

# Social Focus Service



Offering support if you have depression, anxiety or stress

**Reduce  
Social  
Isolation**



The aim of the **Social Focus Project** is to **support people 50+** living in Sunderland with a mild functional mental health condition such as depression, anxiety or stress.

Our Social Focus co-ordinator works on a one-to-one basis with service users to develop a mental health wellbeing plan for the person living with a functional mental health condition. The plan looks at what they would like to do and what are the barriers to maintaining quality of life, independence and reducing their anxiety and stress.

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### **Priorities of the Social Focus Project:**

- reduce feelings of depression, anxiety and stress
  - provide a peer support network
  - prevent isolation and loneliness
  - signpost to a range of leisure and learning opportunities
  - provide support that is tailored to individual needs
  - introduce older people to other support services from Age UK Sunderland
  - increase individual independence to access services in their own community
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## Referral system

- we accept referrals from all health, social care and voluntary sector partners
- we also welcome referrals from individuals, relatives and friends
- each person referred to us will receive an assessment in their home or a place of their preference. Each assessment will take roughly 30 minutes
- following assessment a mental health wellbeing plan will be agreed by the service user and social focus co-ordinator



# Whether you need information for yourself, a relative or someone you care for, our Social Focus Co-ordinator will help you find the answers you're looking for.

Please contact: 0771 565 7694  
socialfocus@ageuksunderland.org.uk

Age UK Sunderland  
Essence Centre, Sir Thomas Allen Centre  
Mill Hill Road, Doxford Park  
Sunderland SR3 2ND  
[enquiries@ageuksunderland.org.uk](mailto:enquiries@ageuksunderland.org.uk)  
[www.ageuksunderland.org.uk](http://www.ageuksunderland.org.uk)



printcentre Business Forms (0191) 565 5126



## Volunteer

If you'd like to become a volunteer with Age UK Sunderland's Social Focus Project, please detach the slip below and send it to the address given above. Volunteers are needed in all areas of the city.

Title:	Initials:	Surname:
Address: _____ _____		
Postcode:		
Tel:	Date:	

I confirm the information I have given to Age UK Sunderland is correct. I agree that Age UK Sunderland may process that information. I understand that Age UK Sunderland operates in accordance with the principles of the Data Protection Act, 1998 and that the information given will be used by Age UK Sunderland and its trading subsidiary Age UK Sunderland Services Limited.

I understand that information will only be shared with third parties and partner organisations when necessary to provide a relevant service.

I confirm my agreement to this statement

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