

# Community Development for Older People in Horfield & Lockleaze



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Evaluation of Buzz Lockleaze CIC's  
Bristol Ageing Better project

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## ABOUT THIS REPORT >>

This report is a collaborative effort between BAB Community Researchers Jan Fullforth, Eddy Knasel and Jill Turner and UWE researchers Amy Beardmore and Mat Jones. We would like to thank everyone who agreed to be interviewed or take part in discussions for this report, including Buzz Lockleaze CIC and partners, BAB Community Researcher team, BAB staff and UWE staff.

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# Acronyms >>

<b>ABCD</b>	Asset Based Community Development
<b>BAB</b>	Bristol Ageing Better
<b>CDOP</b>	Community Development for Older People
<b>CIC</b>	Community Interest Company
<b>HCEW</b>	Horfield Community Engagement Worker
<b>LCEW</b>	Lockleaze Community Engagement Worker
<b>LGBTQ+</b>	Lesbian, Gay, Bisexual, Transgender, Queer or Questioning
<b>LNT</b>	Lockleaze Neighbourhood Trust
<b>NBAC</b>	North Bristol Advice Centre
<b>VC</b>	Volunteer Co-ordinator

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# Executive Summary >>

This document sets out the learning and outcomes from Buzz Lockleaze CIC's Community Development for Older People (CDOP) project in the neighbouring areas of Horfield and Lockleaze, situated to the north of the city of Bristol.

Buzz Lockleaze CIC employed two experienced Community Engagement Workers (CEWs) to implement the project in each of the wards under the management of the Buzz Lockleaze CIC Business Manager. Asset mapping exercises were the cornerstone of the first year of the project, with each worker focusing on building relationships and making contact with key local agents in their designated areas. Year 1 also saw a number of taster days and one-off events being held locally, with the CEWs also supporting existing groups to continue their activities.

The project enjoyed many successes throughout the first year and beyond, such as the provision of training activities for volunteers and the establishment of popular intergenerational groups such as the animation workshops. By the second year a number of ongoing, regular events had been established, with a local taxi service offering free transport to those who could not easily access activities. There were also well intentioned endeavours such as the pledge to establish an over 50s steering group named the Older People's Forum, with a view to engaging local older people in strategic decision making processes.

However, not everything went to plan and there are a number of important learning points to take away from this particular CDOP project. Firstly, there were considerable staffing issues throughout the funded period which led to the

slowing down of progress, particularly in the Horfield area, and even the cessation of activity in some areas (as illustrated by the staff and management changes timeline on page 24). Whilst this can be an unavoidable experience for any employer, there is much to learn from this evaluation in terms of record-keeping and contingency planning.

Secondly, the geographical layout of each area covered by the project was markedly different, with Lockleaze lending itself much more favourably to community activities with its central square focal point. Horfield on the other hand has community venues that are spread out across the ward, and more work was required here to establish trust and build relationships. Unfortunately, the result of this was that when the Horfield worker went on long term sick leave and wasn't able to be replaced for seven months, much of her initial work with these local venues was lost and her replacement was left with little time in which to make tangible impact towards the end of the project.

This evaluation also highlights the importance of good record keeping more generally, particularly with a view to providing documentary evidence of project outcomes. The lack of such information being made available to the evaluation team demonstrates the need for community development projects to consider how success might ultimately be measured – in other words thinking ahead to any potential evaluation. Likewise, the status of the project's activities at the end of the two years points towards the importance of planning for the sustainability of any community endeavours beyond the funded period.

This report also raises some interesting questions about the importance of the location of community development projects in relation to where project activities are being delivered. Much of Buzz Lockleaze CIC's experience lies – as the name implies – in the Lockleaze area, and although they were contracted to deliver the project in neighbouring Horfield and had existing connections to organisations in the area, there was no representation from Horfield within the Buzz Consortium.

There are clearly a number of examples of good practice and innovation to be taken from the early stages of this project implemented by skilled community development staff, but this evaluation also contains advice for the future delivery of such projects. Whilst many of the barriers to success discussed in this report were beyond the control of the organisation, there were also a number of preventative, prudent measures that could have been taken to minimise disruption to delivery.



# Introduction >>

Bristol Ageing Better (BAB) is a partnership of individuals and organisations. It is funded by the National Lottery Community Fund to develop and deliver a 5-year programme (over £5.9 million) that identifies the best ways of reducing both the isolation and loneliness of people over 50. The funding runs from 2015 to 2020 (recently partially extended to 2021) and is part of the National Lottery Community Fund Fulfilling Lives: Ageing Better programme.

BAB aims to create an environment in which partner organisations can deliver effective services, share their knowledge of what works, and be noticed by the people who matter. The partnership is led by Age UK Bristol and the programme aims to reduce isolation and loneliness in older people in Bristol through commissioning projects across four main themes:

- 1) Creating the conditions to reduce and prevent loneliness
- 2) Identifying and informing older people at risk of loneliness
- 3) Working with communities to increase the services and activities available
- 4) Supporting individuals to live fulfilling lives

In Bristol, a key element of the programme is Community Development for Older People (CDOP), with ten such projects taking place under this theme across the City. The aim of these projects is to create vibrant communities that meet the needs of older people and provide them with a range of social and cultural activities to take part in as they age (Bristol

Ageing Better, 2020). The CDOP projects use a 'test and learn' model in which different community development approaches and techniques are employed in a range of contexts in order to develop theories of best practice.

## WHY COMMUNITY DEVELOPMENT FOR OLDER PEOPLE (CDOP)?

With the number of people in the UK aged 60 or above set to rise to an estimated 25% of the total population within the next 20 - 40 years (Dickens, Richards, Greaves and Campbell, 2011), creating 'age-friendly' environments is an increasingly important part of the public health agenda. A key priority is to create local settings that can positively influence the lives of an ageing population (Lui et al, 2009), and there is increasing recognition that consulting older people on what that should look like is integral to this process. Older citizens can - and frequently do - make a positive contribution to their communities, and therefore constitute a valuable asset to communities. It is estimated, for example, that contributions made by older people in a voluntary capacity are worth over £10 million a year to the economy (Klee, Mordey, Phua and Russell, 2014).

However, increasing levels of social isolation and loneliness present a major potential setback to successfully engaging older people in the communities in which they live, and could represent a major risk to a person's health and wellbeing. Some have even suggested that loneliness could be as dangerous to a person's physical health as smoking 15 cigarettes a day (Holt-Lunstad et al, 2015).

The terms 'loneliness' and 'social isolation' are often used interchangeably, but it is important to differentiate between the two states as they can mean different things to different people, and may be dependent on personal circumstances or other contextual factors. Loneliness is defined by Age UK as:

» *"A subjective feeling about the gap between a person's desired levels of social contact and their actual level of social contact. It refers to the perceived quality of the person's relationships. Loneliness is never desired and lessening these feelings can take a long time."*

Whilst social isolation is said to be:

» *"An objective measure of the number of contacts that people have. It is about the quantity and not quality of relationships"*

- Age UK, 2019

Whilst these issues can affect people of all ages, older adults are particularly vulnerable. The risk factors for social isolation and loneliness may be broadly the same for the whole population, but importantly they are more likely to occur amongst individuals who are in older age. They include:

- ▶ Issues associated with housing tenure (ownership, renting)
- ▶ Living alone and the potential impact of a lack of social interaction on health and wellbeing
- ▶ Marital status (especially if divorced or widowed)
- ▶ Those who report being in very bad or bad health (these individuals are 2.5 times more likely to report loneliness)

- Thomas, 2015



These problems are further compounded by the fact that this age group are much more likely to experience more than one risk factor at the same time. It is therefore imperative that strategies are put in place to support the development of inclusive communities that encourage participation for all older adults in order to increase levels of inclusivity and interaction before they impact negatively on an individual's quality of life. This will not only help to address problems associated with social isolation and loneliness (perhaps even before they start), but will also make our communities safer, friendlier and healthier places in which to grow old.

With evidence to suggest that older people are increasingly likely to age 'in place' and now tend to stay in their own homes for longer (Gardner, 2014), developing communities that can support and empower older people during this time is key to them living fulfilling and rich lives. Much of this work involves utilising Asset Based Community Development (ABCD) approaches that build on what already exists within a community, connecting groups and services and using them as effectively as possible (Klee, Mordey, Phuaré and Russell, 2014). Community development has therefore been integral to BAB since its inception and is a key element of the overall programme.

The CDOP projects therefore exist to tackle the issues of loneliness and social isolation in six specific communities within the City of Bristol, using various approaches to community development dependent on local need and existing services. Different providers were invited to tender for the CDOP work in each area, using a 'test and learn' approach tailored to the local community receiving the intervention.

This report is an evaluation of the CDOP work undertaken by the local organisation

Buzz Lockleaze Community Interest Company (CIC) in the Horfield and Lockleaze areas of the city, and the evaluation was led by a small team of Community Researchers. The report identifies activities available to older people in the area, the strengths and weaknesses of the organisational approach and reflections on whether the project has successfully delivered meaningful community development for older people locally. The evaluation draws on various pieces of fieldwork and project documentation that are detailed in the 'research design and methods' section.

# Overview of Horfield and Lockleaze >>

Horfield and Lockleaze are adjoining wards in North Bristol, separated from each other by the main railway from Bristol to South Wales. The South Gloucestershire suburb of Filton provides the northern border to both wards. Horfield, which has had a significant population since the mid-nineteenth century, is relatively the more affluent of the two, rated as 'middle-income' by Bristol City Council. In contrast Lockleaze, which expanded significantly in the immediate post-war period thanks to a major housing investment by Bristol Corporation, is classified as 'less well-off Bristol'.

## DEMOGRAPHIC STATISTICS

In 2017 the Office for National Statistics estimated the population of each ward as approximately 13,300. As Table 1 shows, the age profile of both Horfield and Lockleaze follows a quite similar pattern to that of Bristol as a whole. 36.4% of Horfield residents and 38.4% of people living in Lockleaze were aged 55 and over compared to a figure of 39% for the city as a whole.

Given these figures, the statistics in Table 2 on the number of people per 1,000 aged 65+ receiving community based social care are perhaps surprising, with the figure in each ward noticeably higher than for the whole of Bristol and with 'middle income' Horfield in the top six city wards.

