

LOOKING AFTER ALL OUR
TOMORROWS TODAY



ABOUT US

The Ageing Well Torbay (AWT) programme is one of fourteen partnership programmes in England funded through the National Lottery Community Fund's '*Fulfilling Lives, Ageing Better*' Programme. Their investment nationally of £80 million over six years, is to encourage the development of new or joined up ways of working to reduce social isolation and improve the lives of people over 50.

The Ageing Well Torbay programme is led by the Torbay Community Development Trust (TCDT) and is a partnership between local older people, voluntary and public sector agencies.

As with all the other Ageing Better Programmes, we are collecting evidence to increase our understanding about what works, so that in future years the government and local authorities will be in a better position to know and fund what supports positive ageing and reduces social isolation.

AGEING WELL TORBAY'S PROJECTS & PARTNERS

Wellbeing Coordinators

Wellbeing Coordinators find out what interests and matters to people, and then they support individuals to overcome obstacles and do the things they love, or to try new activities.

Either contact Age UK Torbay on 01803 555181, email: reception@ageuktorbay.org.uk www.ageuk.org.uk/torbay or Brixham Does Care on 01803 857727, email: admin@brixhamdoescare.co.uk www.brixhamdoescare.co.uk



Community Builders & Neighbourhoods

Community Builders work across Torbay to help people find ways to positively change their neighbourhoods into the places that they would like them to be. They have also set up community timebanks so that local people can swap their skills at:

www.torbaytogether.org.uk



To find out who your community builders are, contact TCDT on 01803 212638, email: info@torbaycdt.org.uk or visit www.torbaycdt.org.uk

Torbay Peer Support Project (formerly Daybreak)

Step One is offering free courses for people over 50 in Torbay, which are run by a facilitator and a peer trainer with lived experiences. The courses can help with low self-esteem, loss/bereavement, and/or anxiety and depression.

Contact Sharon Nott,
Project Co-ordinator on 07806 836922 / 01803 321248,
email sharon.nott@steponecharity.co.uk or visit:
www.steponecharity.co.uk

Digital Inclusion

Healthwatch Torbay is delivering a free local programme of online health & social care training and support at community venues throughout Torbay.

Healthwatch wants to give people the skills to access the internet and use local online resources. This includes self-referral systems, appointment booking systems, how to rate and review local services online and have their voices heard.

If you are interested in taking one of these free training sessions or would like Healthwatch to deliver this training at your own community venue, please call this free number 08000 520 029, email digital@healthwatchtorbay.org.uk or visit www.healthwatchtorbay.org.uk/digital-project

Step One



healthwatch
Torbay



FAIR (FINANCIAL ADVICE, INFORMATION & RESILIENCE)



FAIR is a project which aims to make advice and financial information services more accessible for people over 50.

Support and advice ranges from form filling, accessing information online, understanding benefits, including how you could apply, and how to get the best consumer deals.

The project is being delivered through a new partnership of 11 local voluntary sector providers led by **Citizens Advice Torbay**, including **Age UK Torbay**, **Brixham Does Care**, **Homemaker South West**, **Healthwatch Torbay**, **Mencap**, **Sanctuary Housing**, **Torbay Advice Network**, **Yes! Brixham**, **VisualEyes Torbay** and the **Crafty Fox Café 'n' Hub**.

Volunteers are being recruited and trained to provide a range of support in their local communities.

If you would like to find out more about FAIR, contact the project coordinator, Susan Bottomley on 07706 714366 or email: susan.bottomley@torbaycitizensadvice.org.uk.

FAIR offers a drop-in service, to which people can self-refer at three points across Torbay:

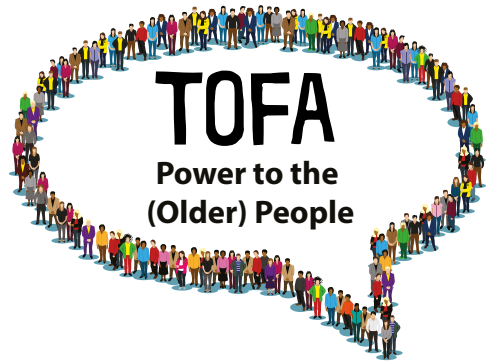
Brixham Does Care,
Old Market House, New
Road, Brixham, TQ5
8TA. 01803 857727.
Open Mon – Fri,
9:45am – 4pm.

The Edge, Bolton
Street, Brixham, TQ5
95H. 01803 851414.
Open Mon – Fri 11am –
5pm.

Crafty Fox Café 'n' Hub,
103 Foxhole Road,
Paignton, TQ3 3SU.
01803 669005. Open
Mon – Fri 10am– 3pm.

TORBAY OVER 50'S ASSEMBLY

Ageing Well Torbay is working with older people and organisations across Torbay, to give them a voice through the **Torbay Over 50's Assembly (TOFA)**.



Torbay Over 50's Assembly

The Assembly enables anyone over the age of 50 to discuss what's important to them, and share those views with others around Torbay.

The Assembly was a key element of Ageing Well Torbay's initial bid to the National Lottery Community Fund, and is therefore an important feature and legacy for the programme. It ensures people in later life will have a true platform and real power within Torbay, to influence decisions, through negotiation with local statutory services such as the NHS and the council.

You can join the assembly simply as a Free Assembly Member, or volunteer as an Assembly Representative, or as an Action Group Member.

If you are interested in joining TOFA, visit www.ageingwelltorbay.com/tofa for more information, phone **01803 212638**, or email ageingwell@torbaycdt.org.uk.



STAYING PUT

Six organisations have joined together to provide services that over 50-year-olds told us they might need to enable them to stay in their homes for longer.



At the heart of Staying Put are local people helping their neighbours remain their neighbours through sharing skills, time and knowledge, enabling older people to stay put in their own homes for as long as they wish to.



How it works:

If you need jobs doing around the house or need better access to health and wellbeing services, we can help.

Or you might need help cooking, menu planning and shopping online. You might be facing problems with your own health care or that of someone close to you - whatever the problem we can make sure your voice is heard.

On the other hand, if you are able to help others through volunteering, then we can point you in the right direction. You might be offering friendship and company or low-level DIY services and help around the house.

If you need help, or want to help, ring Mark or Gill on: **01803 446022**, or email us at: stayingput@torbaycdt.org.uk



AGEING WELL TORBAY,
TORBAY COMMUNITY
DEVELOPMENT TRUST,
4-8 TEMPERANCE STREET,
TORQUAY, DEVON, TQ2 5PU



CONTACT THE PROGRAMME OFFICE:

PHONE: 01803 212638

EMAIL: ageingwell@torbaycdt.org.uk

WEBSITE: www.ageingwelltorbay.com

SOCIAL MEDIA:

FACEBOOK

TWITTER

INSTAGRAM

SOUNDCLOUD

@AGEINGWELLTORBAY

@AGEWELLTORBAY

