

Quarter	Months	Project Number & Name
	October to December 2010	4 – Start over Fifty

Quarter Activity report

Earlier this year in the quarter Jan to March, we recruited what was thought would be an unbeatable number of 71 people, but the quarter October to December has topped even that with a grand total of **86 between 1st October and 17th December**, an average of more than one new person each day. Of course such high recruitment does not just happen, it has taken considerable effort and the addition of some new innovative programmes, bringing the overall total of weekly sessions run to 20.

This quarter has seen the regular running of a session for dementia sufferers in conjunction with Age Concern, at the Buddy Cafe, Roe Green Cricket Club, Worsley. These members present a considerable challenge, but all have engaged well with the sessions run by Danny. Some attendees have severe dementia and yet it is amazing, given the right encouragement, what they can achieve. Age Concern is actively looking to display the work produced.

The quarter has seen the expansion of our range of physical activity provision. Following a very well attended yoga taster session at the Eccles Gateway Centre run by Sue Miller, we were unable to book that venue on a regular basis, so the group was transferred to a venue we have used before, Patricroft United Reformed Church. All attendees accommodated the move and in many ways the venue offers a larger space, with a wooden dance floor giving potential for the group to expand should funding continue. Such expansion is already underway, as the ladies who attended the taster have encouraged their husbands to come along as well.

A brand new venture for the project is the delivery of sessions in the tower blocks in Eccles. A taster session was run at Kemball House as part of the Young at Heart/Full of Life October events. Although only five people attended this, one person had made the journey across from College Croft, the tower block over-looking the town centre. She was so enthused, that she felt a further taster should be run there. This had a much larger attendance and subsequently led to the creation of a new continuing group.

Following discussion at the Start over Fifty Steering Group meetings, several User led groups had mentioned that they had taken on new people, but had found these new recruits felt they lacked experience compared to existing members. Rather than risk having these people drift away, it was decided that Danny would run new groups at the same time and in the same venue as the User led groups specifically aimed at increasing the skills of the new recruits. This has proven to be a brilliant way to return to established venues without undermining the good work done by the User Led groups. The benefits to this approach are two-fold, Start over Fifty gains new recruits and the User Led groups are ensured of increased numbers of future members. Currently sessions are being delivered alongside the Wardley and Boothstown groups.

Start over Fifty has been involved in two exhibitions this quarter. An exhibition of 15 recent paintings by Sydney Cauldwell was held at the Ordsall Neighbourhood centre from October into November supported by Ross Spanner, Neighbourhood Manager. Into the New Year, Start over Fifty is a part of the Start Fragments exhibition in the City Museum and Art Gallery. Start over Fifty has contributed several pieces as part of an installation that uses the small mock house in the Langworthy Gallery. Notable amongst these is a cabinet of items donated by Start over Fifty members that come to life as you open the drawers.

Sessional artists used this quarter include Joanna Fyfe, Stuart Watkinson, Stewart Kelly, Sue Miller and John Chang.

Much of the feedback this quarter is concerned with the uncertainty over whether the project will continue. The sense of loss to people's lives is palpable and comes across clearly in their comments (see feedback.)

Success Criteria

Predicted	Approx. 50 new members per quarter
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Actual 86 new members

Quarterly Evaluation			
Numbers of people in ethnic groups		Numbers living alone/or with others	
1. White British	86	People living alone	33
2. White European		Not living alone	46
3. Asian/British Indian		Don't know	7
4. Asian/British Pakistani		Gender	
5. Black British		Male	15
6. African/Caribbean		Female	71
7. Chinese		Age bands	
8. Other Ethnic Group		50 – 59	9
9. Ethnicity not disclosed		60 – 69	34
10. Not known		70 – 79	23
		80 – 89	18
		90 and above	2
What channel did people used to access the service? e.g telephone; outreach; drop in centre; website etc			Numbers
Flyers /poster			8
Word of mouth/a friend			45
Age Concern			
Doctor/health worker/centre			2
Not disclosed			31

What services were provided (or signposting/referrals given)? Eg Handyman; social; home safety; leisure activity; benefit/financial	Numbers
People accessing creative activities in the following venues led by Start	
Humphrey Booth, Broughton	12
Start in Salford	8
Alexandra House, Patricroft	19
Kemball House, Eccles	5
College Croft, Eccles	9
Lady James Hall, Irlam	7
Sindsley Court	14
St.Mary's Church Hall Cadishead	10
Moore's House	13
St John's Community Centre, Walkden	11
Ordsall Community Centre	7
The Meadows, Cadishead	7
Pembroke Court, Pendleton	4
Ranulph Court	10
Walkden Gateway	9
Langworthy Cornerstone	10
Boothstown Community Centre	13
Buddy Cafe, Roe Green	14
United Reformed Church, Patricroft	19
Wardley Community Centre	8
Total	209

user led groups

There are seven current and active User led groups.
There are two Unconstituted groups. The Irlam group has gained recent funding from the Hamilton Trust. Snapshots, a digital photography group, meets bi-weekly at the Langworthy, Cornerstone.