**Table 1: Age profiles of the two wards (expressed as percentages of ward population)**

	Horfield	Lockleaze	Bristol as a whole
0-15	17.6%	22.1%	18.6%
16-24	17.0%	17.9%	15.7%
25-39	28.9%	25.5%	26.7%
40-54	15.9%	17.1%	17.1%
55-64	8.2%	8.9%	8.9%
65+	12.3%	12.4%	13.0%

**Table 2: Clients receiving community based social care aged 65+**

Horfield	Lockleaze	Bristol as a whole
47.4	37.6	32.0

As Table 3 shows, the two wards also contrast in terms of their ethnic make-up with more than 30% of those living in Lockleaze having BAME backgrounds, although the percentage for Horfield (19.6) is also higher than the Bristol average of 16%.

**Table 3: Percentage with Black and Minority Ethnic background**

Horfield	Lockleaze	Bristol as a whole
19.6	30.1	16.0

In 2019 Bristol City Council (BCC) produced the latest ward profile statistics, which include a number of measures providing a good insight into health inequalities across the two wards and compared to Bristol as a whole. A selection of these measures are detailed in Table 4 below (boxes with red text are for those that are significantly different to the Bristol average).

Furthermore, premature mortality rates are significantly higher for Lockleaze, with respiratory disease particularly high (91 deaths in people aged under 75 per 100,000 compared to 47.9 in Horfield and just 39.9 on average across Bristol as a whole). These figures not

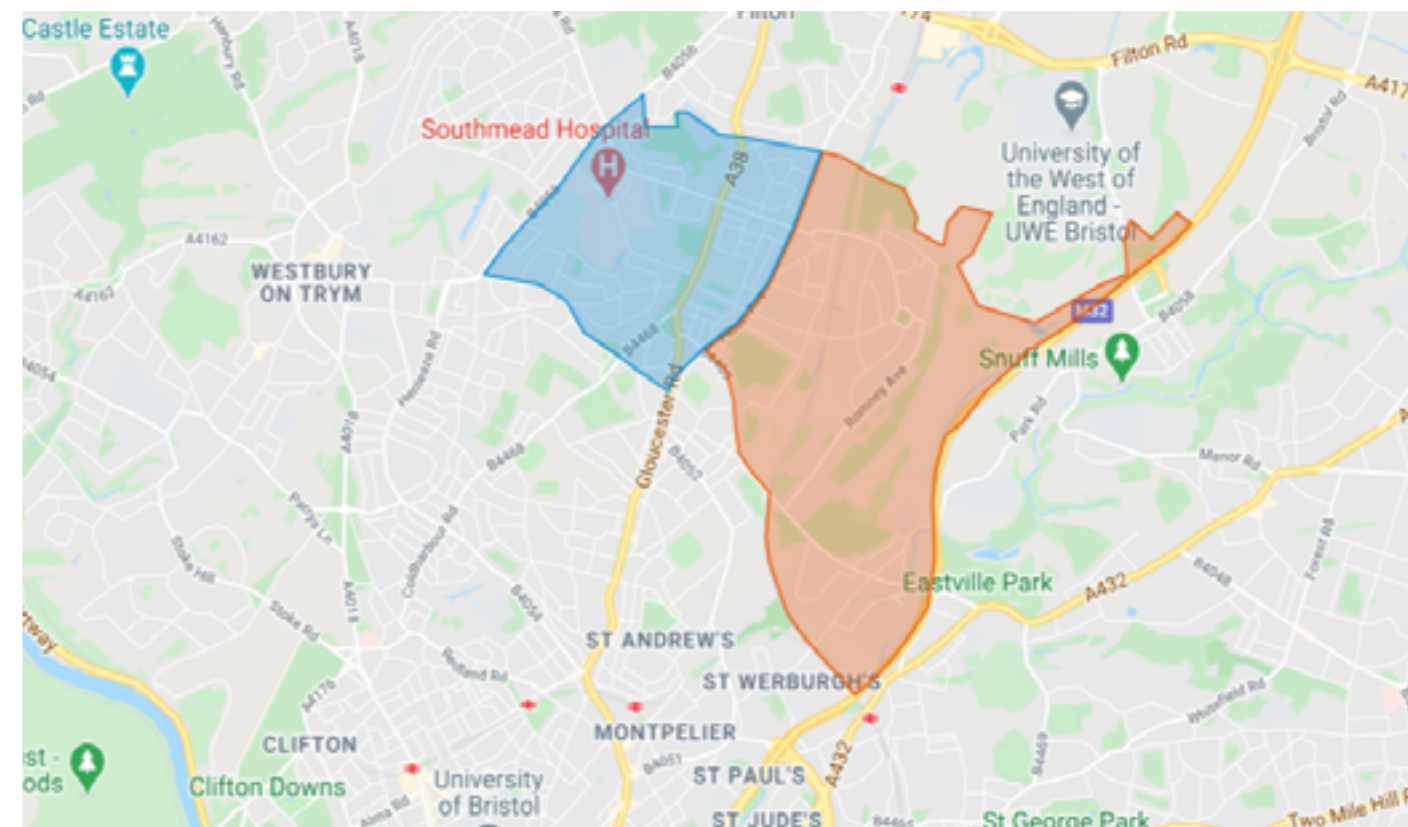
**Table 4: Reporting from the BCC ward profiles, 2019**

	Horfield	Lockleaze	Bristol as a whole
Satisfied with life	73%	<b>56%</b>	68%
Below average mental wellbeing	13%	<b>30%</b>	20%
People reporting that they feel they belong to the neighbourhood	56%	<b>44%</b>	59%
Life expectancy (females)	82 years	80.9 years	82.8 years
Life expectancy (males)	79.5 years	76 years	78.7 years

only highlight the disparities in health and wellbeing across the wards that this project was set to target, but also the need for a tailored approach in each locality.

Whilst the demographics of both areas have undoubtedly had an impact on the needs of local people, the geographical layout, community assets and local amenities have also had implications for project delivery. Although delivered by the same agency, differences between the two wards have meant employing a different approach in each, with the location of community centres, churches and other community assets having a bearing on the ease with which certain aspects of the project could be delivered. These issues also impact on perceptions of identity and belonging, as illustrated in the area descriptions on the following pages.

**Figure 1: Map of the CDOP project areas for Lockleaze (orange) and Horfield (blue)**



## HORFIELD: A COMMUNITY IN TRANSITION?

Formerly a village on the outskirts of the city, Horfield was incorporated into Bristol in 1904. Today it is bisected by one of Bristol's most important thoroughfares, the A38 Gloucester Road. Horfield is home to Bristol Rovers Football Club, who play at the Memorial Ground on Filton Avenue. Amenities include three primary schools, a secondary academy (Orchard School Bristol) and two GP practices. There is also a Leisure Centre, including a swimming pool, gym and sports hall, which was opened in the 1980s, as well as several green spaces, notably Horfield Common – which includes the Ardagh Centre with a bowling green and several tennis courts.

Bristol's ward boundaries have been re-designated in recent years and this has had a significant effect on Horfield, to the extent that a number of significant buildings such as Horfield Baptist Church, one of the largest in England, and HMP Bristol still referred to locally as Horfield Prison, are now located in the neighbouring ward of Bishopston<sup>1</sup>. The possibility that these changes might lead to some local confusion over where Horfield starts and finishes was recognised in BAB's Invitation to Tender for the Horfield & Lockleaze CDOP contract which included the following statement:

» *"BAB would support this project working in neighbouring wards that were locally known as part of Horfield and were considered part of that community."*

- From Buzz Lockleaze CIC's project bid

During the early planning stage of the BAB programme a series of recommendations were made with regards to the implementation of the project via The Older People's Community Development Recommendations Report (Woodspring, 2016). The report was produced in response to discussions with the BAB management team with consideration of project parameters and funding requirements, drawing on data gathered from a number of interviews with project partners. This early scoping process resulted in a series of recommendations being made regarding the focus of the project, and more specifically, areas of exceptional need within the city, as well as 'Communities of Interest' and 'Communities in Transition'. These localities were subsequently identified as a potential focus of BAB's community development work with older people in the city of Bristol.

Woodspring's report led to the area of Horfield being identified as one such area that is going through a significant process of change, particularly after local ward boundaries were changed ahead of the May 2016 general election, meaning that the ward subsequently incorporated a small portion of the affluent area of neighbouring Bishopston. Interestingly for this project, whilst gentrification is occurring at a rapid pace in Horfield, this has not been proven to be the case for Lockleaze, and most of the latter still remains in the top 10 – 20% of the most deprived areas in the England.

Woodspring defines 'communities in transition' as areas in which there has been a recent and rapid change concerning the economic status of those living within a designated area. This process – sometimes referred to as 'gentrification' – often results in previously lower value housing stock being bought or renovated by higher income families and individuals, thus raising the overall price of

property locally. As Woodspring points out, there are winners and losers as a result of this gentrification, and whilst those profiting from lower house prices are able to use their income to increase their house price and raise the status of the area, long term residents often become increasingly disconnected from the community they live in as a part of this process.

Where older people are 'ageing in place' – that is, staying in their own homes rather than moving on to a different area, residential care or supported living – this impact is particularly profound, especially if they are homeowners. As such, continuing to live in an area that is undergoing such processes of gentrification can result in 'significant social consequences' for those concerned (Versey, 2018, p.3) and can lead to an increased risk of isolation (Hutchinson et al, 2009; Klinenberg, 2002; Lochner et al, 2003).

There may also be some positive effects as a result of these processes, such as improvements to local transport systems (Pearsall, 2012), but gentrification can result in the older generation feeling excluded from an area that they once deeply identified with. This in turn can create an altered sense of attachment or feeling of belonging to a place they may have lived in for many years (Buffel and Phillipson, 2019).

Whilst this project's focus is broadly on the areas of both Horfield and Lockleaze, much of the work has had to be discretely focused on each area given the differences in demographics and the consequences of the gentrification described above. This has led to interesting implications for both areas in terms of successfully implementing the project, given that there are clear disparities between the two. It is interesting to note for example that although Horfield is clearly the

more affluent of the two areas, this does not necessarily translate into opportunities for good community development:

» *"It's a recognised phenomenon that Lockleaze is much more active. Horfield is further fragmented into separate groups. Manor Farm for instance, Upper Horfield. They don't necessarily identify."*

- Buzz Lockleaze CIC Community Engagement Worker for Horfield

### Footnotes

1: Bristol City Council designate Bishopston 'Better off Bristol'.



## LOCKLEAZE: A COMMUNITY IN RECOVERY?

Whilst Lockleaze may not have been identified in the Woodspring report as a community that is currently experiencing the same levels of rapid gentrification, parts of it are also beginning to change.

