



RESPONSE TO COVID-19

March 2020 - January 2021

Rotherham Federation
Strengthening Communities

Overview

RotherFed have been part of the overall community support programme targeting those most in need in our communities, initially through the Rotherham Heroes campaign and Community Hub, but also through providing support to our network of TARA's and community groups. Our CEO has been involved in the multi-agency response and the Rotherham Tactical Group that work together to respond to community needs. As part of our involvement in the Rotherham Heroes campaign, we took a lead role in helping to shape and organise Friendship Calls to the most isolated and lonely people across the borough, culminating in the creation of a Befriending Providers Network that is Chaired by our CEO and meet monthly to improve outcomes for local people who are lonely and isolated.

Support for TARA's and Community Groups

Our team have been in touch with vulnerable people from the outset through contact with existing TARAs/Community Groups, referring individuals into the Rotherham Heroes campaign and advising/guiding groups through the pandemic. We have been supporting our community groups/TARAs in each neighbourhood, talking to them and supporting their active response to the crisis, and capturing where any vulnerable people may be.

Our calls identified people who have been socially active when their groups were meeting but had found themselves alone and unconnected due to the lockdown/self-isolation. It was clear from this process that there are many residents in a range of circumstances who not only needed practical help but also someone actually taking the time to talk to them, listen to how they are being affected and offer a friendly and supportive voice.

Number of TARA's/ Community Groups supported each month	Number of Tenants involved in community response to COVID-19	Number of calls/contacts made to TARA's/ Community Groups	Number of tenants supported
75	1273	2183	1173

Case Summaries

From the group setting up in April and food parcels ending in September; 4,474 meals were delivered, 3,104 sandwiches were delivered, 123 essential food parcels were delivered, 509 kids gift bags were delivered, 156 Easter eggs were delivered and there were 489 shopping buddies.

This is an enormous achievement and the numbers really show how much need there was in the community and how things could have looked a lot different if the group hadn't come together like it did with different people putting their time in and using their skills to help the whole community in a time of need.

Rotherham Federation put together a questionnaire for the committee and volunteers to see what they thought about the project, what they learnt from it, what they thought went right, what they thought went wrong and their thoughts on potentially carrying on the project and in what capacity.



Jane Havenhand

Jane Havenhand the lead co-ordinator of the group received an MBE in the Queens honours list, for her services to the community. Jane was a massive part of the action group and the brilliant work it has done for Dinnington.

Springwell

Several isolated residents were identified by one of our team, living in a group of 12 bungalows in Springwell. We supported the Springwell TARA, who have been working with the Unity Centre, to deliver food parcels to the bungalows. We advised the group to pass on the Rotherham Heroes contact information in case any of the residents do not have internet access and are not aware of this, helping those in need to self-refer to this service. We are also in the process of assisting the group in a funding bid to “Neighbourly” for £400 to continue delivering this support and expanding to other isolated/lonely residents in the area.

Ferham

We have used the budget that had been allocated for our Easter Events and donated this to Timebuilders to help with the support packages that we are sending out to lonely/isolated older people. Christine from Timebuilders wrote:

It would be amazingly helpful to access the £200! It would help with our food parcels, being able to supplement them, and for adding some activities for those who are bored such as puzzle books, pens, jigsaws etc. We are wanting to step up what we offer in Ferham over the coming weeks, so it will be so timely.



Rotherham Timebuilders Support Packages

Case Summaries

"Thank you, thank you, so much to whoever is doing the shopping for the elderly people of Thurcroft. I am amazed at the amount of shopping delivered to me this morning. I am so grateful as I have health issues and am 76 years old".

"Thank you so much for organising the food parcels for the vulnerable older people in the village, it is very much appreciated, fantastic job guys".

Swinton

The Chairman of Swinton Community Focus Group sent through the following response, to the help we provided to him and the group relating to what support streams were available to them and how the most isolated and lonely residents could access them. We have also followed up with calls to check on their progress, providing continued information, advice and guidance.



Swinton Community Focus Group

Hello RotherFed, This is excellent information and thank you for compiling and sharing, which I've done through our local community group. Thanks again for all the help and support you are offering during these very challenging times and if as a group we can assist in anyway locally please shout up and ask, albeit a note of caution that some members of our group do have underlying health issues and are keeping a low profile for

obvious reasons.

Best wishes and stay safe

Harthill

We have supported the Harthill with Woodall and Thorpe Salvin community response group from Peregrine Way Neighbourhood Centre. Here is a passage from the email we received from their group lead:

I'm writing to let you know that all of the material from our Harthill/Thorpe Salvin volunteer operation is now published on the Parish Council website. The link is below. The material includes the volunteer pack you wrote for us which is excellent. Thank you also for the source material for telephone befriending - we are working on producing a role description for this in the next few days and intend to launch the service from 20th April. If there are any other resources available, please let me know. Thanks for all your help and thanks also to RotherFed itself. The Peregrin Centre has been vital to us and we couldn't have got so far so quickly without RotherFed support. Please pass on our thanks to everyone concerned.



Sunnyside Supplies

Sunnyside Supplies

Cllr Emma Hoddinott approached us about creating a constitution and in need of some advice and guidance on setting up a bank account for the new group 'Sunnyside Supplies'. The aim of the group being to support for the area north of Bawtry Road, from Hellaby Roundabout

Case Summaries

to Brecks Roundabout, covering the communities of Bramley, Wickersley, Flanderwell, Sunnyside, Brecks and Woodlaithes. We created a constitution for them and researched banks who we felt they could approach for a quick start up.

Emma wrote back: *"Thank you Sarah. We can go for the HSBC bank so I have started that process."*

Rotherham Carers Activity Group

Daniel Barron has been meeting with Ashar from Rotherham Carers Activity Group to support them in applying for the DPO Emergency COVID-19 funding that is available. Dan has looked at the funding application and the sections that need to be completed.

After speaking with Ashar about his project, we have been able to develop a writing framework for the application bid and will be working with the group to complete the bid before the deadline. The work the group is undertaking is fantastic and the group are very thankful for the support they are receiving.

We spoke to Ashar about getting the group online, Ashar said he will bring it up at the next meeting and let us know whether it would be something they are interested in taking on.

Ellie Ellie
24 October at 14:50 · 🌐

! DELIVERING SUNDAY, MONDAY & TUESDAY !

