

# Stepping out

Gardening Service  
Fishing  
Dog Walking

Cycling  
Walking  
Social Events

Leisure  
Work  
+  
Community

The shop  
that tackles  
isolation  
and  
loneliness

Connecting people  
for a purposeful  
life



Imagine Act and Succeed is a registered charity supporting people across Greater Manchester to get the life they want

Stepping out was developed by IAS to connect people in the community with shared interests and tackle isolation. It is an asset based approach to having a purposeful life and includes leisure, Learning, contributing, health fitness and work. We have looked at the skills and contributions of people we support and staff and identified gaps in communities where these can be best utilised. This has now evolved into creating enterprises like running shops in extra care schemes, gardening and dog walking amongst other things.

IAS held a Working together for change event and people told us what they wanted and what was missing from their lives, as well as what they wanted in their communities, and a clear message was that people wanted more purposeful days using their resources

All the opportunities available with Stepping Out can be found on [www.communitybook.org](http://www.communitybook.org)

or contact Stepping Out using the details below

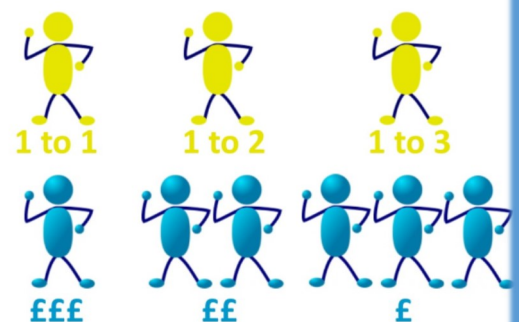
Tel : 01942 807009

Email: [steppingout@imagineactandsucceed.co.uk](mailto:steppingout@imagineactandsucceed.co.uk)

Visit: [www.imagineactandsucceed.co.uk](http://www.imagineactandsucceed.co.uk)



Reg Charity No 1141823



When support is shared the cost to you decreases.

1 hour of one to one support could equate to 4 hours of shared support





## More than just a shop

Stepping Out run a shop at two extra care schemes in Wigan, Elmridge Court and Wickham Hall. Residents were getting taxis to shops and so there was a need for a shop selling sundries and essentials. Six people supported by Stepping Out volunteer at the shop in Elmridge Court. The volunteers went through a recruitment process including an interview. Their employment experience includes stocking shelves, customer service, taking and counting money, cleaning, contributing to the day-to-day running and planning, and fundraising. Their work at the shop is purposeful and valuable.

Soon after the shop opened it started to build up a regular customer base and it was clear that it was going to be more than just a shop. It gave residents a reason to come out of their flats, friendships were developed and people that were isolated had contact with other people. Both residents and the volunteers supported by Stepping Out have benefitted from the shop. Residents have befriended the volunteers, and in turn volunteers take shopping to residents when they need it. People congregate in the shop area and its become a really social situation. This has paved the way to other social gatherings at Elmridge meaning that the communal lounge there that was largely unused becomes a hub of activity and a place to gather together.

Following from the success of the Elmridge Court shop, we applied for funding from The Deal for Wigan to open a shop at another extra care scheme called Wickham Hall, creating another 5 volunteer positions. This shop opened only recently and some of the benefits are already being felt, for example one lady living in Wickham Hall was able to buy herself a newspaper for the first time in ten years!

## What's next ?

We want to open more days a week and create more employment experiences for people, as well as run a shopping service to external stores for those who can't get out to do the "big shop".

Two shop volunteers are going to start running an arts and crafts group for the residents from November after their shift in the shop finishes. This was their idea and is proof that the shop has helped develop relationships and a real social circle.

We are also hoping to look at a third shop for another extra care facility in Wigan.



## Purposeful strides

Robert applied for a position of dog walker advertised at Elmridge Court. As a dog lover it seems like the perfect job! Peter, who also loves dogs, and used to own one himself, has now also acquired a position as a dog walker. Robert and Peter walk multiple dogs and get a lot out of helping people and contributing to the community as well as gaining purposeful employment experience.

## What's next?

We want to expand the dog walking service to the local community, and looking for opportunities to do this. One example could be where people are being discharged from hospital and need someone to call in and walk their dogs.





## Coffee mornings and Sing a longs

Lots of people like to get together to celebrate special events, but often people living alone are isolated and don't get the opportunity to be part of something. Stepping Out have hosted a number of events giving people living in extra care a reason to come together. Successful events have been coffee mornings, garden parties and sing a longs, and these have celebrated the royal wedding, Christmas as well as a Macmillan coffee morning and arts and craft sale raising £ 144.94. People we support host these events and contribute to their running of them e.g. serving drinks and food, setting up and baking for them.

### What's next?

A Christmas Fair is planned and more events to follow. More planning will be done by the people we support and we will engage with residential care homes so that people can attend



## La Vida Loca

La Vida Loca is now a well established and extremely popular night out. Around 130 people attend the evening once a month and dance the night away. We offer different theme nights such as Valentines, Halloween, Beach party and Christmas. People attend from across the local community and people we support help run the evening. Many people are able to attend the event without support.

La Vida Loca is a self sufficient enterprise and does enable Stepping Out to purchase equipment and expand what we can offer people.

Visit [www.communitybook.org](http://www.communitybook.org) to see when the Next La Vida Loca night is!

### What's next?

Further reduce the amount of support staff attending as more people attend without support or with shared support.







## Grass roots

Our gardening service began with Rob who we support taking on the role of gardener at one of the apartment complexes where IAS support people. Nicholas then wanted to work in this well and it seemed like a great opportunity to build a business enterprise. Now they have been joined by William and they are working together two days a week providing a purposeful gardening service to nine properties, as well as miscellaneous ground maintenance and tending a grave.

## What's next?

Expand the service so that more graves can be tended for families that can't get out to do it, and we are hopeful that we will also be taking on an allotment.

We have just invested in some equipment so services and skills can be expanded, as well as looking at a greenhouse to be able to grow plants. It is planned to purchase a small van to make the gardening service much more mobile and self-sufficient.



## Perfect Catch

A number of people we support go weekly to Partridge Fisheries for a full day of fishing. Jack and Francis are well known at the fisheries and have developed a real passion for it.

### What's next?

It would be really good to expand the membership of our fishing group, opening it to others, making it a real social event for any interested people in the local community. If you're "angling" for more information details can be found by contacting Stepping Out or by visiting [www.communitybook.org](http://www.communitybook.org).

Fishing holidays can also be a future development as well as teaching fishing. The fishing group can have a therapeutic purpose and linking up with other groups e.g. mental health support groups will be an area to explore.







### Biker Squad

We work in partnership with Wigan's Inspiring Healthy Lifestyle scheme, and we are able to use their bikes for our cycling group. John really loves being out with the group cycling taking part in healthy exercise and being with friends.

### What's next?

Expand the membership of the group and link up with another cycling group. The group may do a sponsored bike ride in the future for a charitable cause.