Lockleaze originated as a Council Estate immediately after World War II. To the west is the open space of Purdown Hill, dominated visually by Purdown BT Tower built in 1970. At the heart of the Lockleaze community is Gainsborough Square which surrounds a small green space that has recently been redesigned and now features benches, walkways and a small park. Gainsborough Square is a clear central focal point within the community and something that sets it apart from the more fragmented neighbourhood design of Horfield. Formerly primarily a shopping area, the square is now home to three community initiatives. Lockleaze Neighbourhood Trust which runs 'The Hub', a purpose-built community centre on the east of the square, North Bristol Advice Centre in a former shop on the west and the Buzz Community Café, in the same row of buildings.

Lockleaze, one of Bristol's poorer neighbourhoods, has long been regarded as an area in decline. There are several dilapidated buildings in the streets around Gainsborough Square and the ward has recently lost two pubs: the Golden Bottle on Lockleaze Road which is now closed and boarded-up awaiting sale and the Gainsborough on Gainsborough Square which, having been closed for several years, was destroyed in a fire in June 2019.

Lockleaze Secondary School merged with Fairfield High School in 2005, and moved to new-build premises in Horfield. The Vench

adventure playground on Romney Avenue is an important legacy of this previous secondary school. Though it has also been threatened with closure, the Vench still provides a focus for youth work and hosts occasional intergenerational events such as bonfire night celebrations on November 5th.

More recently, however, there have been encouraging signs of regeneration. Lockleaze Library, off Gainsborough Square, now houses the books from Eastville Library, which closed in March 2016. A higher profile step came in January 2018 with the opening of the impressive Sports Centre off Bonnington Walk, and in March 2018 it was announced that a new Secondary School would be opening on Romney Avenue the following autumn. The biggest announcement, however, came in July 2018 when Bristol City Council approved the commercial development of 349 new homes on two Lockleaze sites.

Perhaps the most obvious difference in the two areas however is layout. The central point in Lockleaze of Gainsborough Square provides a more obvious hub for community activity than the more spread out and disassociated assets available across the ward of Horfield.



# Overview of the Horfield and Lockleaze CDOP project >>

## DELIVERY PARTNERS

In September 2016 Bristol Ageing Better issued an invitation to tender for a 'Community Development for Older People (CDOP) Test and Learn project' focusing on Horfield and Lockleaze. Following a successful application process, in March 2017 the contract for project delivery was awarded to a consortium comprising four partners, all of which were based in Lockleaze. The project was led by Buzz Lockleaze - otherwise known as Buzz Lockleaze Community Interest Company (CIC) - along with three local partners. Each of these contractors are situated within close proximity to one another around the central point of Gainsborough Square in Lockleaze., and it is interesting to note that no partner was found from the Horfield area specifically. The remit and purpose of each of the partners is described below.

### 1. Buzz Lockleaze Community Interest Company (CIC) (lead contractor)

Founded in January 2014 by North Bristol Advice Centre, Buzz Lockleaze CIC is described on its website as:

*"I . . . a locally born social enterprise working with the community to enhance employability opportunities, enterprise activity, and access to improved health and wellbeing through healthy food provision."*

Buzz Lockleaze CIC undertakes a range of activities within the community, the three main elements of which are:

#### **The Buzz shop and café**

The Buzz cafe is situated a few doors down from North Bristol Advice Centre on the east side of Gainsborough Square. As well as providing a meeting and social space for local people, the café sells fresh and affordable food including produce from its own garden which is situated at the back of the building.

#### **Employment & Economy support.**

Buzz Lockleaze CIC also offers personalised help for job seekers, including advice on routes into paid work, training and volunteering opportunities. This takes place in the Langley Centre, again on the east side of Gainsborough Square.

#### **Enterprise Zone**

The enterprise zone provides support for new and developing local businesses. It also offers these businesses the opportunity to hire affordable desk and small office space.

### 2. North Bristol Advice Centre (NBAC) (delivery partner)

A registered charity established in 1984, NBAC offers free and independent advice and support to residents of North Bristol and South Gloucestershire.

### 3. Lockleaze Neighbourhood Trust (LNT) (delivery partner)

As well as running The Hub on the opposite side of Gainsborough Square and the nearby Cameron Centre - both of which provide venues for community activities and events - LNT initiates and supports a number of community projects. These include leading on a development plan for the community covering the period 2019-2024 titled 'Our Lockleaze'.

### 4. Connect Lockleaze (delivery partner)

Set up in 2012 as a partnership between LNT, NBAC and Stoke Park Children's Centre, this project co-ordinates learning and training opportunities in subjects including cookery, IT, DIY business marketing and maths. It seeks to support training and digital inclusion across the two locations of the Langley Centre and Lockleaze Library.

## OTHER PARTNER AGENCIES

Although none of the delivery partners are directly located in Horfield, Buzz Lockleaze CIC does have good connections with some agencies in the ward, as well as with a range of local community organisations, healthcare and education providers. These include the Community Navigators Team (also funded through BAB), the Community Support at Home project, Bristol City Council and community organisations including Bristol Rovers Community Trust, Horfield Health

Centre, Horfield churches, Filton Avenue Schools, and Everyone Active (Horfield and Lockleaze evaluation plan, 2019).

## INTENDED PROJECT OUTCOMES

In addition to contributing to one or more of the four overall BAB Project Outcomes, the consortium led by Buzz Lockleaze CIC undertook to deliver the following specific outcomes by the end of the first year of their contract:

- ▶ Recruitment of a Community Engagement Worker to be employed by LNT.
- ▶ Delivery of two engagement events in Horfield and Lockleaze.
- ▶ Recruitment of 10 local residents to a steering group that would meet 10 times by the end of March 2018.
- ▶ The delivery, by Connect Lockleaze, of two volunteer training courses for older people.
- ▶ The involvement of 100 local residents in activities stemming from this BAB CDOP project.
- ▶ 20 local older people accessing volunteering opportunities.
- ▶ A communication/marketing strategy.

The intention was that additional milestones would be agreed for financial year 2018-2019 once these foundations for active community development were in place. However, broadly speaking the overall aims of the project were to:

- ▶ Deliver a programme of fun, social activities for older people to access within their locale, giving people access to these by delivering a transport service that would increase participation and break down barriers.
- ▶ Increase knowledge of opportunities and assets in the area.
- ▶ Be community led and volunteer delivered to ensure community ownership and sustainability.
- ▶ Be designed and developed for older people participating in the steering group.
- ▶ Deliver an Older People's Community Action Plan which will influence and provide evidence for more effective local strategies for older people.

(Horfield and Lockleaze project plan, 2017)

## PROJECT MANAGEMENT AND DELIVERY ARRANGEMENTS

As the lead contractor Buzz Lockleaze CIC managed the delivery of the project, reporting regularly to the BAB Head of Programme. These duties would be fulfilled by the Buzz Lockleaze CIC Business Manager. At the point that the contract was signed it was anticipated that the Buzz Lockleaze CIC Operations Manager would work 18 hours per week on community engagement in Horfield while LNT would employ a Community Engagement Worker for Lockleaze. In addition, NBAC would support engagement with older people through their Community Support at Home Project and LNT's Connect Lockleaze project would take responsibility for training delivery.



# Methods >>

## RESEARCH QUESTIONS

The overarching aim of the evaluation of BAB CDOP projects was to explore the elements of good community development for older people. In this context, the following research questions were used to inform and guide the direction and focus of the evaluation.

Research questions
1. What is the added value that the Buzz Lockleaze CIC Horfield and Lockleaze CDOP project brings to community development activity in Horfield and Lockleaze?
2. What is the role of the Buzz Lockleaze CIC Horfield and Lockleaze CDOP project in changing issues for older people and their communities?
3. What are the key successful elements of the Buzz Lockleaze CIC Horfield and Lockleaze CDOP project's model for community development?
4. What aspects of the Buzz Lockleaze CIC Horfield and Lockleaze CDOP project activity are associated with core BAB outcomes for older people? [Focus on isolation, loneliness, community activity, and decision-making]
5. What are costs and benefits of some elements of the Buzz Lockleaze CIC Horfield and Lockleaze CDOP project?

However, at the heart of all the CDOP evaluations is the overarching primary research question:

» "What does good community development for older people look like?"

This therefore guided the evaluation process above all other sub-research questions.

## RESEARCH DESIGN AND METHODS

This was a mixed methods evaluation that consisted of both fieldwork (including interviews, meetings and ethnographic observations) and the analysis of project documentation (see Table 5 below for details).

A team of Community Researchers (CRs) – supported by the UWE evaluation team – conducted the fieldwork and attended a broad range of activities across the two-year funding period. The CRs were recruited at the start of the BAB evaluation in order to lead the fieldwork and report writing processes across all project streams. Four of those CRs were initially assigned to work specifically on the Horfield and Lockleaze evaluation (although two subsequently stepped back due to other commitments).

In the context of the CDOP evaluations, 'ethnographic observations' refers to classes or project activities involving older people that were attended or observed by the CRs in order to witness community development in action. Meetings and interviews were conducted with key people where possible and informal conversations were had with project staff and participants. The notes and observations from these sessions were used to inform the findings of this evaluation, along with a transcript from an interview with the Community Engagement Workers (CEWs) and notes from various meetings with the workers and their management team.