Please record below the known outcomes or evidence from the services & referrals you have listed above.

A selection from feedback sheets completed this quarter:

'The weekly Art class at Sindsley Court Community Lounge, has been up and running since August 2010 and has proved to be a resounding success, that not only has been beneficial to tenants at the scheme but also the Elderly wider community. It has helped to address the loneliness and isolation that us so often experienced by our elderly population, and has supported them in regaining confidence to socialise, and in finding new experiences that they would otherwise not have had the opportunity to explore. This is both an amazing and beneficial pastime for the elderly people of our communities, and of course full marks to the course tutors for the delivery of their varied, and many interesting and inspiring projects.' (Female, Sindsley Court)

'A whole new world has opened up for me. I am a carer and these sessions have been so therapeutic and made it that I now have less stress and able to cope with my many daily problems. I have never had an art lesson in my life before so am really 'hooked.' My work has now been framed and I have hung it in my kitchen, I am so pleased. It's a shame that this will finish soon, the camaraderie also has been very important. Thank-you.' (Female, OCA Neighbourhood Office)

'Danny has been very informative and we have only had three sessions with him. I have learnt so much and am not afraid of trying anything anymore. He puts a lot into each lesson and makes you feel confident.' (Female, Wardley Community Centre)

'Much to my surprise, I really enjoyed these sessions. It was really challenging I would like to see this come back again please. I found John really helpful and sensitive to people's needs. He taught me a lot more than just Tai Chi but about Chinese Culture.' (Female, St Marys Church Hall)

'Very good, very interesting, sociable and learnt a lot of various things. Helped with my fitness and mobility etc. Sue was most helpful and instructive.' (Male, St Marys Church Hall)

'I have thoroughly enjoyed these yoga sessions and feel that they have been extremely beneficial in terms of my overall wellbeing, physical and psychological. The tutor is excellent- very mindful of our particular needs and is extremely knowledgeable and practical... Thanks a million- can we have more.' (Female, St Marys Church Hall)

'I think these art sessions are very enjoyable, interesting and you learn a lot about art, texture and ways of creating a life like picture. It is very therapeutic as in it gives us all something to look forward to and a feeling of confidence in the fact that we can all do something worthwhile. The sessions fly through because everyone is enjoying themselves.' (Female, College Croft)

'I have enjoyed the course and trying all different mediums and styles of art, also meeting new people and making new friends. I hope the course will be able to continue as they are both educational and beneficial'

are both educational and beneficial to ones general health and confidence in social situations.' (Female, Cornerstone)

'I have enjoyed every moment of the classes. Its been fantastic. I feel that I have progressed so much. It has helped me so very, very much. Please, please continue with this good work. It helps people to grow and gives happiness to all who love art! (Male, Cornerstone)

'I started the course at the end of September after reading about it in the local paper. It is something that I haven't undertaken before and have found it very interesting and it has certainly taught me things about art and creativity and brought out different talents hidden within my persona. I find it very therapeutic and the 2 hours pass so quickly. Working with Danny has been very rewarding he is extremely helpful and patient and has given us different projects each week to work on. I am very sorry that the funding for this Over Fifty course might be coming to an end due to government funding but can only hope that there is a re-thing and we will be allowed to go on.' (Female, St John's Community Centre)

'I was extremely disappointed to hear that all Start Over Fifty groups will come to an end. The group has so many positive experiences to offer motivation, social interaction, humour, achievement when trying out a new skill. The teachers were very, very good, most helpful and encouraging. I feel that many people who attend all these groups will suffer a deprivation of contact with others and enjoyment in the future. It is to be hoped that if money is available in the near future that 'Start Over Fifty' groups will be reformed.' (Female, Ranulph Court)

'I feel very sad this is closing, not sad, very annoyed. It means so much to me not being able to get out, it gives me an interest, adding so much to me life; a great feeling of something to look forward to. I have learnt so much and it has been so relaxing. I hope it returns soon.' (Female, Ranulph Court)

'We understand that these courses are coming to an end. These will be greatly missed especially for people on their own relying on these courses for company and giving them a reason to get out. Also the opportunity to learn new skills has been fantastic. The art course I have attended has been superb and I have learnt so much. Stewart has been a wonderful tutor and has taught us so much with great patience and humour. He will be missed. Hopefully there may one day be the funds to start again.' (Female, Ranulph Court.)

'One work- inspirational. Every lesson was a gem. Art and learning at its very best.' (Female, Boothstown)