

110 CLUB NEWSLETTER

ISSUE 5 - AUGUST 2020



MESSAGE FROM THE CEO

Where have the months gone since lockdown started? They dragged for a few weeks, but they are now flying by again, unfortunately Covid-19 has not taken flight yet, and is still very much around. This means that we are still having to tailor our support to some of the most vulnerable people in the city, ensuring they stay safe and supported.



With your support, as 110 Club Members, and other charitable income, we have been able to make a real difference, with many saying, 'I don't know what I would have done without Improving Lives Plymouth'.

We have included below some case studies that illustrate in a small way some of the support that has been given. Despite the significant numbers of people we have supported, every individual counts.

We know that some of you are struggling and that every business in the city also counts. If we can support, you or your colleagues, please get in touch with us. We so appreciate that you have kept your membership going, and if you have not been able to and would like to stay in touch, please let us know.

MEMBERSHIP

Thank you to those of you who have renewed your membership since our last newsletter. These include...



110 CLUB VIRTUAL EVENT

Due to Covid-19 its been a while since we have all met so we are hoping you are available to see us face to face through Zoom on

Wednesday 30th September at 4pm

To register for the event please click [here](#).



We look forward to seeing you

IMPROVING LIVES DURING COVID-19

HOW WE ARE SUPPORTING OUR SERVICE USERS

As restrictions are loosening, we are opening up more of our services and activities, within safe guidelines. As we do this, at the forefront are:

Better Futures have opened at our Mannamead site to our learning disabilities service users, to run face to face support and activity sessions. Their online support groups and activity will continue alongside this.

Sensory Solutions has been working out of our Mannamead site throughout lockdown, supporting our hearing and sight service users with equipment repair and loan.. They are beginning to offer support and one-to-one sessions face to face in the building along side the current telephone and video support.

Active for All are now providing outdoor activity sessions every day of the week for people with long term health conditions, learning disabilities and mental health issues. These include walking, running, golf and more.

LCSM are running our My Health My Way courses online for people with long term health conditions.

Advice Plymouth have been giving dept and benefit advice through telephone support. They are now preparing our City Centre site to be able to provide this service face to face to the rising numbers that will sadly need it.



CASE STUDIES

BETTER FUTURES

A service user was a witness to a very serious incident in the family home which resulted in 3 separate safeguarding concerns being raised. With lockdown, and lack of face to face contact compounding issues, Better Futures have been the only agency to be able to continue to interact with the family successfully. Since lockdown relaxed the service user has been met each week for socially distanced walks to support their health and wellbeing and enable staff to monitor the family situation, providing information for multi-agency meetings whilst ensuring they have people to talk to, trust and turn to us in an emergency.



LCSM

J was a participant on our recent webinar, she has been struggling with a health condition for a number of years and unfortunately due to her current situation was furloughed from work which left her feeling very isolated. The isolation was getting worse the longer she was furloughed.

J had not used Zoom before so we arranged a 'meet and greet' session with her prior to the first webinar. During this session we guided her through the process. This also allowed her to virtually 'meet us' before going 'live' in a group session.

The webinar made her feel more positive and were a great help. She has also followed up the information links that we sent out at the end of each webinar, and is looking at ways to get back out into her community, which she knows will help her.