**Table 5: Project fieldwork and documentation** (continued on next page)

Fieldwork		
Date	Description	Output
11.10.2017	Initial CR meeting with Buzz Lockleaze CIC to understand the project and plan for evaluation	Meeting notes
26.10.2017	Meeting with Buzz Lockleaze CIC BM	Meeting notes
7.11.2017	Taster day at Upper Horfield Community Trust	No notes
24.11.2017	Craft group meeting at the Hub	Observations
24.01.2018	Creative writing group at UHCT	Observations
9.02.2018	Footprints Group Ebenezer Church	Diary entry
5.3.2018	Planning meeting at Orchard School	Notes
12.3.2018	CDOP Share and Learn meeting at Zion Arts	No notes
13.04.2018	Evaluation meeting	Meeting notes
3.08.2018	Meeting with LCEW1	Interview notes
14.11.2018	Meeting with LCEW2	Meeting notes
22.11.2018	Meeting with HCEW1	Meeting notes
12.02.2019	Meeting with LCEW and Line Manager	Meeting notes
01.04.2019	Meeting with NBAC Manager	Meeting notes
18.07.2019	First meeting with HCEW2 and VC	Meeting notes
26.09.2019	Meeting with BAB Head of Programme	Meeting notes
9.10.2019	Ethnographic observations at Your Food, Your Health	Observations
9.10.2019	Ethnographic observations at Bingo	Observations
9.10.2019	Interview with HCEW2 and VC	Transcript

**Table 5: Project fieldwork and documentation** (continued)

Project documentation		
Date	Description	Author
March 2018	Year 1 quarterly report	Buzz Lockleaze CIC
April 2018	Early stage fieldwork findings	CRs
No date	Animation workshop article	HCEW
No date	Delivery partner contract CDOP models of delivery - H&L	BAB
31.1.19	Buzz Lockleaze CIC activities	CRs
18.2.2019	Lockleaze Neighbourhood Trust Info	CRs
18.2.2019	Buzz Lockleaze CIC info	CRs
March 2019	Year 2 quarterly report	Buzz Lockleaze CIC
No date	Lockleaze and Horfield Regular Local Activities	Buzz Lockleaze CIC
No date	Project Summary Document	UWE
April 2019	Year 3 quarterly report	Buzz Lockleaze CIC

## STAFF AND MANAGEMENT CHANGES TIMELINE

Due to a number of events that affected the staffing of the project throughout the funded period (see the timeline of staff and management changes below), the evaluation team encountered problems collecting reliable data at certain time points. This was largely due to a number of staff changes that included both the Community Engagement Workers and the management team, and the associated disruption to delivery meant that there were inconsistencies in data collection and the availability of staff to participate in interviews or meetings.

The implications of these staff changes on project delivery are discussed further in the discussion section of this document. However, they have also had an impact on the structure of this evaluation and are therefore worthy of note at this stage. For example, it was decided amongst the evaluation team that the evaluation report and findings be structured as a narrative, chronological account of events rather than around project themes or outcomes. This was deemed the most effective way to capture the progress of the project given that the events described above influenced the progress of the project at various critical time points.

Table 6: Staff turnover

		Buzz CIC Line Manager	Horfield (HCEW)	Lockleaze (LCEW)
2017	April	Buzz CIC Business Manager	Post vacant	Post vacant
	May			
	June		HCEW 1	LCEW 1
	July			
	August			
	September			
	October			
	November			
	December			
2018	January	NBAC Manager	HCEW 1	LCEW 1
	February			
	March			
	April			
	May			
	June			
	July			
	August			Post vacant
	September			
	October			
	November			
	December	Post vacant	LCEW 2	
2019	January	NBAC Manager	Post vacant	LCEW 2
	February			
	March			
	April			
	May			
	June			
	July			
	August		HCEW 2	
	September			
	October			
	November			
	December			
2020	January	NBAC Manager	HCEW 2	LCEW 2
	February			
	March			
<b>Project end</b>				



# Findings >>

## YEAR 1 TESTING AND LEARNING

The first quarterly project report (11 July 2017) stated that LNT had successfully recruited a Community Engagement Worker for Lockleaze and that, with BAB approval, rather than the equivalent role in Horfield being undertaken by the Buzz Lockleaze CIC Operations Manager, Buzz were now advertising the post of Community Engagement Worker. A worker was successfully appointed to this role in September 2017.

## YEAR 1 - HORFIELD

The project was officially launched at Manor Farm Festival in June 2017, with the process of asset mapping commencing shortly thereafter. Active groups and individuals were identified ahead of the first steering group which was to be held on 24th July (Quarter 1, Year 1 report, April – June 2017). It was noted in an early meeting with the Buzz Lockleaze CIC Business Manager (BM) that there were fewer organisations already established in the Horfield area, so this event was small in comparison to the launch event that took place in the neighbouring ward.

When we reviewed Year 1 with the Buzz Lockleaze CIC BM and the Horfield Community Engagement Worker (HCEW) at the Buzz shop and café in April 2018, the former explained that, in line with the BAB test and learn philosophy, the priority in Horfield during the first twelve months had been asset mapping:

>> "The first year has been very much about identifying and supporting the groups that are currently active. The next stage is getting to the isolated people, and [The HCEW] has got some great ideas on how we do that."

- Buzz Lockleaze CIC BM

Indeed, the HCEW had made numerous contacts and had begun to establish good working relationships with several organisations in Horfield at this stage, including:

- ▶ Ebenezer Evangelical Church, which runs 'Footprints', a weekly series of events for older people with a focus on 'real life issues, Bible discussion, friendship, cuppa and a cake' (ebe.org.uk, 2019). CRs attended a Footprints event in February 2018.
- ▶ Orchard School Bristol, where the HCEW had played an active part in planning an interschool conference in March 2018, involving each of the Primary Schools in the ward. At the conference pupils from the different schools worked together to identify projects they could carry out which would benefit the Horfield community. The HCEW ran a workshop at the conference on possible work with older people, however unfortunately this project area was not selected for further development by the school.
- ▶ Upper Horfield Community Trust (UHCT). The early 'Taster Days' to raise awareness of the BAB project were held at this venue, which it was originally thought could be a focal point in the ward for

the CDOP project. With support and encouragement from the HCEW, UHCT had been successful in two applications to the BAB Community Kick-Start Fund; for an animation workshop and a creative writing group.

- ▶ The Ardagh Centre on Horfield Common, which the HCEW felt had untapped potential as a focus for work with older people. The Ardagh is a community business which is run by the Ardagh Community Trust, offering a large leisure and sports facility located in the centre of Horfield Common, a large green space in the ward.

Through her discussions with older people in the area, the HCEW had started to develop ideas about the sort of activities local people would be interested in attending. One area for potential development uncovered through her early discussions with residents was to focus on opportunities for older men:

>> "I had a man contact us about a group for older men, something to do with mid-life crises."

- HCEW

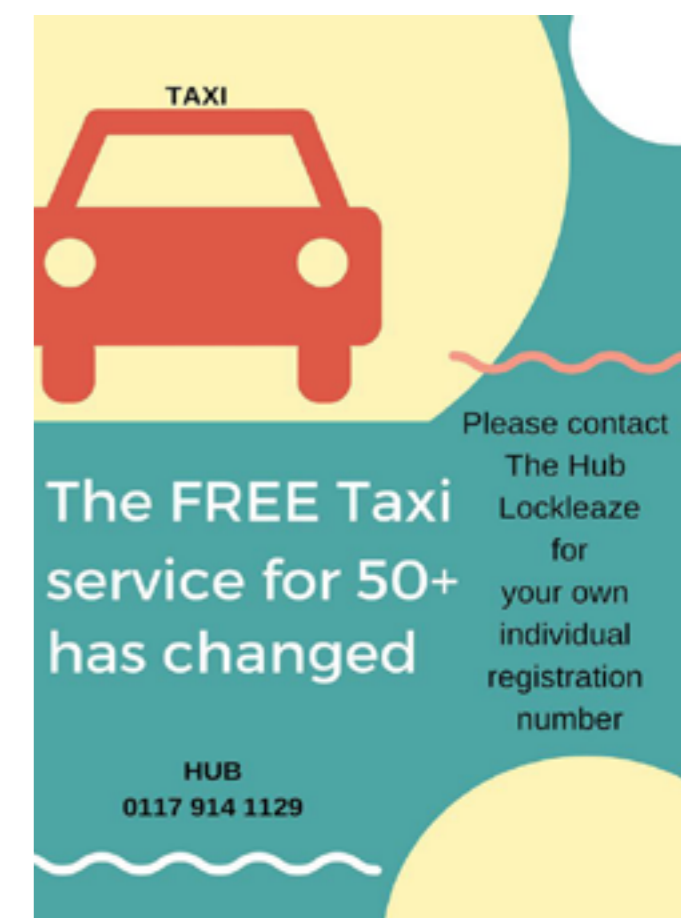
At this stage in the project the groundwork was being laid for future developments, and this particular idea was still in development at the end of Year 1.

However, some areas were seen to be immediate priorities for the project, such as breaking down barriers to participation. Transport, for example, had been identified as a significant barrier to taking part in activities for many older people in Horfield and Lockleaze, and the HCEW had attempted to address this by making arrangements with local taxi firms:

>> "So, we've used a bit of the budget to establish a taxi service...people just phone a number, give a password and they can then be taken to different groups and activities in the area."

- HCEW

Although this was positive progress towards breaking down barriers to participation, the HCEW was all too aware that this was only a finite solution and was not sustainable without continued funding in the long term. For this reason she had started talking to LinkAge Network about other options regarding transport.



## YEAR 1 - LOCKLEAZE

Lockleaze Neighbourhood Trust (LNT) had lead responsibility for the work in Lockleaze and the CR team had considerably less contact with the Lockleaze Community Engagement Worker (LCEW) during the first year of the contract. When interviewed in August 2018 it was clear that her approach followed the same asset-mapping approach as the HCEW, devoting Year 1 to identifying existing associations, working with older people in the community and establishing effective working relationships with them before moving into an active delivery phase in the subsequent two years of the project.

The LCEW had therefore also put energy into building relationships with existing groups and with individuals. These included:

- ▶ A local group that arose spontaneously in response to the death of a local resident. Members of the community, realising how much this man had done for Lockleaze, decided they wanted to set up a memorial bench. The LCEW had helped them to set up a successful Crowd Funding scheme in order to achieve this goal.
- ▶ A recently widowed man experiencing considerable loneliness following his bereavement.

» *"I said what do you like to do? He said 'Well, I go to Men in Sheds'. But that's just one afternoon. The rest of the week is blank. And he's super isolated because his wife's not there anymore."*

- LCEW

A project launch event was held at the Love Lockleaze Festival, from which an over 50s ukulele group was formed. In addition to this, at

the start of October 2017 a taster day was held, with 12 local groups present and demonstrating what they had to offer. The turnout was rather low, and it was estimated that around 25 people attended this event.

In November 2017 a CR attended a meeting of the craft group at The Hub. This group had been established for some time and predated the CDOP project, although it had been supported to apply for BAB Community Kick-Start Funding in order to buy a sewing machine and other materials. The majority of people attending the craft group were over 50 and it presented them with a good opportunity to socialise and share their love of crafting.

## PROJECT OVERVIEW - END OF YEAR 1

Towards the end of the first year the Buzz Lockleaze CIC BM reported on the overall successes and challenges of the project. Amongst the highlights described by the BM for Year 1 were the taster days, as well as the links that had been established with referral agencies. BAB Community Kick-Start funding applications had also been made through the project in order to secure funding for some groups, such as the animation workshop and the craft group. The taxi service established by the HCEW was also an early success as it had increased access to groups for those who did not have their own transport.

