



Wellbeing in Later Life Programme (WeLL) Flash Report Thursday 18th November 2021

Participants and guest panellists explored different elements of Connectedness.

Alison Bunce from **Inverclyde Cares** incorporating [Compassionate Inverclyde](#) spoke about creating places where people can connect, share experiences and reduce social isolation and loneliness. Their first meeting hub initially had a focus on bereavement but quickly blossomed into a successful Friendship Hub open to all. It runs weekly, supported and managed by local people. Alison reminded us that trust and courage to let the community led are needed as organisations tend to want to control things.



Explore places for people to connect and meet and share experiences, as the benefits are almost immeasurable.

Janette Barrie and **Judy Ewer** from Aberfeldy highlighted the culture of kindness in Aberfeldy, amplified through people getting involved and volunteering with **Dementia Friendly Aberfeldy** with vibrant results. For example, the sensory garden and Aberfeldy cinema Dementia and family friendly screenings connect the community across generations. Lack of communication and not knowing was going on were the main themes that emerged through community events, open to all, organised by a local church. This resulted in the Upper [Upper Tay Community Newsletter](#), available by email and delivered to homes in the area to support inclusion for all and minimise digital exclusion. The next steps are developing a directory that people can access to know what is happening in the area.

There is the continued need for a 'hybrid world' and choice: face to face, online, hard copies

Building a sense of community and connectedness through shared learning & networking

No matter what or if you have a concern a place to have a chat builds your networks

A Guide to Choosing [Dementia Friendly Meeting Places](#)

Fi Thomson, Community Worker Moray & Outside the Box described how the [Rural Wisdom](#) project is listening to the voices of older people and empowering them to lead change in rural communities across the UK.

RURAL WISDOM



2015 - 2016:
DEVELOPMENT

Momentum builds around work of the 3 project partners and on national initiatives in Wales. A test phase is complete in two local areas to test the approach and develop partnership links.



2017 - 2019:
STAGE ONE

The five year project begins. Stage one involves work with five local areas: Eaglesham, Highland Perthshire, North Angus, Leeswood and Milford Haven, as well as conversations with older people in more communities across the UK.



2019 - 2021:
STAGE TWO

Stage two commences and involves work in four additional areas: Burghead and Hopeman, The Scottish Borders, The Dale Peninsula and Holywell. Work is also done to feed into policy and practice developments.



2020 - 2022:
STAGE THREE

The project continues to support rural communities and contribute to local and national policy development. Shared learning methods are increased raising the profile of issues affecting older people in rural spaces.



BEYOND 2022:
ONGOING IMPACT

Rural communities continue to use what they have learned to develop local areas. Partner organisations use key learning in their wider work to ensure lasting change in rural communities across the UK.

- ⇒ **How do we grow and bring others into the places and spaces?**
- ⇒ **What's hidden?**
- ⇒ **How do we connect with the less heard from voices?**
- ⇒ **Many people connect by telephone for example telephone circles for veterans**

Connections are SO
vitaly important to
People

The flexible elements
of connectedness –
that's the important
stuff

South Lanarkshire Money Matters is supporting people around pension credit, attendance allowance and carers allowance – this is also supporting inclusion and connectedness

Outside the Box Digital Buddies project in Scottish Borders is building a digital element into all projects <https://otbds.org/introducing-borders-buddies/>

Clackmannanshire have a Techshare scheme. Donations of phones, tablets etc, are cleaned up and redistributed with the offer of 1:1 support. Also provide wifi for people who don't have a broadband or phone contract. Originally it was around employability but has grown. **Ability Net** also provides support for primarily older people to get online.

Aaron Slater, Digital Participation Manager, Scottish Council for Voluntary Organisations (SCVO) spoke about the aim of **Connecting Scotland** to get every citizen in Scotland online. The internet is an essential lifeline keeping us connected to friends and family, informed and entertained, and able to learn, work, shop and access health information and other public services.

<https://connecting.scot/>

Catriona Mason from Seniors Together South Lanarkshire described their collaborative approach to distribute devices to >75s.

Additional resources

Essential Features of a Meeting Centre:

<https://www.worcester.ac.uk/about/academic-schools/school-of-allied-health-and-community/allied-health-research/association-for-dementia-studies/ads-research/essential-features-of-a-meeting-centre.aspx>

The UK Meeting Centres Support Programme: Helping to support people and families directly affected by dementia: <https://www.worcester.ac.uk/documents/The-UK-Meeting-Centre-Support-Programme-What-is-a-Meeting-Centre.pdf>

The UK Meeting Centres Support Programme Overview The Association for Dementia Studies (ADS): <https://www.worcester.ac.uk/documents/UKMCSP-Overview.pdf>

Trailer for Meeting Centre Film: <https://www.youtube.com/watch?v=4RC9m-WW2QY> (2.18 minutes)

Who gets involved in setting it up : <https://www.youtube.com/watch?v=UHNpDoK5sJQ> (4.01 mins)

People and communities, ihub, Healthcare Improvement Scotland: <https://ihub.scot/improvement-programmes/people-led-care/collaborative-communities/commissioning-for-community-solutions/reports-and-resources/>

Generation Working Together Intergenerational Housing, Places and Spaces Network: <https://generationsworkingtogether.org/networks/ighousing>

Evaluating the Impact of Life Changes Trust Funded Dementia Friendly Communities in Scotland: <https://www.dementiacentre.com/documents/resource-category-2/114-dementia-friendly-communities-final-evaluation-report/file>

Join us for Future WeLL sessions (via Zoom)

WeLL conversation cafes (90 mins) 16.00 – 17.30	5 Ways to Wellbeing themes
Dec 9th (Thursday)	Eat Well and Stay Active
January 12 th (Wednesday)	Take Notice
February 16 th (Wednesday)	Give
March 16 th (Wednesday)	Keep Learning
April 14 th (Thursday)	Reflections, feedback & connections

Integrated Care Matters Webinars: December 2021 and April 2022 webinars

Date	Topics
15 th December 2021: 4 – 5.30pm (GMT)	Healthy Communities, Places and Spaces
27 th April 2022: 4 – 5.30pm (GMT)	Creating wellbeing in Later Life – what works?