

PROJECTS IN SHELTERED HOUSING PRE-COVID, PRESENT AND PLANNED

Kitchen 49

Group visits different scheme weekly, prepare and cook lunch for residents. This has been hugely popular and dates were set to visit all schemes again from March 20 to August 20 however these have all been put on hold due to Covid-19.

Project 49 Artwork

Artwork has been completed on several schemes. Residents are involved in what design etc. This again on hold due to pandemic. I have attached some photos of the Trafford artwork which was featured within Insight magazine. I have attached some photos of the Mural at Trafford House.

Morgan Sindall Digital sessions

Dates all set until Jan 2021. These sessions will take place morning and afternoon, one day per month at two schemes. These sessions will assist and support residents to engage with technology, again on hold due to COVID.

WEA

Relaxation and mindfulness classes at Adams. This proved to be a very successful course and we are hoping to set up in some other schemes.

Dementia training for residents

This project was aimed at supporting residents to improve their knowledge and understanding of dementia and how to build positive relationships with people affected by dementia.

Music and Memories

The group meet in 4 schemes monthly. Kestrel House, Adams Elm House, Stephen McAdden House, Trevett House. I attended one session in Adams latter part of last year, 44 in attendance!

Ministry of Art

Art classes at Keats House, Brambles and Trevett House. I am waiting for some photos and will forward to you asap.

Garden Project

Keats House, residents planned and designed the garden, there have been a few setbacks due to COVID-19 however this is now up and running. I will send photos on receipt.

Residents at War

This project took place at every scheme and was well attended. Residents were encouraged to speak about their memories of wartime, many topics were covered including, food rationing, music, women and their role, men returning from the front, family life after war.

Pony therapy (visiting residents at schemes)

This project helps with touch and sight sensory experiences, social interaction and communication. This again is on hold due to the pandemic. We have arranged to start at Scott House once we are able to resume activities fully on schemes.

Ready, Steady Go - Furzefield

This class has been running successfully for at least 5 years and is well attended. This class is open to and all residents and members of the community, again on hold for the moment. Intergenerational Link up with Keats House and Chaucer House Arts and crafts day with residents and children including painting. A pony also visited on the day. This project encourages understanding and sharing of experiences and skills between generations.

PROJECTS DURING COVID-19

Active Life- Exercising at home

In partnership with SBC, resistance bands, dvd and booklets were delivered to Sheltered residents. Follow up with the instructor every week/month to answer any questions, discuss exercises and monitor improvements and build confidence.

Art pack activity in partnership with Focal Point Gallery

Art packs delivered to over 60 residents across the borough. The art work will be publicly displayed in Southend, venue and date to be announced and will feature on the cover of Insight magazine next year.

Digital Inclusion programme

In partnership with SECH, iPads have been given to some residents who are socially isolated, these have been set up for residents and ongoing support to assist with accessing services online. As part of our digital inclusion programme, we are piloting zoom coffee mornings on schemes, SHO working from home will link up with residents in communal lounge and also with residents using zoom from their flats (this will really benefit those residents who are shielding/self-isolating). The aim to encourage residents to link up with each other, friends and family.

CityFibre/Vodafone

Meetings have been arranged to plan digital sessions for residents and to discuss possibly refurbished iPads and smartphones for residents.

Now communal lounges are open residents have returned to a socially distanced activity calendar. They have resumed coffee mornings, autumnal suppers and charity events.

MacMillian (socially distanced) Coffee Morning

Coffee morning at The Jordans raised £300.00 for the charity, quite an achievement. Please see attached photos.

PLANNED

We are hoping to return to many of the projects listed above that are currently on hold due to COVID-19. In addition to those listed we are planning the following events:

Art and Crafts Exhibition for 2021

A celebration of works by our residents to be shown at one of our galleries. This will involve a group of residents planning and co-ordinating this event to showcase their work.

Reading Buddies

In partnership with SBC link up with primary and senior schools. Residents can link up virtually from communal lounges and read stories to younger children. In turn pupils can ask have question and answer session. Older children can assist with technology and residents can assist with school projects. We have several residents who are eager to get involved. Workshops have been arranged for next week to start planning this project.

Link up with Libraries

Library staff to attend coffee mornings, support with setting up book club, volunteering, audio books.

DIGITAL INCLUSION PROGRAMME

CityFibre/Vodafone

Meetings have been arranged to plan digital sessions for residents and to discuss possibly refurbished iPads and smartphones for residents.

Afternoon tea with a twist or theme

Residents will lead with the theme or twist, anything from movies, book clubs.

Roaring 20's.

Themed events encourages residents to really get involved and generates a lot of engagement.