If ANYONE is struggling - adults, children, couples, elderly, ANYONE - and needs a food parcel to help a little during the school holidays, please contact either

Jayne Merner
Clair Pep
Kirsty Pepper
Sam Cotton

and we will arrange one for you, collection or delivery ❤️

If you run out of food or necessities, or times are just tough, please don't let you or your kids go to sleep on an empty stomach. Don't be afraid or embarrassed to send a private message. We will do anything we can to help. It may simply be a case of dropping off a food parcel and leaving. 100% confidential, nobody has to know, and where others are concerned, it never happened.

Thank you to everyone who has donated food & money. If anyone else wants to help, please contact one of the above to arrange ❤️

Facebook post from Wingfield Food Project

Wingfield Food Project

The Wingfield food project was ran over half term,

in Munsbrough, Greasbrough, Wingfield and Rockingham. Wingfield residents ran the project who delivered free school lunches and food to those in need. Rob has spoken to the group about helping them extend this through COVID-19 and has been offering funding advice to the group as well as offering support to keep it running after the holidays if the group choses to.



Facebook post of Donations to the Wingfield Food Project

Mowbray Musers

Mowbray Musers originally started in February 2020 at the Mowbray Gardens Library and they were only able to hold 2 in person meetings before the country went into lockdown. Rotherham Federation kept in regular contact with the group and the group did not wish to go online. The group then had a change of heart and a group member approached us to help create an online group on Facebook, initially wanting the group to be private. A month later Rob from the group decided to make to group open for people to share their creative works.

Rotherham Federation has been providing support to Mowbray Musers over the phone and through social media. We have helped the group to run 2 competitions and the group now have an online presence to promote their group post COVID-19.

Friendship Calls

From mid-April RotherFed has dedicated an increased amount of staff time to making contact/calls with the most lonely and isolated people in the borough. We are contacting residents through our internal network, taking referrals through the Rotherham Hub and also on an ad hoc basis via incoming requests. Our focus is to:

- Counteract issues of loneliness and isolation;
- Use work phones and tablets, to protect personal details, to call people through an audio or video call;
- Give them a friendly face to see, voice to hear, help to relive boredom, keep in touch with what is happening;
- Each person will have a contact call at least once every week;
- These calls would also give us the chance to support people who may not have been at risk at the start of the process but have become vulnerable due to length of time in home isolation, bringing in additional services as required.

Below is an email from one of our team, that demonstrates the impact our calls and approach is having at the moment. We have been able to escalate this resident's situation to RMBC, housing and other services as well, to help address some of the multiple problems she is experiencing.

I've just spoken to a lady, she's a council tenant and lives at Brompton Bierlow, she is 57 years old and suffers with bad COPD and has to use a nebuliser. She also struggles to walk and has to use a wheelchair. She is very lonely and has not left her bungalow since she moved in 14 months ago.

I spoke to her last week and said I would call back today. When I rang today she answered straight away and said she'd been waiting for my call. We had another lovely long chat and at the

end she said how much she enjoys talking to me and will look forward to me calling again next week.

She asked if I could continue to keep calling her once the COVID-19 period is over as I've shown a real interest in her and nobody else does. Just thought I'd let you know as the friendship calls to this lady are really making a difference.

Friendship Calls—Volunteers

RotherFed have trained volunteers referred from the Community Hub. We take each person through a volunteer guidance pack and all volunteers are trained on this process by our staff before becoming involved in any calls, this includes an initial “screening” process of all volunteers who have shown interest to ascertain if they remain interested after they have been made aware of the responsibilities involved. Training with each volunteer involves:

- A 20-30 minute introductory chat about the role, nature of the calls, learning a bit about the voluntary sector and the community.
- A conversation about how to claim expenses and introduction to the network.
- An individual training session that can take up to one hour.
- A check in with the volunteers at the end of their week and a chat about their calls.

Calls by volunteers have gone well and conversations have ranged from talking about their family to the 1961 League Cup Final between Rotherham United and Aston Villa for example.

With the success of the Lottery bid and appointment of a new Volunteer Coordinator, we have been undertaking the process of reviewing the system, talking to volunteers about a longer term commitment to the calls and created a role description for Telephone Befriender. We have also appointed a Befriending Coordinator.

Friendship Calls

Total number of residents supported with contacts/calls	Number of volunteers trained and involved in making calls to isolated residents	Number of residents currently receiving friendship calls (January)
240 (122 are tenants)	48	170

Friendship Call Case Study - Joyce

Joyce's granddaughter had arranged for friendship calls as she was worried her Nan was not getting enough stimulation. Joyce is 93 years old and lives alone, prior to lockdown she would get on the bus most days. Although Joyce did agree to the friendship calls, when I spoke to her granddaughter prior to ringing Joyce, she did say that her Nan is very independent and will either embrace the call or not want to speak to me as she is not a person for talking to strangers.

Joyce certainly embraced our call. We spent nearly 50 minutes chatting, Joyce told me all about her life and family and she also asked about mine. Following this call, I rang her granddaughter to let her know how it went and she was delighted that her Nan was willing to talk to me and that we had spoken for so long.

Since that day I have spoken to Joyce every week, sometimes twice a week, we always have a lovely chat and spend about an hour on the phone, we could talk for much longer too. Joyce really looks forwards to my calls, our chat is always very general, and Joyce is always very positive and never complains. I also enjoy chatting to Joyce, she is a remarkable woman. I have spoken to her granddaughter a couple of times since the referral and she told me that her Nan talks about me, about how lovely I am and how she looks forward to my weekly call, which is lovely to hear.

I think Joyce is a great example of a pure friendship call and how well these can work and the benefit they can have. My calls to Joyce are really making a difference.

Friendship Call Case Study - David

David is a resident I've been calling since the beginning of lockdown and have recently passed onto our volunteers. I rung David on Monday of

this week to check in with him and see how he is coming along.

When I first spoke to David. He was getting food parcels each week and suffered with his vision, so he was quite nervous, unsure and very isolated. We hit it off straight away and David warmed to the fact that not only we thinking of him, but also that we were there to chat and help.

Over the weeks we have built up a fond relationship and I can see that he has improved in himself because of this. He is now able to get out and about on his scooter a bit and has started painting—something he hasn't done in a long time—and has come a long way since the start of lockdown, with the friendship calls playing a major part in that.

Going forward I would recommend that we keep in contact with David to offer that support so we can keep that trusted relationship and with our volunteers so he has a variety of people to speak to.