Challenges at this stage were reported to include 'the capacity to maintain relationships with groups', 'working with other venues' and 'establishing relevant volunteering opportunities and training needs'. The project had attempted to establish steering groups but reported that the learning from this had been that groups should be delivered in 'a range of formats', suggesting that they were already

thinking about moving away from the idea of having a formal steering group.

As well as having connections to the CDOP projects in Horfield and Lockleaze, NBAC is also a delivery partner for the BAB Community Navigators social prescribing project for this part of the city. This connection was reported to have been beneficial in establishing links with the health sector, as well as being an effective mechanism for reaching the socially isolated.

The end of year report stated that much of the first year had been spent supporting existing groups but that progression to Year 2 should include beginning to address gaps in provision.



## YEAR 2 - HORFIELD

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As part of Buzz Lockleaze CIC's commitment to working with and training volunteers, it was reported at a meeting with the Buzz Lockleaze CIC BM in April 2018 that the project was looking at offering a range of training opportunities locally. These included mental health for group leader volunteers, communication training, future walk leader training for the Ardagh and future adaptation and delivery of an Introduction to Volunteering Course delivered through NBAC.

It was also acknowledged at this meeting that more needed to be done to reach out to isolated people who were currently not accessing any of the groups. Possible solutions to this were put forward and included more door knocking using a preparatory leaflet drop; using intergenerational outreach to encourage different groups to engage and establish stronger community links; and a men in pubs project to open up more community spaces appropriate to a wider range of people.

According to the quarterly reports for Year 2, a number of 'one-off' activities were ultimately arranged for the year of 1st April 2018 – 31st March 2019. These included:

- ▶ A pre-royal wedding tea party with members from several groups
- ▶ The first older person's forum held at the Upper Horfield Community Trust
- ▶ An intergenerational event at Filton Avenue School
- ▶ A first aid training programme offered to members of UHCT, the Ardagh and Be Empowered Farm Futures, as well as training in equalities, cancer awareness and walking for health

There were also ongoing and regularly held events throughout the second year, including the gardening club and games club which were both reported to still be running in Quarter 2 of that year (although arranged by the HCEW, both were being held at the Buzz café in Lockleaze, and the extent to which these attracted people from Horfield is unclear). Games club was proving to be particularly popular and was reported to be having an "amazing, positive influence on its regular attendees...they are providing emotional support and friendship to each other" (Year 2 quarterly report). The HCEW also reported other activities and clubs - some of which were in the early stages of development - such as Tea and Stories, a singing group, and dementia friendly music club.

Good contacts were made through the HCEW with a number of local groups in Horfield at this stage in the project, and the quarterly reports detail plans to publicise events in the future and to establish new groups such as walking football. Quarter 2 of this year also saw the launch of the animation workshop at Upper Horfield Community Trust, conceived of and organised by older people. It was reportedly well received and proved popular as an intergenerational activity (an article that was written about the workshop can be seen on page 34).

In Quarter 1 of Year 2 the first Older People's Forum meeting was held at Upper Horfield Community Trust, with the stated intention of running them on a quarterly basis.

## PROJECT REACH

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In November 2018 the CRs met with the HCEW to discuss some of the wider issues affecting the project in Horfield and Lockleaze. Given the very specific target areas that the project had been asked to focus on, questions had been frequently raised within the research team regarding the ward boundaries and who was entitled to use the services therein. During this meeting the HCEW referred to Upper Horfield Community Trust (UHCT), where many of the participants attending were actually travelling from outside of the area from wards such as Sea Mills, Filton or elsewhere in the City. This was reportedly at odds with some of the views held by those running activities out of UHCT who saw the funding for those projects as being very specific to Horfield residents. It was the view of the HCEW that UHCT saw their activities as being specifically for the people of Horfield rather than for those living further afield, although this did not appear to be an opinion shared by attendees.

Interestingly, the HCEW pointed out that other projects such as the Ardagh had more of an identity that was specific to the community it was situated in because it had grown out of local need. Participants were therefore mostly drawn from those who were using the park in which it was situated, as well as those living nearby. She was however keen to point out the problems with getting older men to attend activities regardless of the geographical location, and this is known to be a 'hard to reach' group.

The HCEW also noted that activities such as the animation group were not traditionally associated with older people, but that the project often had to make difficult decisions about whether groups should be established based on the needs of a few individuals rather than extending an activity's reach to

attract as many people as possible. One-off activities tended to be well attended but establishing a regular group with committed participants required more time to become properly established. In order to do this, regular promotional activities were necessary, such as advertising in local publications and on social media.

Unfortunately, early in Quarter 4 of Year 2 (January 2019) the HCEW was reported to be on sick leave, and ultimately did not return to her post. However, it was reported to the CRs in February 2019 that the LCEW had taken on some of her work in the Horfield area.

## YEAR 2 - LOCKLEAZE

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Much less was achieved in Lockleaze during Year 2 of the project, largely due to a prolonged gap between the resignation of the first LCEW around August 2018 and the appointment of the second in November 2018. However, some activities reportedly continued, including:

- ▶ Short mat bowls
- ▶ Gentle exercise group
- ▶ Community engagement event in Quarter 4

Beyond these activities, the CRs were unable to gather much more information on Year 2 regarding the development of the project in Lockleaze, and the implications of this hiatus in activity and the associated staffing issues are assessed in the discussion section.



## PROJECT OVERVIEW - END OF YEAR 2

Although connections had clearly been made with a number of partner organisations, regular activities that had been established by the two workers and directly funded by BAB were still limited. In Horfield these were the animation workshop (which benefited from money awarded through a BAB Community Kick-Start Fund application) and short mat bowls (both of which took place at UHCT) and Shed Men at the Ardagh. In Lockleaze the two BAB funded groups were on hold by January 2019 (gardening club and cooking club). However, the HCEW and LCEW (when in post) were supporting existing clubs in the area and signposting residents to them, as well as holding a number of one-off events.

In December 2018 the Buzz Lockleaze CIC BM left the project and was not replaced.



### Advert for new well-being project starting at UHCT

If you pay a visit to the gardens behind Eden Grove and Upper Horfield Community Trust buildings, you will find new signs of activity and creativity.

Be Empowered Farm Futures is a charity-run organisation which has benefitted from the beautiful grounds at UHCT to be able to support and employ people with additional needs, and engage people of all ages in their allotment and community garden.

This year they have been using the garden to explore growing vegetables and herbs together. Volunteers and new members share skills and learn from each other. The garden has become lush and productive, and membership is growing. The group uses its harvest to educate and promote healthy eating and there is also opportunity for floristry and craft-making. Group members are encouraged to use their new skills for work and at home.

In addition to the gardening club, Be Empowered Farm Futures run sugar craft workshops and regular tea and talk sessions. Future plans include starting a cooking club and breeding chickens, and providing accredited courses for animal care and horticulture for those wanting to add qualifications to their CV.

The charity aims to engage people with skills in gardening, cooking and craft to encourage activity, connection and social integration. In this way, the group can support vulnerable people to learn new skills and gain knowledge and experience which will facilitate pathways to work, as well as building a stronger sense of community. There is a particular emphasis on how people of all ages can benefit from working together.

Be Empowered Farm Futures is adding to a burgeoning community space at UHCT. Why not come along and see what's going on and join in?



## CASE STUDY: ANIMATION WORKSHOP

While many regular activity groups close down over the holiday period, this summer saw the launch of a new animation workshop at Upper Horfield Community Trust. The group was set up with support from Bristol Ageing Better as part of an initiative to improve well-being in the area, and has had a positive initial response from residents of all ages.

The benefits of arts for well-being are recognized increasingly as an antidote to the stresses of everyday life. Taking part in arts activities can improve physical, mental and emotional well-being: lowering stress and anxiety, building confidence and self-esteem, inspiring creative thinking and providing a social environment. Art is a powerful tool for self-expression, for exploring emotions and opinions, and for stimulating conversation.

Creating animation is an activity that is challenging and fun. There is scope for using a wide range of art materials and equipment, learning new skills and experimenting with different ways of doing things. It is also a medium for participants to explore and understand the world and tell their story, and to learn from and appreciate the creativity of others.

'Art as activity, process and object, is central to how people experience, understand and then shape the world'. Matarasso

Horfield's animation workshop ran throughout the summer and attracted a diverse range of people eager to try something new, share their skills with others, or to become part of a new project. New members were able to experiment with an assortment of art materials from plasticine and paint, to paper and pencil, or to use models and objects to create stories. These stories were given life, with support from the tutor, using software and equipment designed to create short animated films. The sessions accommodated those wanting to work on their own projects, to contribute to a group project, or just to have a play with ideas. The workshop is currently creating a story describing the adventures of Sinbad the sailor shipwrecked on an island of strange (and often dangerous) characters, with the promise of treasure to be found.



## YEAR 3 - HORFIELD

Between January 2019 (the last quarter of Year 2) and April 2019 (the start of Year 3) the original HCEW continued to be on long term sickness absence. A replacement was found and started in post in July 2019, but by this time the work in Horfield had been on hold for seven months with no one in post. It was reported to the CRs in February 2019 that the LCEW had taken on some of the work in Horfield, but it was unclear how much was achieved during this time given that the LCEW would have needed to double her workload in order to maintain continuity yet did not increase her hours. It is clear however that the momentum of the initial worker's progress was lost at this point in the project, which served as a major setback to the CDOP project work in Horfield.

With the appointment of a new HCEW so late in the programme, there were obvious limitations as to what could be achieved in the remaining time. However, the new worker was a recent graduate of Bristol City Council's community development programme and was experienced and enthusiastic about her new role. She was employed – as was the worker in Lockleaze – to work 2.5 days a week, but was also given support from another worker who was employed for one day a week as a Volunteer Co-ordinator (VC) at Buzz Lockleaze CIC.

Given that there had been no handover from the previous worker and no sharing of relevant documentation, the HCEW began community development work from scratch in Horfield. This meant that for her first month or more in post she was making contact with the appropriate organisations and finding local groups to connect with.

Despite this, it was clear that the new HCEW

(with the support of the VC) was proactive in speaking to the relevant people within the community. When we spoke to her in July 2019 she had already been in touch with the Ardagh, UHCT and the Ebenezer Church and had attended the Shed Men project and the animation group. However, there were problems with the latter group as it lacked proper investment (the HCEW reported that they did not have the right equipment, despite the benefit of a BAB Community Kick-Start Fund award). Another issue noted by the HCEW and VC is that Horfield does not see itself as a cohesive community in the same way that Lockleaze does:

» *"People from Upper Horfield Community Trust won't necessarily go down to the Ardagh, and vice versa."*

- VC

A lot of effort was being put into making connections with sheltered housing and extra care housing schemes where it was felt activities could be set up and the community could be invited in to participate, or that residents could visit each other's housing schemes to attend. It was also reported that attempts were being made to establish new groups in the area, although it was unclear whether these were funded as part of the BAB project or not (the VC talked about a 'knit and natter' group that had been established through some 'extra funding' but said that only one session had been held due to lack of interest. Equally there had been a low turnout for a 'Men's Talk' consultation event at which the idea of having a Men's Shed in Lockleaze was discussed).

