



**Portobello Older Peoples Project SCIO
185 Portobello High Street
Edinburgh EH15 1EU**

CHARITY NO. SC048384

FUNDING REQUEST TO PORTOBELLO DIRECT

Who we are:

Portobello Older Peoples Project was established in 1992 to support frail and housebound older people in the Portobello area. This remains the aim today with recognition that social and lunch clubs play an important part in providing opportunities for older people to socialise and take part in activities. Social isolation and loneliness are common problems among older people and carers, with research showing that it impacts on physical and psychological health and wellbeing.

What we do:

The project supports older people who live at home and are isolated one way or another. For some this is because they are unable to get out of their homes without support. Others may have suffered a physical or psychological illness and lost their confidence in going out and/or meeting people. The aims are to reduce isolation and improve health and wellbeing. Normally the project works to achieve this by providing the opportunity for older people to get out of their homes, have a hot meal, enjoy the company of others, and take part in a variety of activities and outings. The project is provided by one, part-time paid member of staff, supported by up to 20 volunteer helpers and drivers. It normally runs weekly on a Tuesday and Wednesday and supports 10 older people each day.

Impact of COVID-19

The impact of the pandemic resulted in the suspension of normal services on the 17th of March 2020. After an initial assessment to check with the older people and their families that they had supports in place, we set up a system to help maintain contact with the members within the constraints of the restrictions in place at the time. Along with a group of our volunteers who were able to continue to help, we started to make regular phone calls and send postcards/letters to the older people. The aim was to remain connected, ensure that people knew we had them in mind and in turn, continue to help reduce social isolation and loneliness. We also started to draft and send out newsletter/activity packs every 3-4 weeks. In addition, we have been delivering socially distant birthday wishes and cake and have special deliveries on occasions, such as Easter and Christmas.

Christmas is normally a special time at the club when we have a lot of activities and celebrations, so we decided to try and make it special within the constraints of the restrictions at the time. We organised socially distant deliveries each week in December leading up to Christmas. The deliveries included: Christmas cards and

Chair: Rev Dr Stewart G Weaver, 6 St Marys Place, Edinburgh EH15 2QF Telephone 0131 669 2410

Treasurer: Lawrence Marshall, 3F1, 50 Kings Road, Edinburgh EH15 1DX; Telephone: 0131 669 1336

Project Organiser: Rose White, 49 Inchview Terrace, Edinburgh EH7 6TU; Telephone: 07472646262

decorations made by primary school children, newsletters & activity books, hot chocolate kits, candy canes, handmade Christmas decorations among other things. In Christmas week we delivered afternoon tea gifted by a local café, a Christmas stocking, and other gifts. The deliveries we made by the volunteers in person following all COVID-19 rules. These deliveries were all well received but the thing that the older people enjoyed the most was that they had the opportunity to have a chat with someone at their door.

This additional contact has been much appreciated by the older people and we aim to continue with it in the coming months and have already had a special delivery for Burns day and have plans in place for Valentine's day.

Financial information:

The project is part funded by Edinburgh Health and Social Care Partnership. In addition, the project normally takes a subscription from the older people, applies for charity grants, receives donations, and undertakes a small number of fundraising activities. During the pandemic, the Edinburgh Health & Social Care Partnership funding has continued, and we have continued to receive donations. We had secure 2 charity grants for the year 2020-21. Due to the suspension of services, we have not been able to these funds for the purposed intended and they have advised that we contact them when services are resumed, and they will discuss the potential to carry forward the funds into next year.

Funding request:

We would like to build on how much the older people have enjoyed the doorstep chat when dropping things off as well as the actual treat of somethings special like an afternoon tea. We are therefore asking for a grant of £500 to provide the funds to cover the costs of these type of activities. This would allow us to plan a programme of activities over the coming months. The programme would include things like a fish supper, another afternoon tea, a bistro type lunch etc. As the restrictions allow, we would also like to introduce garden visits with 'tea and cake', maybe a walk or drive to a café or the promenade for an ice cream. It is difficult to predict when and how the restrictions will change and therefore it is difficult to be precise on what we will do but we will respond and amend our plans as the restrictions allow. We anticipate that the impact of the pandemic will continue for some time yet. However, if the restrictions are lifted to the extent that means the club can get up and running again, we would use the funds to plan some special lunches and events.

I trust that I have provide you will sufficient information to allow you to consider our request, please contact me if you require any clarification or additional information.

Rose White

Project Organiser

07472646262