Friendship Call Case Study - Neil

Neil came through to RotherFed as a potential service user from Social Prescribing. Neil lives with severe Borderline Personality Disorder and OCD and lives on his own with no family support. An initial conversation was held with Neil to explain the service to him. He was amiable and spoke a lot about his interests in Japanese culture and fast cars, I built a fantastic rapport with him and he opened up about the distrust that he has in people and the feeling that no one listens to him or understands him. I made arrangements to call him again the following week, and he was so happy to receive my call, he said it was a pleasure being able to talk to someone who just listens or who speaks about the things that interest him. Neil was very down at the beginning of the call and after 45 minutes he

Friendship Calls

had cheered up tremendously and I was privileged to be named as his friend and he also stated that this is something that he thought would never happen to him, to have a friendly chat with someone who does not judge him, or try to change him, but someone who just lets him be 'normal' for a change.

Friendship Call Case Study - Claire

I first spoke to Claire on 10th September. In her referral notes it said she was a victim of domestic violence. When I spoke to Claire she told me she felt very emotional, lonely and depressed. Her parents and children live in Cornwall and she has no family or friends in Rotherham. She originally moved to Rotherham to be with her partner (this is the violent partner), she no longer has any contact with him.

Claire told me that she would like to meet new people and start working again, even if it just a few hours a week. However, since the domestic abuse she has lost all confidence in herself and has low self-esteem. Claire also suffers from bipolar disorder and has done since 2012. During our 50-minute conversation Claire became very upset on several occasions.

Over the past seven weeks I have spoken to Claire at least once a week, sometimes more. During each conversation, typically lasting an hour, we have spoken about lots of different things including family, work, relationships, her childhood, home etc. Seven weeks on and Claire is a different woman to what she was.

I told Claire about some college sessions taking place free of charge in Thurcroft and suggested she go along to these. Claire now attends the craft session every Thursday and the sugar craft every Friday and has signed up for the Mindfulness starting next month.

Claire is really enjoying these sessions and they have made her feel so much better about herself. Claire has also joined a walking group and a yoga class. Two weeks ago, she went on a course for getting back into work and is now working with Reed who are helping her put a CV together. She is looking forward to getting back into work.

She is also very interested in volunteering where possible i.e. events etc through RotherFed. Last week Claire also spoke to the mental health team and a plan has now been put in place for her, Claire is so happy about this and feels like everything is starting to come together.

Claire is a lovely woman; I really enjoy chatting to her and it is fantastic to see what progress she has made in such a short space of time. Claire is very grateful for the friendship calls and say what a difference they have made and the things they have led to. I really hope that Claire continues to move forward in a positive way, I feel she has so much to offer.

Rotherham Federation

FRIENDSHIP CALLS

**Do you know someone who is lonely?
or someone who would benefit from
someone new to talk to?**

Rotherham Federation are offering friendship calls, where a member of our team will give you a ring. You can refer yourself or others by contacting us at, info@rotherfed.org or 07813543332



Friendship Call Case Study

A volunteer called one of our service user in the morning to find out that he had tried to commit suicide the night before – if that call had not been made – the outcome could have been very different. He is now receiving the support he so desperately needs.

Friendship Calls

Friendship Call Case Study

We had a major breakthrough with someone we are keeping in touch with. She has very complex mental health issues and due to her lifestyle choices is often ridiculed, pointed at and attacked when she goes out. She started to talk to me about this today, and is now starting to share how she feels and how people are with her. After speaking with her mental health team, this is a massive breakthrough.

Friendship Call Case Study

One of our volunteers had been out and about with his wife and stopped to see that a gentleman on the kerb had just had a nasty fall. He immediately went to help and called an ambulance, in the meantime another ambulance passing was flagged down. The crew assisted at the scene and it was when they asked the gentleman's name that the volunteer found out he was one of our service users who he had supported in the past. This gent has memory problems, and the ambulance crew at the scene recommended it was probably quicker for the volunteer to take him to hospital – which he did. And once there because of the support he had given in the past to this gent the volunteer was able to give the medical team more details on him.

Volunteer Case Study - Sarah

I saw the Rotherham Hero's programme advertised in the initial days of the COVID-19 pandemic and instantly felt that sense of inclusivity and camaraderie that I believe ultimately underpins our community; I applied to join as a volunteer telephone befriender immediately and loved every minute of it. The application process was simple and well executed, and I was pleased to receive a telephone induction and useful reference documents that helped me fulfil my duties. As well as

this though, the continual online and telephone support from the RotherFed team really helped me to feel like a part of something bigger, like a valued part of that community. As for the befriending role itself, it has been a privilege to take part in the scheme, and to chat each week with people who I knew would benefit in some small way from hearing a friendly voice at the end of the telephone, as I in turn benefitted from hearing theirs'. Thanks again for the opportunity to volunteer with the befriending team, I feel very fortunate to have taken part in the scheme.

Best wishes, Sarah

Volunteer Case Study - Ras

Ras joined RotherFed in May in response to a call for friendship calls for those living through COVID-19 that are socially isolated or just lonely. This is what he had to say;

I've been working as a volunteer with the befriending service since May. I originally signed up as a Rotherham Hero to deliver food and essentials to residents who were shielding and through this was contacted by RotherFed who asked if I would like to do this instead. I've always been a people person, so it seemed like a perfect fit.'

'I'm now retired but I have spent all of my working life in customer facing roles, so I'm used to talking to different types of people and enjoy getting to know people from all backgrounds. I currently make three calls a week to residents who either want a chat, or just have someone to listen to them. Lots of residents who are shielding are lonely or bored and simply want some company. Just a small amount of time out of my day can make a real difference to somebody's week which is really rewarding.'

Volunteer Case Study - Sue

Sue started her volunteer journey as a Rotherham Hero's volunteer. It was during lockdown that a call was made to support those who were socially isolated or lonely with a friendly call from a volunteer. Sue then went over to be a

Friendship Calls

friendship volunteer this is what she has to say;

As a befriender volunteer I found it works in two ways. I want to and hope that I am helping people and making a positive difference to service user's varied lives. Sometimes they may be lonely, bored, or isolated. By being able to listen, offer friendship support, empathy, and a friendly non-judgemental ear I am honoured that they can share their worries or life stories. The calls can also potentially identify if they have any needs or concerns with which they may need help.

My life has been enriched by hearing about their various interests, joyous and, occasionally about their sad times. Speaking with diverse service users is more rewarding and satisfying than I could have expected. I now appreciate my own situation more and hope I am becoming a better and more understanding person.

