



**People Keeping Well Partnerships- South West Sheffield  
Joanna Woodward – Community Development Officer,  
Age Uk Sheffield**

## What is 'People Keeping Well'?

People keeping well is sometimes known as social prescribing or community referral. It's all about making every contact count and connecting people to a range of local non medical services to improve physical/mental health and wellbeing. The overall aim is to:

Page 60

- Get people connected- Increased support networks and build relationships
- Increase resilience – developing coping mechanisms to deal with life crisis/issues better
- Creates signposting opportunities -Know where to go to get timely help
- Reduce the need for hospital referrals, Primary care network intervention and people entering the social care system

## How does it work?

Sheffield City Council and the CCG provide funding to local network partnerships across the city made up of organisations and individuals invested in the local area. An example of this might be:

- Churches, Library's, GP practices, Charities, Emergency services, Community transport providers , Councillors, Local activity providers such as lunch clubs and social clubs, Sports clubs and community exercise providers

Partners come together once per month to share resources and support each other to help the community to live well. We work together to increase new activities for people to engage in and support existing provision so it can be sustained long term

Age UK Sheffield are the lead partner for the South West PKW partnership

Contact Joanna Woodward at Age Uk Sheffield if you would like to be part of your local South West partnership [joanna.woodward@ageuksheffield.org.uk](mailto:joanna.woodward@ageuksheffield.org.uk)

## What do our South West Partners say about being a member of the network

Page 62

‘Being part of the PKW partnership has enabled the Carers Centre to be aware and involved in the many activities in the area that we can signpost or refer our clients into. We have also, as a result of the partnership, been able to start a Carers Café in the area which until lockdown, was going from strength to strength, and is now picking up momentum on Zoom. The regular partnership meetings mean that all partners can keep abreast of any new projects and services in the area and share ideas and good practice. I feel really grateful to be a member of this partnership’

Jan Outram – Sheffield Carer’s Centre

‘The Partnership has facilitated the creation of a Table tennis group, for seniors, where none existed before. The Partnership helps with the funding of the group which in turn, helped to support, sustain and expand the activities to two sessions a week. Although, originally, the group comprised mostly of people who knew each other through the Bradway Community Association, we have attracted many other people from around the local area’-

Jan Clist- Table Tennis

‘Community Wellness Services is a small organisation that delivers physical activity sessions in community settings, ranging from cardiac rehabilitation to Zumba. Since working with Jo at Age UK Sheffield and the PKW partnership we have managed to help more people, working in areas that had been difficult to engage with. The network is a great way of working sharing ideas and opportunities creating partnerships that work together’

David Birds – Community Wellness Service

## South West Community funding

- Our South West partnership offer the opportunity to apply for funding of up to £500 to anyone wanting to set up a new community activity, or to existing groups who may need some financial support
- Once your application has been submitted it will be reviewed by a number of core partners within the network. Once the money has been spent we ask that you provide some basic participant data and an update as to how you've spent the money
- Recipients support with volunteer recruitment and marketing and will get automatic entry to the partnership for support from other partners in the form of shared learning or shared resources
- We know how daunting it can be to set up a new group -you don't need to do it alone!

## Examples of South West funded activity

- Sporting chatter
- Intergenerational choir
- Exercise classes
- Horticulture sessions and nature walks
- Memoir writing/Community Journalism
- Chairs for a community space
- Litter picking equipment for a local group
- Day trips for lunch clubs including transport

## What are the areas we cover?

- Bents Green
- Fulwood
- Ecclesall
- Abbeydale
- Dore
- Totley
- Bradway
- Carterknowle
- Millhouses
- Netheredge ( not whole area)

## How can people join/be referred into new or existing activities?

- Page 66
- GP/ healthcare professional
  - Religious organisations
  - Community groups
  - Family /Friends
  - Self
  - Anyone!

We believe in the ‘it takes a village’ approach and are happy to accept referrals via any pathway

- You must have the permission of the person being referred



## Referral for non professionals and self referral

- Access the list of available activities on the Age UK Sheffield via this link [Age UK Sheffield PKW](#) or by typing Age UK Sheffield PKW into your search engine

Page 67

- Click on the activity guide and take a look at what's on offer. The group leaders contact number will be shown next to the activity for you to contact them directly

**\*Please note we don't display dates/times as the group leaders are able to provide the most up to date information of the next available session and if the group is running at that current time\***

- If you do not have access to the internet please contact Joanna Woodward via email at [joanna.Woodward@ageuksheffield.org.uk](mailto:joanna.Woodward@ageuksheffield.org.uk) or by phoning the main AUKS office on 01142502850

## Why is it important to have PKW coverage in the South West of Sheffield?

Page 68

Our reply to this is that 'People Keeping Well' is not about tackling the most chaotic and complex needs of communities, there are other services for that. It's not about targeting the most deprived wards; it's about understanding the nature of the local population, identifying the unique needs that it has, bringing people together and plugging the gaps to ensure that people who are well, stay well and people who need to improve their mental and physical health get the support they need to live happy and healthy lives at any age

**Thankyou for listening,  
Any questions?**

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