

One Step at a Time: Summary Document

“One step at a time” takes a combined statutory and community voluntary sector approach, connecting and supporting some of the most isolated and vulnerable residents in Nottinghamshire, with a person centred co-ordinated volunteer programme helping people get out for a walk and talk - right from their front door.

The need for “**one step at a time**” has been identified directly from the voluntary and statutory sectors reporting that the numbers of people now feeling isolated and lonely has increased as their normal networks of support have decreased or have gone digital (which they cannot or do not want to readily access). Due to shielding and increased risk factors older and vulnerable members of our communities have been disproportionately affected by the pandemic resulting in increased social isolation and reduced opportunities for physical activity. Not connecting via digital technology has left them feeling even more isolated and anxious. People have told us that they used to manage their health conditions, by attending established support groups and being physically active. But the impact of COVID19 has seen many groups suspended and volunteer numbers decline and they need targeted and tailored support to help them get back on track.

The challenge was taken to the **County Local Response Forum**, where it was agreed that this is an issue for both the city and county and so a system wide volunteering consortium has been established working across health, social care and community to better coordinate volunteer potential. A system wide approach has been taken which has drawn on the expertise of these partners also involving people with the experience in developing local community groups.

The project’s solution will be successful over alternative ones because it will **tackle the challenge collectively and holistically**:-

- 1) People who are feeling lonely, isolated and anxious about leaving the house will have tailored face to face support to do so.
- 2) It will provide a network of new and skilled volunteers that can help support vulnerable people at a local level to be active.
- 3) Community groups that hold a trusted position in communities, with support will start to expand their work to include being physically active through walk and talk sessions.
- 4) There is still a real desire at this time from people to want to help others
- 5) It will raise the profile of current walking groups and provide additional volunteer support to “befriend and nurture” new more vulnerable less confident members.
- 6) Health professionals will be better connected to and informed of opportunities for their patients / clients to be active.

5 pilot areas were established and host organisations identified:-

- Mansfield CVS
- Bassetlaw CVS
- Ashfield Voluntary Action
- Jigsaw homes in Gedling
- Age UK in the city.

Gedling's One Step at a Time Offer

- Funding of £3000 was secured from Notts County Council by Jigsaw Homes to pilot the scheme in Gedling. Following insight into physical inactivity in the older population, Carlton and Carlton Hill were identified as a key area for the pilot.
- A partnership approach between Jigsaw Homes and Gedling Borough Council identified volunteers and potential clients for the project. A robust volunteering process was created and some client/volunteer matches were formed. The project has taken a pause since Christmas due to bad weather and the current lockdown restrictions, some of the clients and volunteers have expressed concerns about continuing before they have been vaccinated.
- As lockdown restrictions ease (April-May) the project co-ordinator at Jigsaw Homes and members of the Community Relations Team at Gedling Borough Council will restart the promotion of the project in the local community.

Nottingham City's One Step at a Time Offer

- Age UK Nottingham and Nottinghamshire are the host organisation for One Step at a Time in Nottingham City. The initial pilot is being embedded into an existing programme within the Beechdale area of Nottingham City. Evolve CIC are a trusted voluntary organisation working in the Beechdale area to support local residents during the pandemic.

The Future of One Step at a Time

- As the initial pilot phase comes to an end, options to extend and enhance the current working model in the pilot areas have been considered. There is recognition from a County perspective that the scheme should also be rolled out in the Districts and Boroughs that do not currently have a pilot project.
- It was agreed by all partners that there needs to be some scheme co-ordination across the County to support the host agencies and the future delivery of the project, especially if it is to be up scaled.
- A proposal has been accepted by Nottinghamshire County Council to fund the co-ordination of the project across South Notts (Gedling, Rushcliffe, Broxtowe and Nottingham City). A part time co-ordinator will be hosted by Age UK Nottingham and Nottinghamshire to develop the One Step at a Time network. It is envisaged that this post will commence from May 2021. Further details will be shared once the post has been appointed.