Feedback from Friendship Calls

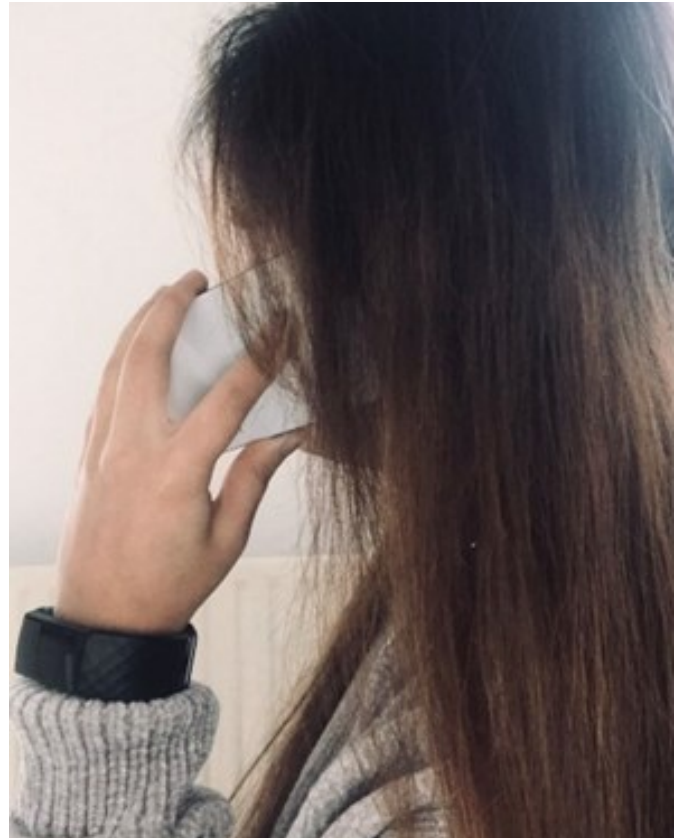
Feedback has been received from friendship calls.

It's been lovely talking with you on the phone today, I'm looking forward to our next call

It's not awkward speaking with you, I don't really feel as though I'm speaking with a stranger and it's so nice to be able to talk with someone and just speak about anything

Safeguarding

As safeguarding lead for RotherFed, Sarah Fletcher has been on hand to deal with any safeguarding issues that staff are finding with friendship calls. Many have been minor queries; however some have had to be referred to Rotherham Council's Safeguarding Team.



Friendship Calls

Volunteers at Christmas

During the Christmas period we sent out Christmas cards to all our friendship call volunteers, along with a small gift to those who have been with us throughout the pandemic to say thank you for their efforts.

Community Feedback

A big thank you for my Christmas card. It has made my day! I really appreciate it

Thank you for caring it means a lot even though I don't want to chat today

A gentleman who wasn't sure about the service began speaking to our new volunteer Sue, they got on so well and they spoke for over an hour. He called to say how delighted he was, they have decided to stay together and chat each week. He said he felt elated and the C19 word was not mentioned at all.

Friendship Calls

Friendship Calls - Additional Elements

Some additional elements/benefits of our work on Friendship Calls:

- We have 5 volunteers from a BAME background, including one Spanish and one Bosnian volunteer.
- We have 4 volunteers making calls from outside South Yorkshire—2 London, 1 Dewsbury, 1 Mansfield and 1 from Cambridge
- We have 3 younger volunteers (under 30) currently making calls, and another 2 in the pipeline being prepared/DBS checked.
- There are 5 students also current as volunteer through our partnership with RNN group at Rotherham College – these are all Health and Social Care students.
- Many older call recipients are asking for younger volunteers to be their caller – the intergenerational support really does add another element.
- Although the majority of our call recipients are older people around a quarter are under 40 and some much younger, demonstrating the loneliness of all age groups.
- We have one 78-year-old lady who has now become a volunteer despite being a self-confessed technophobe.
- One call recipient, a young lady 25 year-old lady, although socially isolated herself, even with 3 children, wants to progress be a volunteer to help others as she feels she can do good in the community.
- Our youngest participants are now 22, she is a young woman with mental health issues and there is another participant who is 24.
- We have seven volunteers that came to us as Rotherham Heros volunteers in May and have barely missed a week between them.
- One volunteer who has been with us since

April is blind and has hearing difficulties, and we adapt the system for him to enable him to call people.



Friendship Call Poster

[illegible]

Additional Support and Social Activity



A winner of the Photography Competition

Photo by Katy Cousins

RotherFed Photography Competition

This is light-hearted fun activity where members of the RotherFed Good news Stories Facebook group can have their pictures featured as the groups cover photo, every week a new theme is announced.. As part of this project we have advertised the competition on the Good News Stories page.

Photo Contest



Do you want your picture to feature on the cover of Rotherfeds Good News Stories

Photography Competition

Covid Diaries

We set up a WordPress blog site as a digital project in order for the Rotherham community to share experiences, thoughts and feelings during this time, as well as sharing creative outlets.

Poems, photos, drawings and videos have been submitted to the project to our staff member from across the borough and have been published on the site covididiariesrotherham.wordpress.com.



Thumbnail of the trailer for The Covid Diaries

Sarah Champion wrote “I love the idea that the project can benefit the whole of Rotherham, getting people involved so that their stories and experiences can be brought together. This is something that will be there for future generations to look at. It will become a piece of our local history.”



Artwork submitted to the Covid Diaries project

By Daniel Rafferty

Additional Support and Social Activity

Daily Recipes

Themed around healthier eating and using more fresh ingredients we have been posting recipes on our Good News Stories Facebook page. The aim of this is to help people who may not be used to using fresh ingredients make the most out of the supplies they have, as a lot of food parcels are containing fresh veg. Giving people ideas of food they may not have tried and different ways of cooking dishes and ingredients.



Gardening photo sent to us for gardens in lockdown

Rotherham Roots and Shoots

Rotherham Roots and Shoots is a community group for residents with an interest and passion for growing your own veg.

We initially asked residents to send in pictures to show what they have been doing in their gardens over the lockdown period, we got many pictures sent in with several of the people showing the vegetables they had started to grow, this was going to be a part of the Covid Diaries project, however the idea formed of starting a Facebook



Gardening photo sent to us for gardens in lockdown

group page where residents could share their pictures of growing vegetables and share hints and tips on what and how to grow and ultimately sharing their gardening skills and knowledge with each other on an online platform.

The project is being undertaken so we can engage with our community and residents. This will initially take the form of a Facebook group, 'Rotherham Roots & Shoots'. Once lockdown restrictions lift and are able to do more the plan would be to meet up and put other projects together to bring communities together through the love of gardening and growing your own vegetables.

There are plans to also share recipes, share the food that has been grown, run competitions and eventually potentially become constituted and run other gardening projects together.

The group currently has 65 members contributing to the Facebook page. Members of the group are starting to share their own produce. The group are looking at sharing recipes that they can make with their own grown vegetables, and several members are looking at meeting online to discuss further activities.

