



connect

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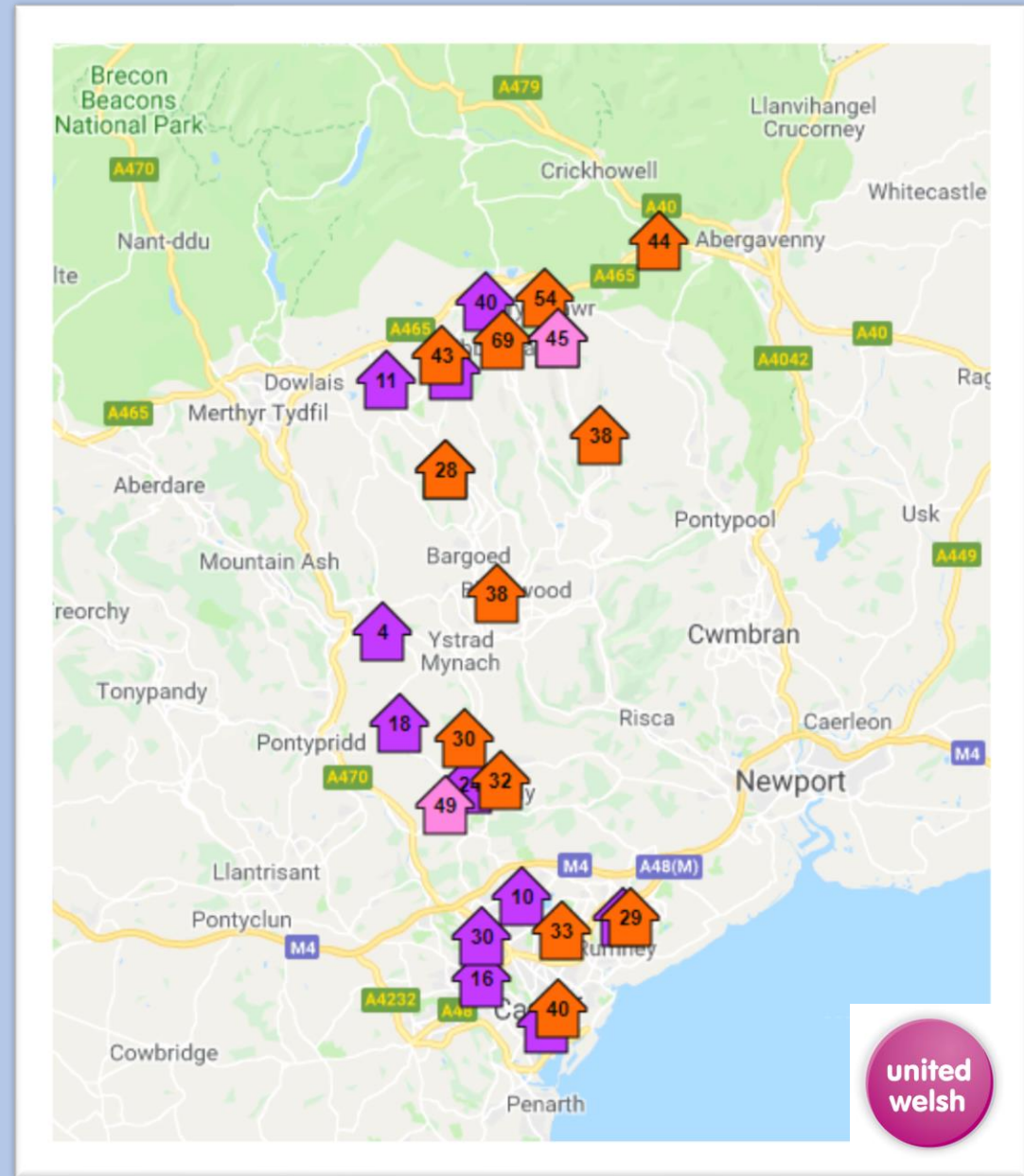
# About us

United Welsh is a registered social landlord with nearly 6,000 properties in eleven local authorities, across South-East Wales

Our Thrive team manages our specialist accommodation and support services, which comprises of 50+ accommodation, supported housing, floating support, community mental health schemes and community wellbeing services.

We recently launched a review of our 50+ services to ensure they are fit for the future.