The HCEW also stated at this time that the link established by the previous worker with the local taxi companies was proving to be too expensive, so they were now using Accessible

Transport for You. She did however express concern about the future of this once the BAB funding expired, as the previous worker had predicted. Although the project had not ceased working in Horfield at this point in the project, we sensed from our conversations that there had been an obvious shift towards concentrating on activities in Lockleaze, and unfortunately the research team found little evidence of ongoing activity in Horfield as a direct result of the BAB funding.

Despite it being clear that progress had slowed considerably in Year 3 of the project, the HCEW was able to contribute a number of case studies to the evaluation team, and these are documented on the following pages.

The following case studies were provided via email by the HCEW in February 2020; names have been changed to protect identities.

### **HORFIELD CASE STUDY 1**

Joan is a woman in her seventies. She has difficulty walking too far due to arthritis and COPD. Joan confided in the HCEW that she had not 'come out' as a lesbian until she retired. She finds it difficult to tell people and hasn't met people who are gay that she can relate to.

The HCEW connected with the chairs of Gaywest, and with their support the HCEW set up a LGBT weekly social. Joan was very apprehensive at first but was ultimately pleased that she attended. Through the social meet up she has met with other members of the LGBTQ+ community.

A friend of Joan's recently approached the HCEW and said, "I don't know what you are doing with Joan, but I wanted to thank you. She is more confident and happy. I can't believe she is joining in with activities."

### **HORFIELD CASE STUDY 2**

The HCEW met with the Bristol City Council housing officer for Horfield and with the mobile Warden for Lockleaze. They discussed some of the difficulties residents at an over 50's housing scheme were experiencing.

The community space was not being used effectively and residents were not getting on with one another well, which was causing a lot of difficulties. The HCEW arranged a coffee morning at the accommodation and invited residents to join her. 11 residents came and it was clear that they were unhappy. They wanted to try Bingo which the HCEW set up for the following week.

11 residents attended the initial coffee morning and the HCEW facilitated the first 3 sessions, which went well. The residents remarked that it was nice to be in the same room without arguing. Gradually the HCEW has passed more of the responsibility over to them. They have now purchased a bingo machine and they all bring a small prize to bingo sessions. The HCEW has now taken a step back in the hope that the activity continues.

### **HORFIELD CASE STUDY 3**

Reg is a divorced gentleman who is retired. The HCEW met him at the Friends Aging Better café that was set up at the Buzz Café in Lockleaze. Reg confided that he was lonely and didn't have any social contact.

Following on from the Friends Aging Better café, Reg has joined the book club and comes to the lunch club and cooking sessions. The HCEW has recently asked him if he would be interested in becoming a voluntary driver for monthly day trips.

Reg says he looks forward to lunch club for the companionship and tasty, nutritious food on offer. This is the only hot meal he generally has, living mostly off sandwiches and tinned food for the rest of the week.

### **HORFIELD CASE STUDY 4**

The project was approached by local resident Jackie\* who had a surplus of card making resources and offered to donate it to Buzz. The HCEW visited her and spent a good hour and a half looking through her album of cards and celebration cakes she had made for family events. The HCEW suggested that she might like to share her skills by helping her to set up a new craft group. An introductory session was arranged where Jackie showed other participants how to make a simple card. She suggested some core equipment that people would need access to if they wished to make their cards more professional which were purchased from the project's budget. Jackie now supports the group regularly and all participants produced Christmas cards for family members which they were proud of.



## YEAR 3 - LOCKLEAZE

The new LCEW reported that there was new interest from a few local people regarding setting up some clubs at this time, such as walking football and activities that could be delivered through residential homes. However, at a meeting in April 2019 the CRs were informed that BAB had advised against putting energy into too many new groups at this stage in the programme, and instead to focus on the sustainability of existing groups.

Unfortunately, there were difficulties in establishing fieldwork opportunities through the LCEW (although our Horfield fieldwork ended up being almost entirely centred around Lockleaze, as detailed in the following section). Possible groups were suggested by the LCEW for our ethnographic observations – such as short mat bowls and the wellbeing arts group – but unfortunately these were ultimately unsuccessful, either because of difficulties in contacting the LCEW, or on one occasion because a member of the evaluation team was unable to attend at the last minute. We also made attempts to interview the LCEW, but again were unable to contact her to arrange a convenient time.

## CONVERSATIONS WITH OLDER PEOPLE IN LOCKLEAZE

In October 2019 the CRs were invited by the HCEW and VC to attend a group in Lockleaze in order to speak to some local older people about the BAB CDOP project. At this time the LCEW was off work due to illness so was unable to join us. We were not invited to attend any groups based in Horfield, despite the HCEW being our contact for the visit.

The CRs attended a bingo session at The Hub in Lockleaze in order to talk to some local older people. Whilst this was not a group that was part of the BAB CDOP project, the attendees were all over 50 (with the exception of a few family members who were accompanying older relatives). The CRs therefore took the opportunity to talk to members of the group informally about their experiences of living in the area as an older person. Many of those spoken to had lived in the area for a very long time and had fond memories of a number of shops and local amenities, and many appeared saddened by the current state of Lockleaze.

We asked participants if there was much going on in the area for older people, but the majority expressed frustration at the lack of activities and opportunities. When pressed further, some attendees noted that there were some activities available locally, but that they weren't relevant to them (one mentioned a Whist club but said they did not know how to play). Two people we spoke to mentioned a group at a local church where they were able to get a bowl of soup. Neither of these groups appeared to be BAB-related activities.

There was much concern amongst the group regarding going out after dark, and no one said they felt safe doing so. Interestingly, one woman had recently moved to Horfield where she reported feeling safer than she had in Lockleaze. Another participant said that sometimes she would travel to Fishponds to go to activities with her daughter.

The following case studies were provided via email by the LCEW in February 2020; names have been changed to protect identities.

### LOCKLEAZE CASE STUDY 1

Sandra contacted the LCEW after seeing a wellbeing poster which asked what people wanted to happen in their community. Sandra is a fully trained Tai Chi instructor (trained through LinkAge Network) and she has been volunteering her time as an instructor for the project who cover her travel costs. The Tai Chi group runs fortnightly and is slowly growing. The project is hoping to get Sandra to deliver sessions in residential homes and there are also plans to do some sessions outdoors on the Square in Lockleaze and in Purdown when the weather gets better. This will hopefully help to encourage people to spend more time outdoors. Some of the members of the group often stay on after sessions for a cup of tea and a chat.

### LOCKLEAZE CASE STUDY 2

Leslie initially came to us with an idea to do a litter picking group on his street. This group now meets monthly and involves people of all age groups within the community. Leslie is very keen to go out when the weather is better to do more leafleting to involve more members of the community, and the project is supporting him with this. The group is also hopeful that a similar thing can happen on other streets in Lockleaze with other residents that have a passion for the environment.



## PROJECT OVERVIEW – END OF YEAR 3

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Following the departure of the Buzz Lockleaze CIC BM, the Manager of NBAC became the main contact as the contract manager with responsibility of the project.

The BAB Head of Programme was informed at this time that not all of the groups set up through the Lockleaze Neighbourhood Trust and held at The Hub were new, and were in fact largely extensions of existing projects that had been running there for some time. However, there was some confusion about this as additional performance monitoring documentation also stated that all clubs running through the Buzz café were newly established. As BAB did not receive a full record of existing groups before the BAB funding was introduced it is difficult to establish how much of the money was therefore used for new activities and how much of it went towards maintaining existing groups.

In October 2019 we formally interviewed the HCEW and the VC. It was clear from our conversations with them that due to the fact that only six months remained on the contract, there was a limit to what was achievable in the time available. As such the focus had shifted to sustaining existing groups as far as possible. The lack of handover from the HCEW's predecessor and absence of any existing records had meant starting afresh, with the HCEW having to glean what little information she could about the project from the LCEW.

The HCEW was focusing her efforts on engaging with existing groups of older people that were easy to access. This included taking activities such as bingo into sheltered accommodation in the area. She – with the help of the VC – was also supporting groups such

as 'Friends Ageing Better' (FAB) to increase their presence in the area. In this sense, due to time constraints the HCEW's role was largely focused on coordinating and facilitating activities locally. This included linking up with GP surgeries in order to find more lonely and isolated individuals, as well as establishing better connections with the BAB Community Navigators social prescribing service.

Despite various setbacks, the VC and HCEW felt that the team had really come together in the project's latter stages and that it was now strong and capable. They expressed frustration at not having been able to take advantage of this close-knit team earlier on in the project.

## STEERING GROUP AND CONSULTATION WITH OLDER PEOPLE

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The proposal tendered by the Buzz consortium envisaged an important role for a steering group that would be led by older people recruited from the community. This was presented as an important way in which the consortium would ensure that older people played a significant part in shaping the delivery of the CDOP project.

» *"This project will begin with the establishment of a steering group comprised of local older people, engaged through our network of local partners along with 2 engagement events hosted by the Upper Horfield Community Trust and Buzz [Lockleaze] CIC. The established steering group will be responsible for determining the programme of activities developed and delivered. The steering group will meet 10 times a year and will be facilitated by the Buzz Operations Manager and LNT Project Engagement worker to help co-ordinate the development and delivery of appropriate activities decided by the group."*

- From Buzz Lockleaze CIC's project bid

The contract included these ten meetings as one of the outcomes that would be funded during the first year. In practice it quite rapidly became clear that this was an overly ambitious target.

» *"Things need to be community led – that's how you get community buy in and that's particularly difficult in Lockleaze. We've been here for nearly three years now and it's only now that we consider ourselves to have a steering group of Friends of Buzz members who are helping to steer . . . We're making inroads to having conversations and I think it's been about building networks to have those conversations. That's not easy; it's a big ask."*

- Buzz Lockleaze CIC Business Manager

» *"Often people prepared to be on a steering committee are very busy people, with very busy weeks."*

- First Horfield Community Engagement Worker

A steering group event was planned to take place at Buzz Lockleaze CIC on 9 February 2018. It was agreed that one or more of the CR team could sit in on this. Unfortunately this was cancelled a few days before the planned event, and the steering group scheduled for the following month was also abandoned.