That's tomorrow's veggies picked can't beat home grown with your Sunday dinner



 You, Heather Cliff and 5 others

Seen by 27

Post from the Rotherham Shoots & Roots Facebook group

Additional Support and Social Activity

RotherSTEPS

This project is for the community in our lottery areas to get fit. The idea of the project was step fitness, with the aim being to get residents and the community out doing exercise, getting fit in a safe and socially distanced way.

The project helps with mental health issues after a long period of lockdown, where people can go for a walk, meet people and get fit. The project will allow current exercise groups to create interest and increase group sizes.

The project was designed to be beneficial to those people who are shielding or are unable to leave the house as they can do some steps around their home and garden, so the project was available to the whole community irrespective of age. We offered prizes for the people who built up the most steps. The prizes helped people be better able to buy food or sports equipment to help them with continuing their exercise.

We gave out free 'fit-bit' style watches and RotherFed branded water bottles to anyone who wishes to sign up to the campaign. The campaign has the hashtag #rothersteps.



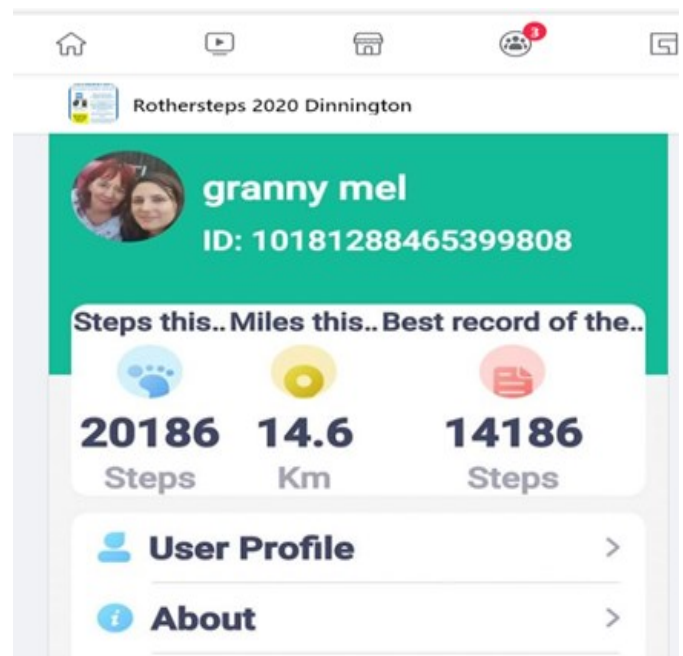
Branded water bottle for the project

The campaign started in August and the word quickly got out in the areas and we had an overwhelming response from community members to take part. We had over 50 separate requests from Dinnington residents alone and hit

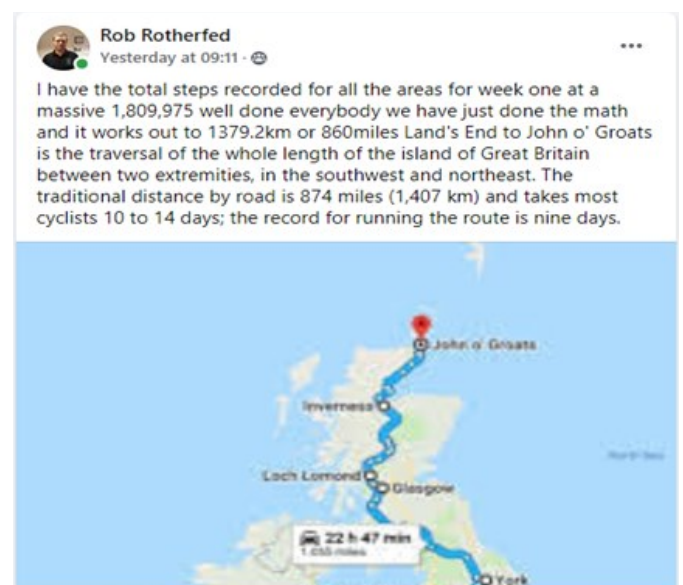
our target of 100 health watches within days of launching. The watches and water bottles were delivered in time for the start of the project which was on Monday 7th September.

Facebook pages were set up for the project separated into the different areas, so participants can engage with each other and offer support as well as share their journey, upload journals, posts and pictures.

At the end of the project we achieved a total of over 6.5 million steps in total. Winners were announced and prizes were given out.



Steps shared on the Facebook group



Total number of steps for week one

Additional Support and Social Activity

The Facebook groups are now health and wellbeing groups, promoting participants to continue in improving their health by walking. We also post an activity calendar encouraging members to complete as many of the wellbeing activities as possible, which they will then mark off the completed activities and share it on the page, encouraging others.



**DEC
2020
WEEK 2**



WED	THU	FRI	SAT	SUN	MON	TUE
02/12/20	03/12/20	04/12/20	05/12/20	06/12/20	07/12/20	08/12/20
DIGITAL DETOX DAY	WATCH THE WORLD GO BY THROUGH A WINDOW (5 MINUTES)	TREAT YOURSELF TO SOMETHING	TALK TO SOMEONE NEW?	MAKE A MEAL (NOT A READY MEAL)	CHECK IN ON FAMILY OR A FRIEND	RECORD YOUR THOUGHTS AND FEELINGS
LEARN HOW TO MEDITATE +5 MINUTES OF MEDITATION	TIDY A ROOM	TRY A NEW FOOD	TRY SOMETHING NEW	CHECK ON A NEIGHBOUR	DO THE LITTLE THINGS	LEARN A RECIPE
TRY SOMETHING NEW	GO FOR A WALK	HAVE A DANCE	GO FOR A WALK	TRY SOMETHING NEW	DO A JO WICKS SESSION ON YOUTUBE	TIDY A ROOM

Screenshot this page and mark off the activities you have done. Then just send us a screenshot of the tasks you did.

RotherSteps Health and Wellbeing Activity Calendar

The RotherSteps project was so successful we decided to run the competition across all our HRA areas so anyone across the borough can now take part. This runs in addition to the RotherSteps health and wellbeing groups.

This was an ongoing competition and ran in the same way as the previous RotherSteps project, with monthly prize draws for the most steps. We also give out “pot luck” prizes for anyone who enters their step counts, and also prizes for “best picture” for anyone who takes the most interesting picture of their journey in the competition. This gave more incentives for people of all ages and abilities to take part and gave us more engagement with our communities.

We have received 150 applications for this, and it has yielded a split of 47 participants for the south, 69 central and 34 north of the borough.

It was launched on 23rd November and will run throughout the festive period until 31st January 2021. New Facebook groups were set up for Rotherham North, Rotherham South and Rotherham Central.

The total number of steps made over the project is a staggering 16,524,882.



