



BRIGHTER FUTURES PROJECT INFORMATION

Brighter Futures is a brand new project being launched by Age UK Blackburn with Darwen; a local independent charity that provides a range of services for people aged 50+ throughout the Borough.

We have received funding for 12 months from Lancashire & South Cumbria NHS Integrated Care Board as part of the Adult Community Mental Health Transformation Programme, which is an initiative that aims to address the long-term challenges faced by people with severe and enduring mental health conditions.

The project aims to provide support through community based social groups for people aged 65+ who have a diagnosed mental health problem but may not always reach out for support until they reach crisis point. We will provide ongoing support for people attending the groups and will refer and signpost to other services, both internally and externally as appropriate for more specialist advice or support.

A key aspect of the project is to establish groups which focusses on social support in safe and accessible venues across Blackburn with Darwen. As these groups develop the ambition is to facilitate and encourage Peer to Peer support to help people build up more connections with others also affected by a mental health condition and or with similar experiences.

The groups will be established in targeted areas of the Borough with identified higher levels of health inequalities, higher older populations and older people living with a mental health conditions.

Using a strength-based approach a person-centred holistic assessment will be completed with individuals to identify their goals that will help them build resilience and support their personal recovery.

The project sits within our Integrated Services Team, which provides a range of services such as Befriending, Social Inclusion Groups, Dementia Support and specialist Integrated Care Support for people with long term health conditions.

February 2024

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