In the project's first quarterly report to BAB, dated 11 July 2017, the following was reported:

» *"Mapping of active groups for older people in Horfield has started. Engaged active older people in these groups have been identified ahead of the first steering group meeting on the 24th July (which will take the form of a taster session showcasing active groups in the local area.)"*

- CDOP Buzz Lockleaze CIC Quarterly Report April–June 2017

In practice the formation of an older people's steering group, which had not been specified in the Invitation to Tender but became part of the contract with BAB as a result of its inclusion in the contractor's bid, never got off the ground. The steering group was not specifically mentioned in any subsequent quarterly reports during Year 1. Reports presented in Year 2, April 2018 to March 2019, suggest that the Delivery Partner's idea of the form that such a group might take had shifted towards something considerably less formal:

» *"On track - regular tea and talk sessions to be established at Buzz for next set of meetings."*

- CDOP Buzz Lockleaze CIC Quarterly Report  
April-June 2018

» *"Christmas steering group meeting over mince pies with residents from local supported living accommodation - discussing the potential wellbeing possibilities that could come from redesigning their garden in time for spring."*

- CDOP Buzz Lockleaze CIC Quarterly Report  
October-December 2018

» *"The LCEW has attended a three day training course From Hibernation to Community Action and a one day course 'Art of Hosting' Mental Health Awareness run by St Mungo's was open to all volunteers 14 attended."*

- CDOP Buzz Lockleaze CIC Quarterly Report  
January-March 2019

It was reported in Quarter 1 of Year 2 that in Horfield 'steering group members also had the opportunity to discuss current provision in the area with the new older people's forum at UHCT' and in Lockleaze 'a steering group was

held with residents in sheltered living home, it was the first time I had met and the group have decided what social activities they would like to do as they all live in separate flat'. These two comments appear to be at odds and hint at a misunderstanding of the definition of what constitutes a steering group of older people for this project. It appears though that some consultation with older people was at least being achieved in Horfield under the 'Love Horfield' brand.

The requirement to run regular older people's steering group meetings seems to have been dropped from the contract for the final year of the project. Similar difficulties in recruiting older people to play a formal role in guiding a community development project meeting the needs of their demographic group have been encountered by other CDOP Test and Learn projects. It seems likely that the practical difficulties in recruiting and maintaining such a group may be one of the key learning points to come out of the Bristol Ageing Better project's experience which can be shared with agencies involved in this field. In Quarter 4 of the Year 2 quarterly report it is stated that:

» *"A formal steering group does not exist but all groups are regularly consulted and feed into developments."*

- CDOP Buzz Lockleaze CIC Quarterly Report  
January - March 2019

In October 2019 the HCEW and VC were asked to comment on how they were consulting older people, and reported that this was mostly happening through talking to people or door-knocking in the neighbourhood. They also visited the local health centre in Horfield on a weekly basis and found this was a good place to talk to people.



# Discussion >>

There has clearly been a lot of activity over the course of the project in both wards, with good progress being made towards addressing the needs of local older people in some areas. This was particularly true at the start of the project, and the taster days and one-off events that were held in Year 1 were both popular and effective ways of introducing the project and potential activities to local older people. Furthermore, much headway was made in Year 1 towards establishing strong connections with local people and organisations within the neighbourhoods of both Horfield and Lockleaze. This led to a number of venues connecting with the project and strong relationships being established, as well as the taxi service being established in order to break down transport barriers that some older people were facing in the community.

Aspects of assets-based community development have been employed in both wards, and both workers spent much of their first year in post creating a list of local venues, organisations, existing groups and interested people. Attempts were also made in the first year to establish a steering group and to connect with local people through door-knocking activity. The project also identified a number of good initial ideas for reducing social isolation and loneliness, although it is unclear whether these were ultimately successful due to a lack of information being made available to the CRs.

It was obvious from conversations and interviews with project staff throughout the project that they were all knowledgeable, skilled and passionate about community development. The ultimate success of the project was therefore mostly hampered by

interruptions to staffing and were in no way associated with the competence of individual workers. Even towards the end of the project and with no time left to establish new activities, the second HCEW and the VC were both able to forge strong relationships with various organisations in order to keep some momentum going. All workers were clearly adept at striking up good relationships with local people and connecting people within the community.

Applications to the BAB Community Kick-Start Fund led to the establishment of the animation workshops and craft groups, both of which were successful in engaging members of the community in some regular activities. The more successful groups appeared to be those that took a more intergenerational approach and invited attendance from the wider community. Whilst this is commendable and worth pursuing as a sustainable option beyond the BAB funding period, it is again unclear from the records how much impact these activities had on reducing loneliness and social isolation for older people in Horfield and Lockleaze.

## ASSET BASED COMMUNITY DEVELOPMENT IN HORFIELD AND LOCKLEAZE

Given that the project set out to employ an ABCD model, it is pertinent to consider whether or not this was largely achieved by the Community Engagement Workers in both Horfield and Lockleaze. One of the key concepts behind the ABCD approach is that it must be driven by the community itself, as the key to creating and developing successful communities is believed to lie in the resources

and skills that already exist within that community:

>> *"Asset Based Community Development (ABCD) is an approach to sustainable community-driven development. Beyond the mobilisation of a particular community, it is concerned with how to link micro-assets to the macro-environment. Asset Based Community Development's premise is that communities can drive the development process themselves by identifying and mobilizing existing, but often unrecognised assets. Thereby responding to challenges and creating local social improvement and economic development."*

- Nurture Development, 2018

Therefore, in order to state that the project has successfully employed an ABCD approach in Horfield and Lockleaze, there must be evidence of good community outreach, co-design and ongoing consultation with the community. A convincing case can be made that the work carried out by the Buzz consortium during Year 1 of the project demonstrated an understanding of and commitment to the Asset Based model of Community Development. By way of illustrating this commitment, the original bid document included this statement:

>> *"We are committed to asset-based, co-production that aims to tap into the skills, knowledge and experience of older people, and provide them with clear roles that value participation and deliver clear representation."*

- From Buzz Lockleaze CIC's project bid

The first HCEW's work in establishing effective working relationships with groups in Horfield such as Upper Horfield Community Trust,

Ebenezer Evangelical Church and the Ardagh Centre is clearly influenced by the assumption that firm foundations in the community are a prerequisite for later innovation. There is therefore good evidence from this period of the project that significant efforts were being made to work with the community to connect and mobilise existing assets in the area of Horfield.

In our interview with the first LCEW shortly before she left the project, she favourably contrasted the BAB Test and Learn approach with existing prescriptive attempts based on prior assumptions of the needs of older people implemented without their active engagement:

>> *"One of the things I find really hard is the way Bristol City Council and other charities (Sic) have delivered this famous mentality of 'You come here and X is done to you'. I find it bizarre that they're predisposed that lots of things are done to them (older people). And it's a one-way thing. I think one of the biggest challenges is getting people (institutions) out of that mentality."*

Lockleaze is perhaps more fortunate than Horfield in the sense that it benefits from a geographical layout that lends itself more favourably to community activity, centring as it does around Gainsborough Square. This inevitably made using the assets available easier in Lockleaze, whereas Horfield's assets are more sparsely distributed and spread sporadically across the ward. Additionally there are simply fewer organisations within the boundaries of the latter with which to work.

Whilst there is evidence that some door knocking activity took place in Horfield, and whilst good connections were established by the HCEW and LCEW with various local community assets in the first year, it is

unclear whether a full asset mapping exercise was undertaken by the project. Equally, as consultation with the community is a key element of asset mapping activity, and given the known issues with establishing any kind of steering group, it is difficult to determine whether a full ABCD approach was implemented by the project and its workers. However, asset mapping was clearly a priority for the project in Year 1, and there is good evidence that the HCEW in particular was able to make contact with various local venues and their leaders in order to begin to connect up local assets within that community.

Despite this early progress, at the point that the project was about to move on from the initial asset mapping phase of the ABCD model the project experienced major staff upheaval with the first LCEW leaving the project. Around this time Buzz Lockleaze CIC was experiencing significant difficulties relating to other aspects of its projects within Lockleaze, which then led to the Business Manager finding other employment. Shortly thereafter the first HCEW went on long-term sick leave before eventually leaving, which further halted any efforts to implement a true project-wide ABCD model.

## STAFF TURNOVER

Staffing issues affected the project at various times during the funded period, and there were significant disruptions to delivery as a result. Given that the project was restricted to three years funding at the outset, to be beset by numerous staffing and capacity issues was significantly detrimental to maintaining consistency of service. The high levels of staff turnover contributed to a lack of continuity at various points in the project which sadly frustrated the otherwise good progress being made.

By the end of Year 1, the Community Engagement Workers for both Horfield and Lockleaze appeared to have laid good foundations for effective work in the remaining 24 months of the contract. The loss of both Community Engagement Workers and of the overall project manager, however, resulted in a major hiatus, from which the project never fully recovered. The lack of an effective handover when new staff were appointed meant that to all intents and purposes the groundwork was lost with the result that much of Year 3 was essentially a catch-up exercise with the new staff given the task of achieving as much as they could in the final year of the contract.

It should be made clear that everyone working on the project possessed strong community development skills as well as a passion for the work, but limited cover was available during periods of staff absence. Replacing staff who are off sick is of course not appropriate, but the situation does emphasise the importance of contingency planning for such events in future projects, and perhaps there is a case for asking projects to be clear about their plans to manage such scenarios during the initial bidding process.

There was also little or no handover between the staff originally working on the project and their successors. The resulting hiatus in project work meant that in the case of the second HCEW she had to start again from scratch without prior knowledge of what the first HCEW had managed to achieve. Again, this is clearly something that community development initiatives need to consider in the future to ensure that if staff leave a project there is sufficient information available to their successor in order to limit any disruption. Holding documentation centrally in an easily accessible place could have mitigated this. The loss of momentum at crucial stages of the project was all the more frustrating because of

the good progress that had already been made, particularly in the case of the first HCEW.

## COMMUNITY IN TRANSITION

Despite the early recommendations made by Woodspring (2016) that Horfield be an area of focus due to its rapidly changing identity, there doesn't appear to have been a specific piece of work targeting this in practice. Given this focus and the initial progress that was made by the first HCEW in the Horfield area, it is again a shame that the momentum was lost and that there was a hiatus of seven months with no one leading on this work.

