



Time to Shine - Sharing our learning

Programme of events: July 2021- January 2022

We have organised a programme of free events and a resource guide to share important learning, with people who work with older people and people who make decisions about how money is spent locally on services that affect older people.



Time to share



A 'test and learn' approach has been key to the Time to Shine programme, with delivery partners able to make decisions about addressing social isolation and loneliness locally or within their specialism, try an intervention, look to see if it is working and then revise their plan accordingly.

Throughout the programme delivery partners have come together to enable us to collate what has been learnt and produce practical toolkits and strategic reports.

We want to share this learning as widely as possible - with practitioners who work with older people and with senior managers, commissioners and politicians who decide how money is spent locally on services that affect older people.

Use this document to help you find the learning that's most important to you, under three headings:

A programme for frontline practitioners and their managers

- Find out what you need to know to help make changes in your work, starting now.
- Condenses learning from our delivery partners into short reports and interactive meetings

[You will find the programme here](#)

[This will take you to reports on the learning page of the Time to shine website](#)

[This will take you to a list of reports and toolkits key for practitioners](#)

Time to Shine in numbers - the research

- Get a quantitative, and qualitative look at Time to Shine from our local evaluation team at the [Centre for Loneliness Studies](#), Sheffield university.
- This will help you clarify, to your colleagues, funders and staff, why you need to start working in this way to reduce social isolation and loneliness.
- For practitioners, managers and strategic managers.

[Click here to go straight to a linked list of research papers and reports](#)

Time to change systems?

- Find out how you can make services for older people more effective.
- For influencers, including senior managers, commissioners and politicians.

[Go straight to the linked list of documents and information about contacting Time to Shine for direct conversation.](#)

Time to Learn programme

- Most of these events are online
- All events are free - please book your place on Eventbrite and you will receive a zoom link.

[Working with Diverse Communities](#)

Wednesday 21 July - 10.00-11.30 - ONLINE

Time to Shine delivery partners have worked across a range of diverse communities in Leeds, including Lychee Red (Chinese elders group), Leeds Irish Health and Homes work with Irish elders and Health for All's work to support the Black Elders Network.

- Hear from successful projects about what worked.
- Have time to reflect on your own practice and how to make your activities inclusive.
- Explore together how we can use anti-racism as we work with older people across the city.

[Book your free place now](#)

[Engaging Older People with Learning Disabilities](#)

Tuesday 27 July - 10.00-11.30 - ONLINE

With our [Volition](#) partners at the Learning Disability members meetup.

- Find out what we all need to do to engage older people with learning disabilities
- Introduce learning disability organisations to the great work that Neighbourhood Networks and others are already doing

[Book your free place now](#)

[Experience a Shared Table with a Volunteer Host](#)

14th September 2.30 - 4.30 - [Left Bank](#), Burley (part of the Age Proud Leeds Festival)

Shared Tables, where single people were able to share a self-funded meal out together, proved popular in Crossgates and has since spread across the city. Unable to meet during much of the pandemic, the linchpins of the Shared Tables experience, the volunteer table hosts are keen to get back to it.

- Join us to meet a host and experience a Shared Table yourself.
- Explore whether Shared Tables would work for your area or organisation

[Book your free place now](#)

[Engaging Men - with Men's Health Unlocked](#)

Thursday 30 September - 14.00-15.30

Engaging men has often been difficult for older people's organisations, with more women attending 'open' events like coffee mornings and lunch clubs.

- Learn about ways of engaging with older men, tried and tested by Time to Shine projects
- [Hear ideas and strategies from Men's Health Unlocked](#) who are working with men of all ages to talk about their health.

[Book your free place now](#)

[Working in Partnership](#)

Thursday 21 October - 14.00-15.30

Many Time to Shine funded projects involved working in partnerships. Some worked well and were strengthened by the process. In some cases partnerships fell by the wayside as organisational constraints made them hard to implement, and others were forged in their place.

- Explore how to build a good partnership
- Think together about the issues involved

[Book your free place now](#)

[Younger Older People](#)

Thursday 18 November - 14.00-15.30

Some Time to Shine projects worked with 'younger older people' (the National Lottery definition is 'aged 50+') when most people would not consider themselves old but at a point where ageism (for example, in employment) may start to affect them.

- Find out how to engage with younger older people
- Explore how they can be supported, and how they can help

[Book your free place now](#)

[Support for Older LGBT+ People](#)

Thursday 9 December - 14.00-15.30

Research shows that older LGBT+ people are especially vulnerable to social isolation and loneliness as they are more likely to be single, live alone, have lower levels of contact with relatives (Guasp, 2011), and are less likely to engage with local services. Heaphy et al (2003) found that over four fifths of older LGBT+ people do not trust professionals to understand their culture or lifestyle, and believed that traditional services aimed at older people are not accommodating of their needs, with half reluctant to disclose their sexual orientation (Guasp, 2011). Time to Shine has funded a number of interventions to look at how older LGBT+ people can be best supported.

- Find out what worked in Time to Shine projects supporting LGBT+ people

[Book your free place now](#)

[Time to Shine's Intergenerational Work](#)

20 January 2022 - 14.00-15.30

Intergenerational work has always been an important part of LOPF's work. Over the last 18 months there have been a number of intergenerational projects supported by Time to Shine's Small Funds stream. This has also been a period of much talk about intergenerational conflict.

