Sue Ryder Doncaster Community Services

Sue Ryder has established a number of community-based services in Doncaster, supporting adults and older people who may have physical disabilities, long term health conditions, dementia, carers and people who are at risk of social isolation. We provide befriending and a range of community-based activities, promote peer support and have experience of working with other organisations to provide a meaningful range of day activities and useful information.

Services provided include:

“Supporting me”
Anyone can refer to the service, GPs, voluntary sector agencies, and other community services, as well as specialist health teams such as the Neurological Rehabilitation and Stroke Outreach Teams or directly for themselves.
The service is open to anyone aged 18 years or above with a neurological, physical or sensory disability/long term health condition living in Doncaster. We can also support older people, people living with dementia and their carers.

One-to-one support service
Upon entry to the service, one of the Supporting Me coordinators will meet with you, to develop a tailored programme, which will run for a period up to 12 weeks.
We can help, by providing:
• information about your condition and where to go for additional support
• contact details of agencies and groups
• identifying and accessing your transport needs
• onward referral to services such as befriending/dementia support services
• support to attend one of our community group activities

“Supporting Me” activities
To help you improve your confidence and regain independence, we run a programme of activities where you will be able:
• to meet new people
• learn new skills
• improve your physiological and/or physical wellbeing
• empower you to take control of your life

We aim to provide a friendly, welcoming, safe environment for all individuals to relax and partake in enjoyable, accessible community based activities, whilst meeting and socialising with others.

Supporting Me facilitated activities include:
• cycling
• walking
• swimming
• tenpin bowling
• boccia
• Archery
• fishing
Each of these groups meets at an agreed time and place; we have various activities that take place in the morning, afternoon and evenings throughout the week. New activities are developed around the needs of the people we support through consultation and are facilitated to continue with the help of the ‘Supporting Me’ staff.

**Community dementia peer support**

In Doncaster we facilitate peer support for people with dementia and their carers. We support people to achieve a good quality of life, gain confidence and remain independent in their own home.

Knowledge and skills gained through our Peer Support Service are, developed, shared and embedded within local communities through effective engagement with existing community groups and individuals thus helping to build community knowledge, capacity & resilience.

With a clear focus on dementia, Sue Ryder offer benefits of shared identity, acceptance, increased self-confidence, the value of helping others, developing and sharing skills and experiences, improved emotional resilience and wellbeing, information and signposting, challenging stigma and discrimination.
We support facilitation of a regular peer group meeting at The Carcroft, Redmond centre each month.

We are working with local shops, businesses, clubs, groups, networks and health care professionals to increase the awareness of dementia and the role that everyone can play in helping to support people in our local community to live well with dementia.

**Dementia carers support service**

The service is designed to help and support individuals with dementia and carers by offering family carers a regular break from the caring role.

Befrienders provide regular one-to-one visits for two hours each fortnight to a person with a diagnosis of dementia, supporting with any meaningful activities that person would like to do, trips to the shops, walks in the park or stimulating conversation and activities at home allowing family carers time for their own needs whilst their loved one is participating in a safe and enjoyable environment.

**Befrienders can:**

- provide company, conversation and activity
- support individuals to maintain hobbies and interests
- assist with access to the local community (trips to the shops, walks in the park)
- be a regular contact by providing companionship and alleviate boredom and frustration
- support individuals by signposting to other appropriate services if issues arise

**Sue Ryder community friends**

The Doncaster Community Friends project is delivered through a joint venture between Sue Ryder’s Doncaster befriending services and Sue Ryder Retail.

This innovative approach will tackle social isolation for people affected by dementia and other long-term health conditions. By utilising our ‘large-format’ retail outlet as a base for a drop-in service, providing a convenient, accessible and safe environment with a range of stimulating activities, advice and information.

The town-centre location is an attractive venue as a meeting place for ‘community friends’. Our Retail colleagues and volunteers will all be ‘dementia friends’.
The store includes dedicated space for a group to meet and participate in a range of facilitated activities. Additional space can be created where required for larger group activities. Outcomes will include improved health and wellbeing for adults with disabilities through reducing isolation, increasing confidence, encouraging participation in meaningful activities and enhancing independence, as well as improved support for carers.

Open ‘community friends’ groups - £1.00 each session

Bookable group dementia befriending service - £10.00 for a two-hour facilitated session, for people with dementia. (max 4 per session)

* (6 month pilot)

**Ring around a carer**

We are currently piloting a Dementia carer’s telephone peer support service that will provide a social contact for carers of people with dementia and encourage support in their caring role through regular befriending contact and development of peer support.

Our aim is to encourage peer mentorship across a social network, bringing together family carers (where carers are supporting a family member or friend with dementia).

Phone calls are of a general nature, designed to provide a lifeline and help reduce social isolation. We are creating an opportunity to share experience and signpost to alternative forms of support where appropriate. The regular contact from our befrienders will keep carers informed of any new services available and also build a relationship that will encourage and facilitate carers to be able to ask for help prior to a crisis situation.