

# Project: FRIENDSHIP & BUILDING LINKS -SESSIONS TO BE RUN

## Places Called Home Activity Delivery 2021-22

Projected start date: 18/10/2021

Projected end date :14/2/2022

Duration: 15 weeks 3 hours

Friendship and Link building			
Sessions	ACTIVITY	Duration	Objective/Outcomes
1-2	Conversations 1: Discussions, Exercises, & Meals. Connections and building links and friendship	6hrs	Understanding that we: <ul style="list-style-type: none"><li>• Take responsibility for entering conversations with humility.</li><li>• Listen to understand the person with whom we are talking to, rather than listen to respond.</li><li>• Ask clarifying questions if we do not understand or find that we disagree.</li><li>• Ask, people get the sense that we are understanding them</li></ul>
3-4	COVID-19 and safeguarding and meals.	6hrs	Being aware of the risk of COVID-19, staying safe and stopping the spread of the virus

	Conversations 2: Discussions, Exercises, & Meals. What ageing well into the future means.	3hrs	Understanding of what it takes to age well and what helps to live a good life in the community and having an opportunity to share lived experience of ageing and what is important in order to live well into the future and how togetherness, can make the local community of older people a great place to spend a lifetime.
4-5	Conversations 3 Discussions, Exercises, & Meals. Analysis Conversation	3hrs	Generating charts to seek thought-provoking and grain of truth in conversations.
5-6	Conversations 4: discussions, Exercises & Meals. Analysis Conversation	3hrs	Generating charts to seek thought-provoking and grain of truth in conversations.
6-7	Friendship and link building, Exercises, Discussions & meals.	3hrs	To understand and learn how to initiate conversations for building friendships and developing connections.
7-8	Wellbeing 1, Exercises, Discussions & meals.	3hrs	To understand Health benefits of wellbeing and have reduced anxiety, happier moods, Reduced feelings of stress, Increased self-esteem,
8-9	Wellbeing 2 , Exercises, Discussions & meals.	3hrs	Understanding social and emotional benefits for making friends and connecting with people, having fun and challenging stigma and discrimination.
	Wellbeing 3, Exercises, Discussions & meals.	3hrs	Thinking about both the good and bad things that make up quality of life and how to rate the quality of life as a whole.
9-10	Wellbeing, link building exercises, Discussions & meals.	3hrs	Promoting interactions, friendship, good health, management of illness and disease, functional independence and fitness, quality of life and the general confidence and autonomy.

10-11	Exercises & Overcoming Barriers to Physical Activity, Discussions & meals.	6hrs	To understanding common barriers to physical activity and creating strategies to overcome them helping make physical activity become part of daily life.
11-12	Exercises & Suggestions for Overcoming Physical Activity Barriers, Discussions & meals	hrs	To make regular physical activity a part of everyday life for maintain better mental and physical health outcomes.
12-13	Best friend Approach to activities, Discussions & meals.	3hrs	Learning how to initiate activities by a Best Friends, individualized and tap into past interests and skills, stimulating the five senses (hearing, sight, smell, taste, and touch).
13-14	Use of digital apps for blind (SEENAI, be my eyes)		Participant gain knowledge on the benefits of using apps for bind
15	Feedback		Last session on project feedback

*Funded and supported by:*

