



Wellbeing in Later Life Programme (WeLL)

Conversation Café January 12th 2022

TAKE NOTICE

Our aspirations for 2022

Dementia Friendly East Lothian: *Hope, health and happiness*

Larkhall & District Volunteer Group: *A space for all to thrive, feel included and valued*

COPE Scotland: *finding ways to roll with life's bumps and find joy in the simple things*

CTSI and SVE: *to help people remain connected, safe, well and in charge of their own destiny*

Voluntary Action South Ayrshire (VASA): *that older citizens are listened to, valued and their opinions matter and are acted upon*

Older & Active in East Kilbride: *To keep active and healthy*

Learning in Later Life Students' Association, Strathclyde University: *Hoping that we all keep learning, keep active and healthy and make new connections*

Healthy Valleys: *that older adults are connected, active, involved and have opportunities to keep learning and give back to their community if they want to*

Weekday Wow Factor: *to reduce ageism, health inequalities and loneliness*

Jacque Winning MBE, CEO of [Forth Valley Sensory Centre](#), described their partnership between Falkirk Council, NHS Forth Valley, RNIB, RNID and Stirling Council. The centre receives around 500 clients, including veterans, per week with the ethos of supporting independent living. Produce from the kitchen garden supplies the Tiki café which is open to all and supports people to connect and engage with the activities supported by volunteers. The Sensory Garden has been a huge success with clients, staff and the community, including with local schools and intergenerational projects. The [Sensory Singing Choir](#) is a fun, friendly group of visually impaired people who meet fortnightly. The centre offers BSL taster sessions with their volunteers through their Voices Off Café. People can try out devices in the Resource area with support from volunteers.



Face masks limit opportunities for lip reading and to gauge non-verbal expressions. Repeatedly asking a person to repeat themselves can make you feel silly which in turn can impact on a person's self-confidence, increase sense of isolation and impact on mood or depression.

Our session with **Hilda Campbell**, MBE and CEO [COPE Scotland](https://www.cope-scotland.org/) kicked off with a Relaxation in a 3 Minutes video:

<https://www.cope-scotland.org/mental-health-videos/entry/6-easy-tips-to-manage-stress>

Thank you, that's the first time today my jaw has relaxed and unclenched. Its been a busy day!

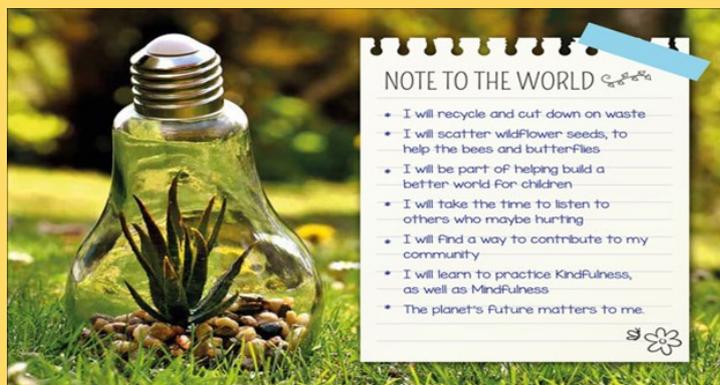
Hilda gave an overview of COPE (Caring Over People's Emotions) Scotland, a mental and emotional wellbeing charity led by the voices of lived experience seeking to find and share new tools and resources to help support self-care and self-management, and recognise when this alone is not enough and further support is needed. Hilda shared some tools and ideas on relaxing using all the senses:

⇒ <https://www.cope-scotland.org/mental-health-videos/entry/using-your-senses-to-relax>

⇒ <https://www.cope-scotland.org/wellbeing-tips/entry/learning-to-hit-the-pause-button>

⇒ <https://www.cope-scotland.org/mental-health-videos/entry/the-coorie-the-scottish-way-to-wellbeing-1>

She explored the connection between our own wellbeing, nature and planetary wellbeing.



