

Registered Charity No:
1118543

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National RISE Newsletter



Reaching the ISolated Elderly

Issue 1

May 2009

Facts and Figures*

'There are now more than 12 million pensioners in the UK - almost 1 in 5 of the total population.'

'2.5 million pensioners live below the poverty line.'

'Half of all people aged 75 & over live alone.'

'12% of older people feel trapped in their own home.'

'Nearly half of older people (about 4.6 million) consider television their main form of company.'

*Figures from 'Older People in the UK' (Feb 2009) Help the Aged

Regenerate-RISE goes national

During 2008, Regenerate-RISE was successful in obtaining 3 years funding from the Department of Health to establish five projects supporting the isolated elderly in the UK. The aim of RISE (Reaching the ISolated Elderly) is to eradicate isolation among older people. Through successful projects in Putney and Roehampton, the lives of many people are already being transformed for the better through daily activities, hot meals, outings, home and hospital visits, holidays and monthly services of Christian worship. We are working towards achieving this in partnership with groups in other cities including Sheffield, Nottingham, Birmingham, Kingston and Ealing according to local need. In August 2008, Jeremy Sharpe was appointed as National Co-ordinator and his role is to establish links in the areas identified and investigate opportunities to create partnerships with statutory agencies, voluntary groups and churches/faith groups and set up new RISE projects.

Progress is already being made in many of these areas and we have also received interest from organisations outside of these cities asking for guidance in their work with older people. We are happy to help in these circumstances as well where possible. This newsletter is the first of a quarterly publication that will outline progress, news and developments. We hope that you will find them helpful and informative.



How can you get involved?

We are always looking for those who are keen to partner with us in supporting the isolated elderly who are some of the most vulnerable in our society. If you are thinking of reaching out to the isolated elderly in your community and would like information or advice on how to go about doing this, we would be pleased to hear from you. Although our main focus will be on creating projects in 5 cities around the UK, we are also looking for opportunities in other areas as well. Also, if you know of an individual or group with similar ideas, please feel free to pass on our details to them. It is our vision to see isolation and loneliness eradicated among older people in particular and we can only achieve this by working with and alongside others. We have produced a three year strategy document, which is available electronically or as a hard copy and we hope you will find it helpful. Please contact us if you would like any further information.

Summary of Regenerate-RISE



In 2001, as a direct result of a Participatory Needs Assessment on the Alton Estate in Roehampton SW15, the Primary Care Trust funded Regenerate to initiate RISE (Reaching the ISolated Elderly) – the result of which is, 8 years later many older people have had their lives dramatically changed for the better. RISE believes that no-one is too old or too disabled to fulfil their life-long ambitions or dreams and our programme of support and care enables

these dreams to become a reality. We also believe that friendship along with a high quality of care produces better physical, mental and emotional well-being and “RISE-ing to the challenge of eradicating isolation across the UK” may seem to be a huge task, but we are committed to making it a reality and looking forward to establishing new and creative ways of fulfilling our goal. The Trustees of Regenerate-RISE would like you to join with us in bringing hope and happiness to those who have become the most isolated in your neighbourhood and with the provision of friendship, support and care we can together radically change many peoples’ lives and in so doing, make a real difference to the society in which we live.

Mo Smith, Chair of Trustees

Progress so far

During the past few months, we have been researching the needs of each city through the internet and meeting with key people in each area. This has helped us to build up a picture of issues relevant to each area and the services that already exist for older people. Details of progress in three of the key cities are below.

In **Sheffield**, we have developed links with Sheffield Churches Council for Community Care (SCCC), The Church Army and held meetings with key staff at the City Council and PCT. There are also other organisations with whom we will soon be meeting in order to explore opportunities for supporting older people.

In **Nottingham**, we are confident of being able to work with statutory agencies to tailor services for a deprived part of the city with a high number of older people and few day services available for older people. Discussions with key staff at the City Council have given us a greater understanding of the local setting and opportunities that exist. We are contacting organisations in the area who have an interest in isolated elderly and the next step will be to develop partnerships followed by investigating funding sources.

Following discussions with Greenford Baptist Church and Help the Aged, we are excited about the prospect of the first national RISE project being based in **Ealing**. A series of meetings and presentations have taken place recently to communicate plans to local people including an open meeting for those attending local churches. We now have a team of people who have formed a local Advisory Group. We have identified a community centre from which we could run a project and have calculated the likely costs of a three-day a week service. Following an application to the ‘Reaching Communities’ fund of Big Lottery, we have been successful in reaching the second stage in the process and hope to be successful in receiving an award for 5 years. We are also applying to other bodies and trusts which should enable us to initiate our first new RISE project here by October 2009. For further details about this local initiative please visit the RISE Greenford website at www.rise.greenford.net.



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