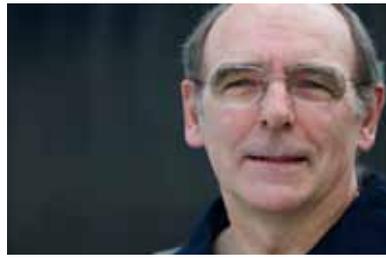


Age Concern
City of London

Impact Report 2015-16



Age Concern City of London



Age Concern City of London has been a registered charity since 2014. It aims to provide help, support and new opportunities for learning, volunteering, socialising, and enhancing health and wellbeing for older City residents.

Of the 7600 people living in the Square Mile, 1100 are over 65, and 2500 are within our target group of over 50s (Census 2011). We want to work with, not just for, older people, to achieve our vision of a City which is as healthy, happy, inclusive and age friendly as it can be.

Reducing Isolation

• Trips and social activities

Age Concern City of London (ACCoL) established a programme of social and cultural events which in 2015-16 included visits to the Royal Academy - to see the Ai Weiwei and Monet exhibitions - a guided tour of the Tallow Chandlers Hall, and a specially curated Spring Concert performed by children from the City and Islington. All trips are free to older residents, and many of them were made possible by the support of our corporate partners.

• Sheltered accommodation Christmas party

In collaboration with international auditors Moore Stephens, ACCoL organised a Christmas party for the City's sheltered scheme, Tudor

Rose Court. Members of staff from Moore Stephens prepared home-made food, put up Christmas decorations and provided music and entertainment. We even had a live pianist playing carols.

Health and Wellbeing

• Square Mile Health Walks

ACCoL's programme of health walks continued to attract new walkers and retain its loyal core of over 100 older people from in and around the City. In 2015-16 we ran four walks a month under the national Walking for Health scheme, including one entry level walk in partnership with St Bartholomew's Hospital, for people undergoing cancer treatment or living with a limiting long-term condition. We worked closely with Fusion Leisure on this project.

Care Navigators

The Care Navigator project, funded by the City of London, works closely with their Adult Social Care Team to ensure that older City residents receive co-ordinated health and social care services, enabling them to live safely and independently at home. This project is delivered in partnership with Age UK East London. It recognises that residents of the City use health services in neighbouring boroughs. Originally a

Walking for Health

138 individuals
participated in a walk in 2015-16

Age Concern City of London

256 older people
worked with in 2015-16



pilot scheme - as a result of its success it has now been extended until 2017.

Digital Inclusion

Following the success of our City Smart project in 2014-15, we have continued to deliver Digital Inclusion work in the square mile. This has been done in a variety of ways.

- **Techy Tea Parties**

Our corporate partners BNY Mellon and K&L Gates have both held Techy Tea Parties which City residents aged 50+ can attend to get 1:1 support around technology, whether it's a question about their smart phone, tablet or other device.

- **IT in Portsoken**

In January 2016 ACCoL received funding from Wakefield Tetley Trust, to carry out work including engagement and digital inclusion work on the Mansell Street estate in Portsoken. A Bengali-speaking worker is consulting with the community there to find out what sort of

sessions would benefit them, with the possibility of offering support around job-searching and applying for work, using social media, and running their own health walks.

- **Audible Moments**

Book lovers enjoyed the first meeting of our Audiobook Club, a new partnership with Amazon Audible in which older people are invited into their headquarters to enjoy tea and home-made cakes, listen to and discuss a story. For those who wish, there is then the opportunity to take advantage of free audiobook downloads on their phone or tablet. Audible staff are on hand to help and advise.

Community cohesion and empowerment

- **Promoting volunteering**

ACCoL was funded by Awards4All to build up a base of volunteers to support our work. In addition to our corporate volunteering programme, in 2015-16 ACCoL recruited 22 volunteers from the local community, through events such as our Community Fun Day in

It's lovely to see new friendships forming amongst the group. We all look out for each other and if someone doesn't come for a while we give them a ring. It's noticeable how much faster we can walk now than when we started - it has really improved our fitness.

Judy Guy-Briscoe, volunteer walk leader and Barbican resident

Age Concern City of London

Portsoken. As a member of Spice Time Credits, we are able to provide a range of volunteering opportunities to suit everyone's skills and abilities, from Befriending to Events Management to being a Digital Champion or Walk Leader.

ACCoL is working with older Bengali women on Mansell Street estate and sees volunteering as a key component to developing confidence and into-work skills, enabling the women to become more integrated in their wider community. We actively support older beneficiaries into volunteering, for instance with the progression from walker to trained Walk Leader, and see peer volunteering as fundamental to helping build resilient, sustainable groups and activities run by and for older people.

Befriending Service

ACCoL, in partnership with Age UK East London, has recently been awarded the contract to deliver a Befriending service in the City of London, initially for three years.

The proposed befriending service will build on the existing tried and tested model delivered by Age UK East London who will deliver the bulk of the service. They will work closely with ACCoL's Volunteer Coordinator who will assist in providing and supporting local volunteer befrienders. It will offer three types of befriending:

- Friend at Home - 1:1 befriending delivered primarily in people's homes
- Friend on the Phone - telephone and ebefriending
- Out and About - group based befriending delivered in partnership with Age Concern City of London

If you would like further information visit www.ac-cityoflondon.org.uk or contact Alice Westlake on 020 7091 2593 or email: AWestlake@AgeUKLondon.org.uk

Thank You

Age Concern City of London would like to thank the following organisations and individuals for the work they've done this year:

***Age UK London
Amazon Audible
Awards for All
BNY Mellon
City of London Corporation
K&L Gates***

***Ina Winjahr
Moore Stephens
The Royal Academy
The Tallow Chandlers Hall
Wakefield Tetley Trust***

And finally, all the Age Concern City of London volunteers who have helped us this year... thank you all so much!

