and isolated older people from the Estate on a regular basis to ensure that they have regular contact. Outreach workers are trained in CPR and Safeguarding and are Dementia Friend and Safe Space trained.

Elders / Social Events at Cedarwood:

The Cedarwood Trust also delivers a range of social activities for over 50's within its centre and ongoing activities. These include weekly meals, craft activity, healthy activities and sports, weekly bingo and other activities as arranged.