#stepintoyourcommunity with

#RotherSteps

#RotherSteps is a new project in Rotherham with
monthly prizes to be won.

Do you live in **Rotherham North?**
Aldwarke, Brampton, Brampton Bierlow, Dalton, East Herringthorpe,
Harley, Kilnhurst, Parkgate, Manor Farm, Rawmarsh, Swinton, Thrybergh,
Wath, Wentworth or West Melton

Contact **Rachel Cole** at rachel.cole@rotherfed.org or
07983 147948

Rotherham Federation

Strengthening Communities

RotherSteps Poster for Rotherham North

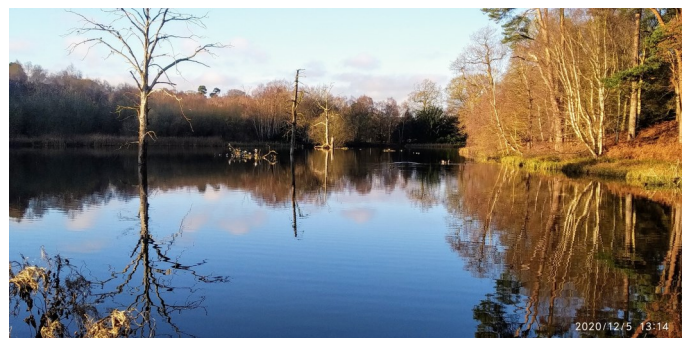
RotherSteps December Winners

In Rotherham South, the winners are:

Pauline Higgs is in first place with 577,590 steps, Stephen Calvert is in second place with 360,517 steps and Rachel Elizabeth Crouch is in third place with 317,768 steps.

The pot luck prizes went to Susan Sambuka, Jo Workman and Elizabeth Gee.

The best photo prize went to Donna Gavin.



Rotherham South's December Winning Photo

By Donna Gavin

Additional Support and Social Activity

In Rotherham Central, the winners are:

Lee Padley is in first place with 775,611 steps, Lizzie Maxfield is in second place with 507,439 steps and Sonia Padley is in third place with 481,161 steps.

The pot luck prizes went to Cheryl Slink Zakria, Maureen Allen and Isabelle Braidley.

The best photo prize went to Christina Brabbs.



Rotherham Central's December Winning Photo

By Christina Brabbs

In Rotherham North, the winners are:

Angela Mcjannet is in first place with 601,114 steps, Millie Parker is in second place with 365,700 steps and Bob Ellis is in third place with 323.308 steps.

The pot luck prizes went to Millie Parker, Karen Broadhead and Matthew Houghton.

The best photo prize went to Debbie Parker.

RotherSteps January Winners

In Rotherham South, the winners are:

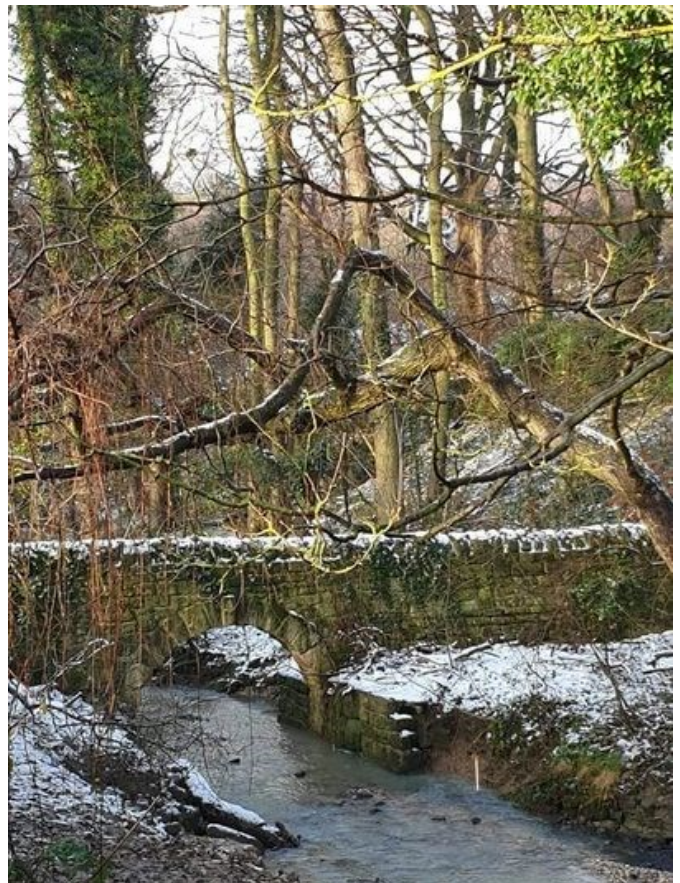
Pauline Higgs is in first place with 604,655 steps, Elizabeth Gee is in second place with 345,664 steps and Joanne Webster is in third place with 269,436 steps.

The pot luck prizes went to Hanna Workman, Donna Gavin and David Ramsden.



Rotherham North's December Winning Photo

By Debbie Parker



Additional Support and Social Activity

The best photo prize went to Elizabeth Gee.

In Rotherham Central, the winners are:

Lizzie Maxfield is in first place with 602,157 steps, Lee Padley is in second place with 529,051 steps and Sonia Padley is in third place with 323,057 steps.

The pot luck prizes went to Hayden Robinson, Nick Last and Maureen Allen.

The best photo prize went to Maureen Allen.



Rotherham Central's January Winning Photo

By Maureen Allen

In Rotherham North, the winners are:

MillieParker is in first place with 604,681 steps, Robert Ellis is in second place with 431,035 steps and Angela McJannet is in third place with 424,046 steps.

The pot luck prizes went to Freya Mullins, Karen Broadhead and Eleanor Price.

The best photo prize went to Angela McJannet.

Online Engagement and Listening

We created a poll and asked ‘Has this lockdown had a bigger impact on your family compared to past restrictions?’ as part of a project that looks to listen and engage with the community. This is also a great way to gain feedback to help sign post our communities to vital services. We have received a total of 46 engagements with the community and 12 listenings via social media.



Rotherham North's January Winning Photo

By Angela McJannet



Crafty Pack Creation by Cheryl Smith

Craft Packs

The idea of the crafty packs was to help families with young people who might be struggling in lockdown, and to send out “craftolation packs” through one of our community group “crafty talk”

Additional Support and Social Activity

in Brinsworth and through the Rotherham hero volunteers. This has helped a lot of families who may not have access to any materials in several of the areas we are working in.



Make Your Own Mask Kit

This has been rolled out in the areas which we deliver our more voices and choices project—Dinnington, Ferham, Masbrough, East Herringthorpe and East Dene.