It would have been especially useful to have established a steering group or consultation process within the Horfield area in order to deal with concerns within the community associated with the changing make-up of the

community. However, it was pleasing to see some intergenerational work being established through activities such as the Animation Workshops which were initiated by older people but attended by people from different age groups. More intergenerational activity focused in the Horfield area may be a potential way to address any concerns held by the older population living in the ward about changes within the community due to gentrification.

During our conversations with older people in Lockleaze it was clear that changes to the community there was also an issue for concern, with many stating that they were wary of going out at night or that there was nothing for them in terms of activities for older people in the area. Again, there were clearly some missed opportunities in terms of engaging older people in developing the local community that would have been beneficial in addressing some of these concerns.





## PROJECT FOCUS

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Whilst Horfield and Lockleaze may be neighbouring wards, they differ greatly in terms of both demographics and the layout of local amenities. The project quite rightly approached them as two distinct entities and recognised that a different approach would be needed in each area. This worked very well during the periods when two workers were in post, but again the disruptions to staffing meant that at times in the project one worker was having to cover for the other's area. Not only did this mean an entirely different way of working with a different community, but also that there was insufficient time to cover both wards meaning that the work in one was either diluted or paused.

The layout of the areas inevitably presented challenges in terms of organising activities, and it appeared that after Year 1 activity tended to centre more on Lockleaze due to its central focal point of Gainsborough Square and the surrounding venues, such as the Buzz Café and The Hub. This, accompanied by the suspension in activity in Horfield due to staffing problems, led the evaluation team to believe that Lockleaze had become the focus of all project work in the latter stage of the project.

Although it is clear that the second HCEW was actively reaching out to groups in Horfield, having commenced her employment in the second part of Year 3 she was left with very little time to establish anything new. It was evident from the case studies provided by the HCEW and the observational visits made by the evaluation team that both workers were focusing on activities in Lockleaze at this stage.

## THE COMPOSITION OF THE CONSORTIUM

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All of the organisations and projects named in Buzz Lockleaze CIC's successful bid for this CDOP project were based on Gainsborough Square in the heart of Lockleaze. Given that the second bullet point in the 'Project Specification' section of BAB's tender document gave a clear priority to the need to engage people in 'Horfield and the neighbouring area', it is therefore curious that the consortium did not include any group operating in Horfield.

In practice both of the original Community Engagement Workers themselves lived in Lockleaze and their recent professional experience had been in this ward. During the first year of the project, the Horfield Community Engagement Worker did establish constructive working relationships with two groups based in Horfield: The Ardagh Centre and Ebenezer Evangelical Church.

The new Community Engagement Worker for Horfield recruited during Year 3 was unaware of this background and not in a position to rekindle these relationships. It is tempting to speculate that had one or more of these agencies been full members of the consortium the project might have made more progress in supporting older people in the Ward prioritised in the Invitation to Tender.

The overall structure of Buzz Lockleaze CIC therefore made the work in Horfield challenging from the outset given that it did not include any organisation from the Horfield area in its consortium. Perhaps if Horfield had had more representation in this way then the focus might not have shifted towards Lockleaze.

## WORKING AND CONSULTING WITH LOCAL OLDER PEOPLE

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It is difficult to assess the extent to which the project worked and consulted with older people about what they would like to see happen in the community given that there was no formalised consultation group. Although the project had intended to establish a steering group, this struggled to get off the ground. Following initial failed attempts, subsequent references to a steering group made it clear that it had been substituted for smaller groups on a less ambitious scale, which did not appear to be comparable to the more influential community steering groups in other CDOP areas.

With the steering group never becoming successfully established, there was no formalised way for older people to have a voice in their community on a regular basis and no meetings for the CRs to observe as a result. Therefore much of our assessment of the extent to which older people engaged with the project was provided through the case studies produced by members of project staff, and have therefore not been gathered by the evaluation team directly. Our invitation to observe groups in Horfield towards the end of the project resulted in attendance at activities in Lockleaze that were not BAB funded, which left the team somewhat confused about what activities were actually taking place as a direct result of BAB funding.

## CONTRIBUTION TOWARDS THE BAB PROGRAMME

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A particular challenge in evaluating this project has been the lack of documentary evidence available for Years 2 and 3. Additionally, gaining access to service users and workers proved equally difficult at times and resulted in confusion and a lack of clarity regarding what can be evidenced. The reasons for this lack of documentation have been made clear in previous sections, but occasionally staff were also difficult to get hold of and did not always reply to emails from the evaluation team in a timely manner.

The result of this lack of tangible evidence is that the contribution the project has made towards the BAB programme – particularly in terms of legacy – remains unclear, and few opportunities were given to the evaluation team – particularly at the end of the project – to observe any outcomes first hand. Whilst there is little doubt that the workers involved in the project were all highly skilled with each making a significant contribution at various time points, the cumulative effect of this work has not been well documented. This makes it difficult to draw any strong conclusions regarding the overall contribution of Buzz Lockleaze CIC to the aims of the BAB project.

## PROJECT LEGACY

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Towards the end of the project it was clear from our interviews with the HCEW and VC that staff were passionate about the project, with some exciting ideas for taking it forward. However, again there were frustrations that they had come into the project so late and as a result had little time to start new activities or to make any lasting changes. Despite this, the enthusiasm with which the remaining workers were approaching the project at the end of the funding period was encouraging, and if the groups are able to find a way to be sustained beyond the life of the BAB funding period then there is likely to be some positive legacy from the project.



## CONCLUSION AND RECOMMENDATIONS

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As the focus of BAB is on test-and-learn approaches, this evaluation can make a valuable contribution in terms of how future community development for older people projects might be designed, commissioned and implemented in similar contexts. We have therefore identified four key learning points:

### 1. Contingency planning for staff and organisational changes

Staff and volunteer turnover has been a constant feature of every aspect of the five year BAB programme. The potential challenges posed by such changes, however, have been highlighted particularly clearly within this project.

The personal and organisational circumstances in Horfield and Lockleaze were clearly exceptional, but a prudent approach to project planning should take account of worst case scenarios. In this instance the key lesson is that project staff should keep clear and readily available records of all significant decisions made in setting goals and targets for the development work. There should also be clear procedures in place to cover staff absences, particularly if prolonged.

### 2. A balanced composition of any consortium

The increasing focus on Lockleaze over time may have been averted had there been more interest and influence at board level from organisations based in Horfield. It would therefore be advisable when examining future bids to ensure that consortiums have adequate representation from a wide range of organisations across the area of interest.

### 3. Realistic planning with regards to the involvement of older people in steering the project

One of the things that makes it difficult to assess whether the project has contributed to the BAB outcomes for community development for older people is a lack of engagement and consultation with older people. No formalised group was established and this led to consultation happening on a micro level, often with individuals rather than the community as a whole. Therefore establishing an effective steering group in future projects should be a key element of the project design, and one that can be monitored and evidenced as the project progresses. This may mean making various attempts at getting a group established, but it is key to developing successful activities with older people rather than for them. Likewise, there is a clear need for such groups to have a clear purpose, and this can be achieved through setting out and agreeing the terms of reference at the start of any such endeavour.

### 4. Clear reporting structures and stringent monitoring

One of the other major barriers to evaluating this project effectively and fairly has been a lack of documentary evidence in the form of quarterly or other project reports. This, coupled with difficulties in contacting staff or being able to access activities in order to speak directly to older people in the area, led to parts of the project going undocumented. Future projects should be monitored more closely to assess whether they are performing against the stated project aims and agreed objectives, and documentary evidence should be submitted on a regular basis. This should further be assessed through visits from an independent evaluator in order to establish the breadth of activities on offer and the impact they have had on the target population.

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# Appendix >>

## ADVERTISED REGULAR LOCAL ACTIVITIES

### Lockleaze and Horfield Regular Local Activities

#### Monday

##### The Hub

10am - 11.15am Gentle exercise - £4  
 10.30am - 12.15pm Accessible exercise for all abilities - £3.50  
 Second Monday of the month 1pm Monday Film - £1 entry, 50p refreshments



#### Tuesday

##### The Langley Centre

10.30am - 12.30pm Get Online - Help with filling in forms online, email, internet search, using social media, finding the best deals online



##### St Mary's Church

Second Tuesday of the month 12pm Lunch - £5 (Not January Or August)

##### Highmore Court Community Room, Highmore Gardens

Every third Tuesday 2-4pm Lockleaze Tea and Stories Group (from 19th March)

##### The Hub

1pm - 3pm Short Mat Bowls - £3, all welcome

##### The Old Library

Last Tuesday of the month 7.30pm Circle Dance evenings. Warm, informal, gentle dance with music from around the world. All abilities welcome, entry £5



#### Wednesday

##### The Hub

9.30am - 12pm OWL Art Project group; beginner level arts and crafts, women only - £3  
 1pm - 3pm Bingo (March - November)  
 1.20pm Stoke Park Walking Club meet

##### Buzz Lockleaze

Times to be confirmed Gardening Club, for more information get in touch with Buzz on 0117 2690006

#### Thursday

##### The Hub

9am - 10.30am ACTA acting group, all abilities  
 10.30am - 1pm Wellbeing Arts Group, Intermediate Level - £3

##### The Langley Centre

10.30am - 12.30pm Get Online - Help with filling in forms online, email, internet search, using social media, finding the best deals online.

##### Odeon Bristol (Union Street)

11am Silver Cinema - £3. A different film every week and a cup of tea or coffee with biscuits (catch the 24 bus to The Haymarket or 72 to The Horsefair).



##### Buzz Lockleaze

10.30am - 12pm Games Club at the Buzz café



##### St Mary's Church

6.30pm - 7.30pm Singing Group

#### Friday

##### The Hub

9.30am - 12pm Somali Women's Group  
 10am - 1pm Crafting Club - bring your current project to work on - £3

##### Buzz Lockleaze

Fortnightly 10am - 2pm Shopping Club, local pick ups - £3. Call Beckie on 07547 317663 to book your place.  
 10am - 12.30pm Cooking on a Budget course (free 7 week course). Just turn up or contact Richard Davies on 07788353420 for more information.



##### Ebenezer Church

2pm - 3.30pm Footprints Social Group, tea and cake



#### Saturday

##### The Hub

Last Saturday of the month 6.30pm - 8.30pm Karaoke with a 2 course meal - £3.50 Adult, £1 Children



If you would like to find out more about activities in your area contact Laura, Community Navigator, on 0117 9515751 extension 231. They may be able to take you along to your first activity so you don't have to go alone.