Nature is magic
Love appears when a Robin is near
Just looking at images of nature
can improve our feelings of
wellbeing.
Sometimes it's the simplest of
things offers great comfort and joy

the natural world is good for us and we can be good for the natural world so connecting as often as we can is good for us

Nature and wellbeing theme in mental health awareness week 2021 <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

COPE Scotland celebrated their 30th birthday with establishing a grove which eventually will have 100 trees <https://www.cope-scotland.org/wellbeing-tips/entry/trees-matter>

Hilda shared a link to a handbook, co designed with a local gardening group offering ideas on gardening and allotments <https://www.cope-scotland.org/wellbeing-tips/entry/it-has-been-cope-scotland-s-privilege-to-work-with-partners-and-the-community-on-the-new-community-growing-space-growchapel>

Concluding our **WeLL Café** participants took a moment to **reflect and share their take home messages**:

- ◆ *Lovely meeting everyone, together we can be the change the world does need to see*
- ◆ *Recognising none of us can have the answers to all the issues people face, but when we share and work together, we may not find a perfect solution but we can find something which may just be good enough and be kind to ourselves know we are all trying our best so remember look after you too 😊*
- ◆ *Enjoyed the relaxation video as well as the presentations which were interesting*
- ◆ *I enjoyed hearing from different people but haven't been to many. It works really well considering we're on zoom and feels friendly.*
- ◆ *Positively uplifting discussions, food for thought, inspiring*
- ◆ *Thank you for giving a reminder of good things*
- ◆ *Breath of fresh air*
- ◆ *So much to learn – need to explore my inner child more 😊*
- ◆ *The transferability of the learning*
- ◆ *Informality and developing relationships with participants*

Future Cafés

Wednesday, 16th February: **GIVE & KINDNESS**

Wednesday, 16th March: **KEEP LEARNING**

Thursday, 14th April: **REFLECTIONS & FEEDBACK**

WeLL Co-lab 3: Wednesday 30th March 2022 10.00 – 13.00

WeLL Co-Lab report and flash reports are available at:

https://integratedcarefoundation.org/ific_hub/ific-scotland-programmes

Additional Resources

- ⇒ Well Being Tips: <https://www.cope-scotland.org/wellbeing-tips/entry/reticular-activating-system>
- ⇒ An Introduction to Kitbag: Building Psychological Capacity in Powerful Times, International Futures Forum (IFF): https://www.internationalfuturesforum.com/reports/iff_kitbag_brochure.pdf
- ⇒ Borrowbox your in one app - like audible but free, you just need a library card <https://www.borrowbox.com/>
- ⇒ Stronger Together A co-production toolkit from Ageing Better <https://agefriendlysheffield.org.uk/wp-content/uploads/2021/07/Stronger-Together-%E2%80%93-a-co-production-toolkit-Final.pdf>
- ⇒ “Mostly a 10 but sometimes a zero” Exploring the wellbeing of people with learning disabilities in Scotland. The second in a series of reports presenting the findings from the How’s Life? Survey: <https://www.sclد.org.uk/mostly-a-10-but-sometimes-zero-the-wellbeing-of-people-with-learning-disabilities/>
- ⇒ Life Changes Trust getting outdoors programme evaluation <https://www.lifechangestrust.org.uk/sites/default/files/publication/files/OTB%20Final%20Evaluation%20Report.pdf>
- ⇒ Navigating later life transitions: An evaluation of emotional and psychological interventions: <https://ageing-better.org.uk/publications/late-life-transitions-evaluation-emotional-psychological-interventions>
- ⇒ NIHR How can we reduce the toll of loneliness in older adults: <https://evidence.nihr.ac.uk/collection/how-can-we-reduce-the-toll-of-loneliness-in-older-adults/?source=chainmail>
- ⇒ Care Inspectorate Hub: Growing a Good Life: <https://hub.careinspectorate.com/how-we-support-improvement/care-inspectorate-programmes-and-publications/growing-a-good-life/>
- ⇒ Gairloch Sitooterie – Wildlife Observation Garden <https://www.keepsotlandbeautiful.org/community-and-place/its-your-neighbourhood/enter-its-your-neighbourhood/2022-entrants/gairloch-sitooterie-wildlife-observation-garden/>
- ⇒ Weekday Wow Factor Charity and Social Enterprise, provide opportunities to awaken the inner child for over 50s to enhance healthy activities: <https://weekdaywowfactor.com/>