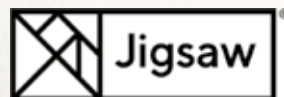


Community Navigator Service



ambition
for
ageing



Linking men over 65 to services and social opportunities in their local community

Do **you know someone
who could benefit from a
life enhancing service?**

What is the Community Navigator Service?

The service is focussed on older men (over 75) who are isolated from local services, support networks and their community. It aims, by way of trained volunteers, to discover the needs of individuals and put them in touch with local support such as community or social groups. It encourages and supports older men to meet like-minded people, become more active, revisit old hobbies, volunteer, or learn new skills.

Why is the service necessary?

Our research shows that men over 75 find it more difficult to make friends later in life. There is a tendency in males of this age to associate the idea of admitting loneliness, or lack of friends, with the stigmatisation of reduced masculinity. As a result, they may not actively seek support.

The Navigator Service is an opportunity for men to use their skills and knowledge, rather than simply seeking help.

How does the service work?

The service looks to community partners such as GP's, health professionals, social workers, housing providers and other community touch points, to make referrals.

Trained volunteers then directly contact those identified, and use evidence based methods to help engage and connect individuals with the right services, support and social activities appropriate for them.

Eligibility

- **Over 65**
- **Living alone**

This is a service aimed at offering access to local social activities for men who live alone. It is a volunteer led service and cannot offer support for people with complex, or personal care needs.

Geographical Areas Covered:

Initially, the service will operate in wards in **Manchester – Gorton, Rusholme, and the Collyhurst area, Miles Platting, Tameside – Ridgehill, Stalybridge and Denton West and Oldham – Werneth and St Mary's**

Additional Information

Who is responsible for the service?

The project is being delivered by Southway Housing Trust in partnership with Jigsaw Group. We will also be working closely with statutory, voluntary and community partners.

Background:

The Community Navigator Project for men over 75 living alone is being developed as part of the Ambition for Ageing Scaled Up programmes. Ambition for Ageing is Greater Manchester level programme aimed at creating more age friendly places and empowering people to live fulfilling lives as they age. It is funded by the Big Lottery Fund's Ageing Better programme which aims to reduce the social isolation of older people.

More about the key principles of the project

Southway Housing Trust is a community based housing provider, which owns and manages 6,000 affordable homes for rent across seven South Manchester wards.

There is a particular focus on older people with 43% of households containing at least one person over the age of 60. Southway Housing has been working with older people to create Age Friendly Neighbourhoods since 2011.

The experience we have developed of working in co-production with older people, in our core areas, will underpin delivery of the Community Navigator project.



Case Studies

Bill

Bill, aged 69, had begun to feel isolated after he was bereaved a year ago.

He had been a carer for his wife for many years and had lost contact with friends. His family tried to visit as often as they could, but Bill also wanted to get out and meet new people.

However, Bill did not know what activities were on offer for him. Robert, a volunteer community navigator, visited Bill after receiving a referral from Bill's GP. They talked and Bill said that he enjoyed taking photos and gardening. Robert was able to find a local camera club who met once a month and he accompanied Bill on his first visit to the club. He also took Bill to a local community growing group, who met monthly in a local café to plan the activities for the following year.

Bill is now getting a lift to the camera club by John, who lives in the same area and they meet at the pub once a week. He is volunteering with the community growing group and visiting the local primary school to help keep the raised beds tidy.



Ahmad

Ahmad, aged 80, was feeling isolated after his wife, who has dementia, moved into a care home six months ago.

He is close to his family and spends time with them but wished to meet men of a similar age. He used to be an engineer and enjoys repairing watches and electrical equipment.

The Imam, from his mosque, told him about the Community Navigator Service and put him in touch with the coordinator.

Following a visit from a navigator, Ahmad began to attend a local Men in Sheds project, where he is sharing his skills with other members.

Get in touch...

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