Our Connect project covers our sheltered and Extra Care schemes in Blaenau Gwent



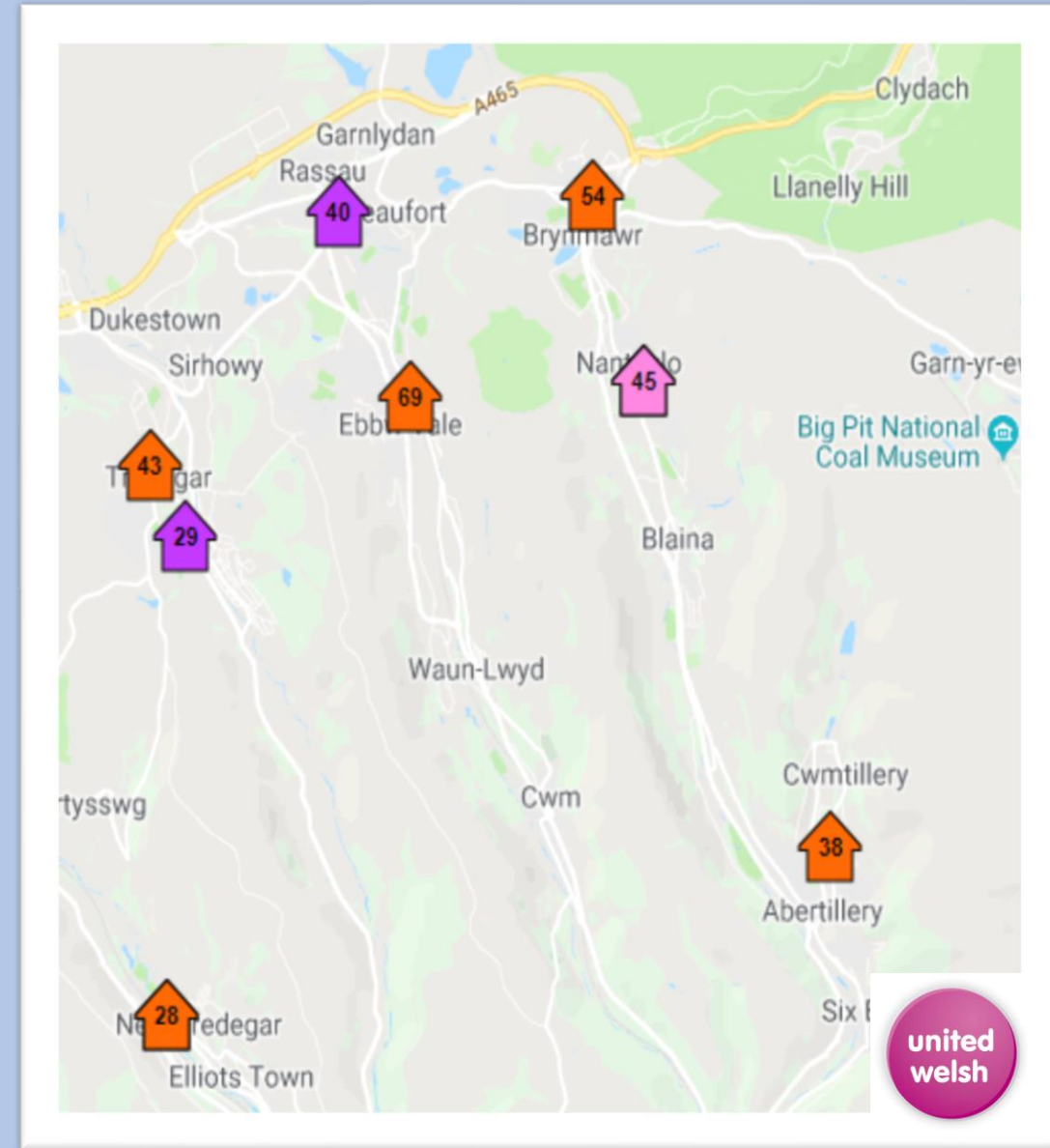
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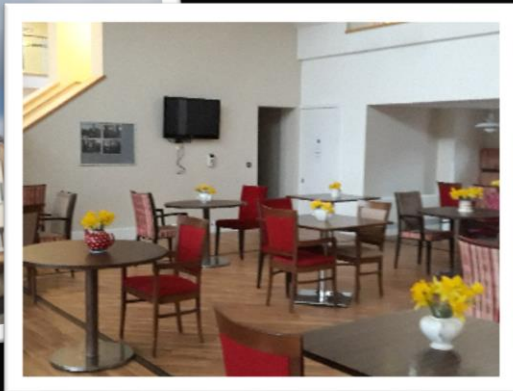
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How do we help people connect to their community?



How do we make our schemes vibrant places people want to live?



How do we empower people to do things for themselves?



How do we help people improve their wellbeing as they get older?



# Starting questions

# Inspiration

The lady from Chepstow...



People can use their own strengths and interests to make a difference



£80,000 for 2 years

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**ACTIVE AGEING - NEW  
FUNDING INITIATIVE**

17 JULY 2017



# connect

**Outcomes: Improve wellbeing, social participation, connection to community. Make better use of facilities and improve satisfaction.**

**Employs a Facilitator to meet with tenants to find out what matters most to them and what strengths and assets they have to achieve this.**

**Co-production approach to designing activities**

**Recruits volunteers from the community, including local schools, to support with activities.**

**Signposts to beneficial services.**



# Achievements - Year 1

*Men's Sheds*

*Gardening*

*Ukulele club*

*Digital skills sharing*

*Supper club*

*Baking club*



*Arts & Crafts*

*Bowls club*

*Coffee mornings*



*Knit & Natter groups*

*Animal encounters*



# *Intergenerational choir*





# Together Award Winners!



Best Community  
Project 2019



# *Outcomes: Case Study*

## **From Connect Facilitator:**

**“In July 2018 I visited a lady in Wesley House who really didn’t want to complete the assessment at all. At that time she had sore eyes and explained with this problem, she could not join in with many things at all. She explained how low she was feeling and her wellbeing measure scores reflected this. The lady said she would love to knit when her eyesight was better and would join in with a knitting group if one was set up. Soon with the Connect project we had established activities at Wesley house, including a knit & knatter group, cooking and meal sharing, gentle exercise and an intergenerational choir – this lady who didn’t want to do anything, soon joined in with everything!”**

## **Extract from a letter received a few months later from the lady’s Daughter:**

**“... I cannot thank you enough, you have given my mother a new lease of life. She has the confidence and enthusiasm I remember as a child. I no longer visit every day as I have done since her move, sometimes struggling and juggling to find the time with working full time and having my own family to care for. How shall I put it? I have been made ‘redundant’! I am told to go straight home from work. She has something on the agenda every day. It keeps her mind, body and soul active...”**

# Learning and plans for Year 2...

**Intergenerational activities are really powerful experiences for young and old**

**It doesn't take much resource to get going if you use existing assets.**

**Loneliness and isolation can be deeply entrenched and time is required to reach those most in need.**

**Recruiting another Facilitator**

**Working more closely with WCVA & GAVO to support volunteering**

**Planning more skills sharing and celebrations to showcase what's possible**





*Thanks for listening!*