'Craftolatation' packs poster

The Crafty Talk project has been able to distribute over 80 packs in total since the project started. Residents are sending in their crafty pack creations and have encouraged those who have the packs to upload their pictures and tag us on Facebook. We have received fantastic feedback from users.

Make Your Own Bauble

This project ran in all lottery areas. People could order a pack and they would receive craft materials to make a personalised bauble for their Christmas tree. 29 people took part in this on their own and a further 15 people joined in with this on an online coffee morning, which was co-hosted with A Reason to Like Mondays.

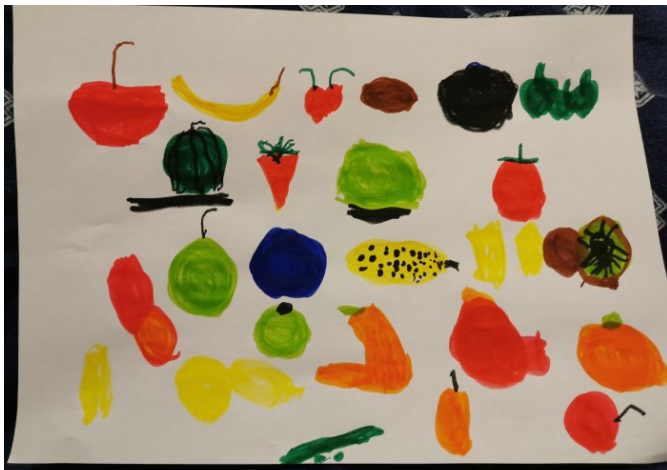


Make your own mask project poster for Dinnington

Additional Support and Social Activity

Sign Language

We have been working with Julie to start a project to learn basic sign language. Julie has put together a series of short videos showing people how to sign basic words and sentences. We will be posting one video per week and are encouraging people to post a video of them signing the content back to Julie. This will help Julie practise what she has learnt from her course as well as hopefully being useful in teaching people how to say hello, thank you and other basic words to deaf people to help in everyday life.



SEND Youth Club Submitted Art Work



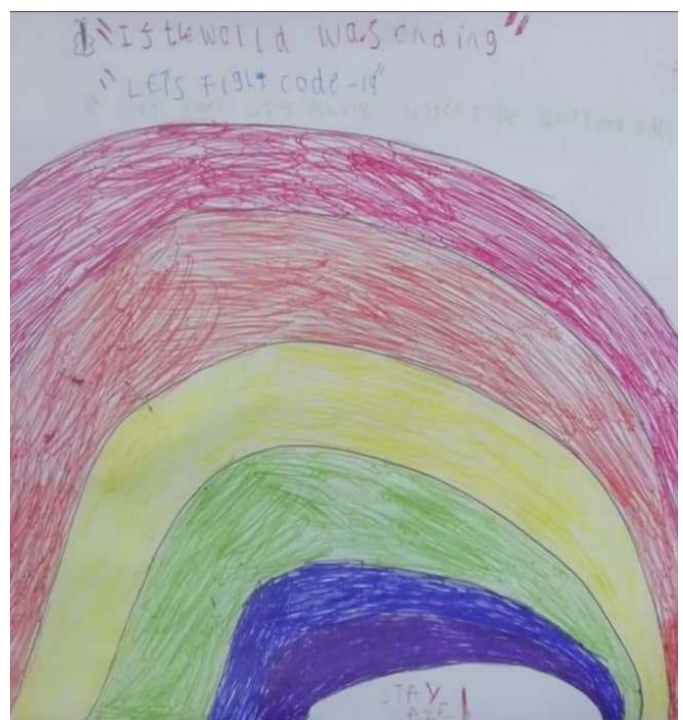
SEND Youth Club Submitted Art Work

SEND Youth Club Art Competition

We set up an arts club competition with the young people at SEND youth club. The idea was for the young people to complete a piece of artwork which represents their time in lockdown. This could be done in any format, and all entries are displayed on our Covid Diaries WordPress page, with 3 being drawn out for Amazon gift card voucher prizes.



SEND Youth Club Submitted Art Work



SEND Youth Club Submitted Art Work

Additional Support and Social Activity

SEND Youth Club and Dinnington Boxing Group Summer Activities

We have been working with SEND Youth Club and Dinnington Boxing Group to assist in putting in place some socially distanced outdoor events over the summer holidays. To enable them to get together in a safe way in an outdoor environment and to enable us to engage with the community.

There were bring your own picnics and some socially distanced boxing fitness with the Dinnington Boxing Group at two outdoor venues. This is a welcome start for our groups and young people to get together safely to get some exercise and have fun.



SEND Youth Club Poster for Summer Activity

A Reason to like Mondays Coffee Morning

This was the first time meeting the Reason to like Monday's group on their Monday coffee morning session that would usually last an hour. The coffee morning has a total number of 12 attendees including 2 partners. The group were talking about current school concerns around COVID 19 and social distancing for children and how schools will be operating. The group also spoke about public services and social distancing and the effect the current pandemic is having on their families.

Coffee Morning

The zoom coffee mornings are being used to be able to connect to members for the community to build relationships through social interactions. By engaging with the community concerns and issues will naturally be part of that conversation our community organiser can also offer support such as training, sign posting to services or will be able to support the community in other ways such as projects being run in the area.

Zoom Bingo

We have arranged to set up an online bingo coffee morning through Zoom. This will be a good step forward for members of our groups, particularly High Nook Tara who have been isolated and distant in recent months, so this will be a great way to start getting back together socially.

East Herringthorpe Coffee Morning

We have started to deliver a Virtual Coffee Morning that will be held for East Herringthorpe. This is aimed at getting people in the area together over the internet to talk about the problems in their area and hopefully find some solutions or just for people that are lonely to engage with people in their area and make new friends.

SEND Youth Club

Rob has been speaking with Jo Workman about collaborating her SEND youth club project that she has been working on with another group who are looking to set up the A reason to Like Mondays youth club activities at the church. Jo is excited about setting up the youth project and thinks that this is a positive step by collaborating with parents who have a similar experience with SEND children. Rob is looking to set up a meeting between the two groups to see if they are willing to work together

Additional Support and Social Activity

Halloween Events

We have been promoting events to work in line with government guidelines. We can engage with our community and young people in a safe way so that they still had fun and were creative for Halloween without being out in big groups.

We worked with neighbourhood coordinators, local councillors, local schools, and youth clubs to get our young people to write some Halloween short stories for prizes. We also partnered with “Steel city ghost tours” to judge the competition and offer advice for people taking part.

