

HWBB priority area: Ageing Well

1. What does Ageing Well mean to you/ your organisation?

Individual responses

- Not being alone – access to information- Being able to smile.
- Being able to physically do things independently.
- Able to contribute and have your views taken note of / being valued.
- Being a part of the community.
- Be an active member of the community.
- To be listened to/to be heard about what you want and need.
- To be able to share other people’s experiences.
- Not feeling invisible or being invisible.
- Keep yourself occupied – keep your mind sharp.
- Being happy and not feeling lonely. Being spiritually well and being lonely.
- Develop spiritually and being content.
- Being ok being alone.
- Being able to make choices for oneself.
- On the issue of faith, not developing prejudices.
- Be aware of what is happening in the Faith Communities
- Be financially independent. Recognise that not all pensions are sufficient and not everyone has a top up private pension. It’s about having spare money to afford things. Be able to access benefits if ones pension is insufficient to cover the cost of living and be able to break the fear of asking for financial help. Noting that here pride can get in the way of asking for financial help after years of working a wage and in retirement be struggling to make ends meets.
- Learning how or being shown how to be canny in accessing opportunities when you are worried as to how you can afford to access an opportunities on reduced retirement pensions. It is about being canny as to how to arrange access to opportunities whether financial or non-financial. Ageing well is about how to afford to be included.
- It is about knowing you have a support network...a security blanket and access to an activity, for example, keeping fit.

Organisation Responses

- Helping Hands – working on supporting people who require advice. They also provide money management advice.
- The community needs to be more tolerant with regards recognising the needs of residents, for example the accessibility of electric scooters on pavements partly blocked by cars.
- 12 Oadby businesses to be dementia friendly spaces. Other dementia champions are being recruited. Sessions will be delivered in languages other than English

2. What can you/ your organisation do to improve the outcomes and ensure people are ageing well?

- Introduce a Chatter and Natter table. This concept has been extended to Leicester University through a student request.
- Disseminate what is happening in the Borough.
- Knowing how people can access information through group connections. A suggestion was made to use libraries as places of connectivity.
- Information could be disseminated through libraries via: Oadby, Wigston and South Wigston Multicultural Group, Oadby and Wigston Mosque, Oadby & Wigston Hindu Association and the Oadby & Wigston Sikh Gudwara (Temple).
- Hold regular forum meetings and invite a faith group to be a guest presenter.
- Use festivals to be conduits for the sharing /passing on information.
- Use goody bags at festivals for sharing goodies and information, for example eating well 5 a day recipe cards and information on dementia care etc.
- Run healthy lifestyle sessions using food sampling as a draw, perhaps via the Local Area Co-ordinators or Master Gardeners.
- Facilitate comfort groups via shared experiences such as; Nordic Walking, jogging /running groups.
- Identify the people whose profile is low.eg: those going through fuel poverty, are on a low income, widowers, those living with low level mental ill-health or suffering from a disability.
- Try creating a group/network for people with a story to tell. An example is the project about, “who I Am “, created by Leicester Race Equality Centre.
- BBC Stories from a multicultural perspective of first generation migrants to the UK from former British colonies.
- Intergenerational projects such as SOIL, a project that created a link with older aged people and children.
- Liaise with a GP surgery to pilot social prescribe intervention so local people could be referred to an intervention to help with a low level need. The referral could be to a Local Area Coordinator Sue Renton suggested this way her role could be used for supporting local people. The CCG’s would be a good starting point for such a Programme. It was admitted that a GP would need to be confident the Group receiving the referral was acceptable.
- It was added that a previous social prescribing programme worked. Such a programme would need to be long term.
- Leicester Royal Infirmary volunteers have a directory to access information .The Infirmary has about 700 volunteers. The Directory can be updated to keep it current.
- Colleagues shared their knowledge about a BBC reported project hosted in Brazil, Japan and Cuba aired by the BBC about an education scheme. This scheme saw retired older people creating learning activities such as art painting workshops to accommodate older people. It was suggested such learning activities could be done here. Local businesses and residents` forum funds could be accessed. Another suggestion was to utilise Adult Learning Access services.

<p>3. Would you be interested (as a group of likeminded people/ organisations) in working together to help address this agenda?</p>
<p>Yes</p>
<p>4. If so, what would this joined up working look like? (networking, working on specific projects together, forming an alliance)?</p>
<ul style="list-style-type: none"> • It would be based on a chosen theme, with a specific reason for that theme and be clear on what the aim of the theme is. • It would be about supporting the work of GPs and bring volunteers together. • The project would have a defined shared purpose. The group noted a project which has come out of Barwell via Patient Participation scheme developed by volunteers. • Many organisations would work together to form a surgery within a surgery, launched as a pilot. • An application would be made for funding and a group like Oadby Stakeholders could be invited to host its development as the Oadby Stakeholders group has a diversity of membership.
<p>5. How will this new way of working be communicated?</p>
<ul style="list-style-type: none"> • Through marketing, via leaflets, posters, community groups and voluntary organisations, the Community Engagement Forum and the three residents` forums (Oadby, Wigston and South Wigston). It might be possible to access funding through these four forums.
<p>6. What are the challenges?</p>
<ul style="list-style-type: none"> • Finding funding.
<p>7. What support do you need from the HWBB?</p>
<ul style="list-style-type: none"> • Access to community contacts via a list. • Support for a pilot accessing the CCG via social prescribing. • An example of social prescribing projects through the Croft Medical Surgery was noted. Surgeries in Two Steeples, local GP practices and practices in South Wigston were also highlighted as areas for the potential launch of socially prescribed projects.