- Gain inspiration and ideas from intergenerational work by Time to Shine projects
- Find out what really happens when different generations get together

[Book your free place now](#)

Resources for practitioners



Learning briefings - quick two to three page reads, summarising discussion from a group of delivery partners



Reports - more detailed summaries of learning from several delivery partners.



Toolkits - tips, hints, and practical advice taken from reports. (Four pages.)

Working with or in groups



[Helping community groups to become self-led and sustainable](#)



[Running a supportive and welcoming group](#)



[An ABCD approach to setting up a community group in your local area - toolkit](#)



[Co-production toolkit](#)

Older people with learning disabilities



[Ideas on how to include people with learning disabilities](#)



[Reducing social isolation and loneliness for older adults with a learning disability](#)

Mental health and wellbeing



[Mindfulness](#)



[Working with individuals with anxiety](#)



[Boosting confidence to regain independence](#)



[Grief takes many forms: supporting older people through loss and bereavement](#)

Reducing social isolation, helping with loneliness?



[The complexity of loneliness and meaningful relationships](#)



[Developing friendships](#)



[Trigger points](#)



[Trigger points](#)



[Telephone befriending: information and resources](#)

Running your project



[The value of working with volunteers on Time To Shine projects](#)



[Working with volunteers](#)



[Training, supporting and managing volunteers remotely](#)



[How to write a blog](#)



[Setting up a Shared Tables project](#)

Resources for academics



Case studies look at individual projects run by Time to Shine delivery partners



Reports look at broader issues and findings

Time to Shine project case studies



[Young at Arts: reducing loneliness and social isolation through offering creative social opportunities](#)



[Reducing loneliness and social isolation through improving wellbeing: a case study of the Supporting Wellbeing project](#)



[Case study summary: reducing loneliness and social isolation through improving wellbeing](#)



[Time To Shine, time to share: Lychee Red Chinese Seniors](#)



[Shared Tables: Time To Shine case study](#)



[More Than a Mealtime Shared Tables: sharing and enjoying food together](#)



[Reducing the loneliness of vulnerable groups: a case study of the small funds projects](#)



[Reducing loneliness through digital connections: case study of the digital angels project](#)



[Extending the Hand of Friendship': exploring loneliness among the older Irish community in Leeds through an exploration of the Cara Project](#)



[Reducing social isolation amongst older LGBT People: a case study of the Sage project](#)



[Leeds Community Connect: a case study](#)

Short reports



[Volunteer listeners report](#)



[Short report: thinking of running an activity to reduce loneliness? Get inspired](#)



[Short report: tackling the growing crisis of older men](#)



[Short report - Time to Shine programme evaluation: summary of beneficiary outcomes](#)

Time to Shine programme reports



[Care Connect: report, summary and appendices after the second year of Time to Shine](#)



[Interim findings for the Time to Shine evaluation questionnaire](#)

Evaluation from other organisations



[SWIFt interim evaluation - Autumn 2018](#)

Resources for system change

-  **Films** - Hear the voices of older people as they talk about loneliness and Time to Shine projects
-  **Reports** may cover an aspect of Time to Shine work or look at a specific project
-  **Case Studies** look at specific topic or delivery partners
-  **Toolkits** offer a way of approaching an issue

Films

-  [Loneliness and Me films](#)
-  [Time To Shine](#)
-  [Food for Thought - community connections through shared meals - film](#)
-  [SWIFt - film](#)

How Time to Shine changes things

-  [SWIFt interim evaluation - Autumn 2018](#)
-  [Reducing loneliness and social isolation through improving wellbeing: a case study of the Supporting Wellbeing project](#)
-  [SWIFt Supporting Wellbeing and Independence for Frailty](#)
-  [Short report - Time to Shine programme evaluation: summary of beneficiary outcomes](#)
-  [The complexity of loneliness and the importance of meaningful relationships](#)
-  [Trigger points](#)

Asset based community development

-  [Leeds Community Connect: a case study](#)
-  [An ABCD approach to setting up a community group in your local area - toolkit](#)
-  [Co production: a Time to Shine toolkit](#)

Demographic groups who need specific support

-  [Short report: tackling the growing crisis of older men](#)
-  [Life, loss, learning and legacy: learning from men's experience of bereavement](#)
-  [Grief takes many forms: supporting older people through loss and bereavement](#)
-  [Findings from the Bee Together Project](#)
-  [How to include people with learning disabilities](#)
-  [Reducing social isolation amongst older LGBT people: a case study of the Sage project](#)

Dementia

-  [Dementia care mapping - finding trends & future thinking. In Mature Company Year 1](#)
-  [Dementia care mapping - evaluating data & finding trends. In Mature Company Year 2](#)
-  [Dancing the small moments: animations series](#)
-  [About dancing and dementia \(podcasts\)](#)
-  [Centre for Cultural Values: sharing learning](#)

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Led by Leeds Older People's Forum, Time to Shine is one of fourteen areas which form Ageing Better; an ambitious, large scale programme funded and developed by The National Lottery Community Fund. Ageing Better aims to improve the lives of people aged 50 and over by reducing social isolation and loneliness.

Leeds Older People's Forum Charity 1191030