We ran a pumpkin carving competition across all our wards. We worked in partnership with RMBC neighbourhood coordinators to engage with residents. There were prizes and winners for each of our areas.



Winners from Halloween Events



A Winner of the Pumpkin Carving Competition

Halloween at Thurcroft

Thurcroft Big Local worked with Morrison's at Bramley and supplied 156 free pumpkins to Thurcroft families and we ran a best decorated pumpkin competition with a 1st, 2nd and 3rd prize of Smyths vouchers. We judged the pumpkins along with Vanessa—the community champion for Morrisons.



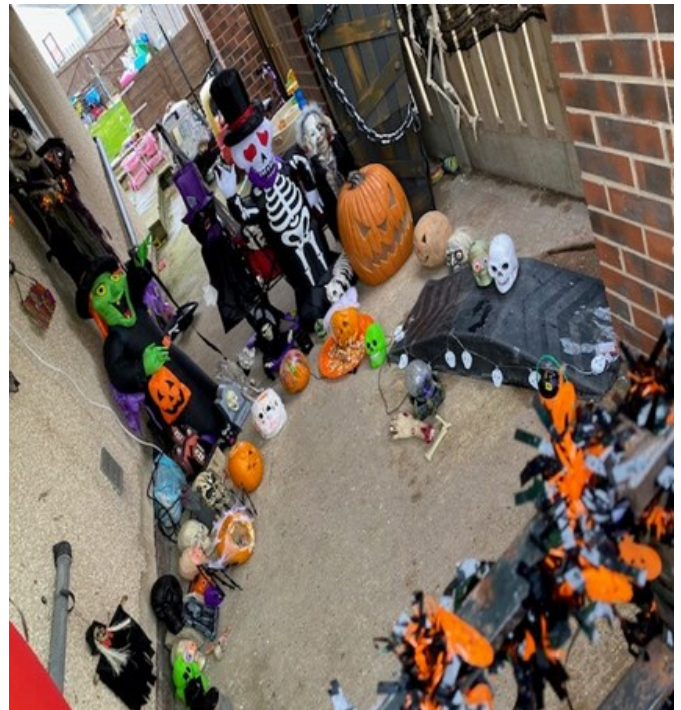
1st and 3rd place winner of the pumpkin decorating competition

Additional Support and Social Activity



2nd place winner of the pumpkin decorating competition

As well as the pumpkin competition, there was also a best decorated spooky house competition again with 1st, 2nd and 3rd prizes of Smyths Vouchers.



2nd place winner of the spooky house competition

Canklow Dinosaurs - East Dene Dino Walk

This project occurred due to the popularity of the Canklow Dinosaurs. We have supported the group throughout the year to engage with communities and help them apply for funding for giveaways. We contacted the dinosaurs to arrange a walk in East Dene for Christmas.

RotherFed supported this group by helping to source local road names with partners, which supported the group to plan the route. Additionally we funded the group to purchase giveaways for the communities as they walk around East Dene.



1st place winner of the spooky house competition

It was wonderful to see the enjoyment and effort put into these competitions by residents.



Canklow Dinosaur

Additional Support and Social Activity

feelings down. These were uploaded to our Covid Diaries website. Sensory toys were given to all those who took part as prizes.

East Herringthorpe Christmas Hampers

We held a Christmas Hamper competition in East Herringthorpe



East Herringthorpe Hamper Winners

Covid-19 Health and Safety Training

We invited all our groups to 'Covid-19 Health and Safety' training which looks at how to put things in place to make rooms and buildings safe for a potential return. We also extended the invite to members of Rotherham Council and Parish councils in the borough.

Feedback from the training was very positive.

Thank you, Sarah. Yes, I did find the course very useful and it was good rapport between everyone that was doing the course. We were able to help each other with tips on how others are getting round things from helping the young and vulnerable to do socially distance activity's to people having printed signs as to not wearing face masks from government sites. I really enjoyed it thank you hope you and yours are all safe and well take care

Stella Parkin

Oh, I didn't know I got a certificate 😁😁

The course was good and very informative and made you think about what you would need to reopen community centre's in the future.

It would be good for lots of people to attend it.

Thanks

$Jo \times$

IT Support

We have been working with tenants and residents who are wanting to get involved with online meetings/coffee mornings etc. Doing 'mock' meetings allows for the user to learn from experience and they get to "see" what they need to do. This method of learning has been very popular and people who have never used technology before and they are becoming more confident.

Sarah Fletcher has met with Winnie and Ann, following COVID-19 governmental guidelines and she has helped them to join Tenant Scrutiny and Housing Involvement Panel meetings remotely.

Digital Help

We have been helping a resident from Swinton with a digital problem. They have had their Just Giving account removed and were seeking some general information about the processes. The group had set up a fund-raising page via Just Giving on Facebook. Unfortunately this has been closed. We spent some time speaking with the group about what they were doing and troubleshooting the causes of the problem. The resident was panicking and was concerned that the people who had donated would lose their money. We found some guidance that explained what could have happened and we received confirmation from the Just Giving team that donators will be refunded their money. Although we didn't directly impact the situation, we helped make a resident feel better and were there for them when they needed it.

Working In Partnership With RMBC

Covid Safety

We have supported RMBC colleagues by helping with Covid Safety stalls around the Rotherham borough to promote safety and offer advice to the community.



Covid Safety Stall at Wickersley

We have also attended the Covid roadshow at Dinnington Tesco with Neighbourhood teams Steve Lavin, Claire Moseley, SYP reps, and Elected members Jeannette Mallinder & John Vjestica speaking to community about being covid safe. This was a real success and we had 500 members of the public speak to us, taking free masks and hand sanitiser.

Crime Safety Stall

RMBC neighbourhoods have been supported in Aston joining South Yorkshire Police to speak to residents regarding crime prevention.

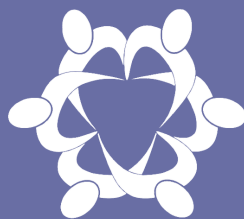
Tablet Lending

We have been working with Jill Radcliffe and local Councillors on a tablet loaning project. The Valley Councillors are wanting to loan an internet ready tablet off of them, with mobile data in order to keep lonely residents in touch with their loved ones and for Children that are isolating who do not have internet access or a laptop to join their online classrooms.

Ward Housing Hubs

We have been promoting Ward Housing Hub involvement to tenants through our network of TARAs and community groups, and also via social media. During the year we have had a dedicated member of the team supporting tenants to make proposals and promote the opportunity across the borough.

**Rotherham
Federation**



Strengthening Communities

Rotherham Federation of Communities Ltd

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