



## Wellbeing in Later Life Programme (WeLL) Co-lab 2 Flash Report January 2022

Diana Findley, SOPA President, and Mandy Andrew, Health and Social Care Alliance Scotland, welcomed around 40 people to our **WeLL Co-Lab 2**. The interactive session supported shared learning on the WeLL themes of Connect, Keep Active and Eat Well and an opportunity to hear from examples of Age Friendly Communities beyond Scotland.

**Age Friendly Ireland** Lynne Short, Dundee City Council Older People's Champion, warmly welcomed a team from Ireland, the world's first age friendly nation. **Age Friendly Ireland's** National Programme Manager, Dr Emer Coveney outlined the programme established over ten years ago, initially with philanthropic funding. Since 2017, the programme has been embedded as a Shared Service, promoting age friendly policies and services in all 31 local authorities. It is now supported by Ireland's current programme for Government: Shared Futures which includes a vision for an age friendly Ireland through reforms in healthcare (**Slaintecare**), age friendly housing and wellbeing and social inclusion for older people.

A cross departmental national advisory group that includes the voice of older people oversees 31 local programmes. Each has an Age Friendly Programme Manager, a technical advisor, a local cross sector Age Friendly Alliance and a Local Older People's Council.

### Age Friendly Alliance Chaired by Chief Executive

**Members:** Local Authority, Health Service Executive, An Garda Síochána, Education & Training Board, Transport Unit / Local Link Chamber of Commerce, Universities, Older People's Councils reps, Elected representative

Carmel Cashin, Age Friendly Programme Manager, County Kildare spoke about Castlefen where older residents are creating an **Age Friendly estate** in a disadvantaged area. She described the citizen led approach to improving walkability and age friendly parking. Older residents provide dementia friendly training for



businesses and community groups, creating the conditions for participation. The estate runs walking football and age friendly exercise, food hamper deliveries, community newsletters, befriending calls, and an age friendly community garden. An information roadshow for all ages and a range of multicultural activities support inclusion and equality, with the highlight being an annual social inclusion week.



*It's about the people in the estate, they are the experts and the heart of the community*



Liz Maddox, County Cork Older People's Council, described **Age Friendly towns** in County Cork. Older residents have advised on age friendly parking and the design of safe foot bridges and accessible public seating. In response to Covid-19 they developed an innovative CARE programme: **Consider - Assist - Respect – Empathise** to enable people to stay safe as they emerge from lockdown. You can find out more about Age Friendly Ireland [here](#) and in our 2020 Roundtable event [here](#)

**[Age Friendly Manchester](#)** Beth Mitchell, Active Ageing Lead, GreaterSport in partnership with Greater Manchester Moving, provided an update the innovative Greater Manchester Ageing Hub. All activities are collaborative and underpinned by intergenerational approaches and work to tackle inequalities. Examples of recent work include:

- ❖ **Proactively challenge ageist stereotypes:** an open letter to UK media on language and images ; #ValuableNotVulnerable campaign; Old Frame New Picture competition
- ❖ **Collective action on deconditioning:** collaborative investment in falls prevention; a city wide reconditioning event; Older and Greener active travel
- ❖ **Promoting the pension credit campaign**
- ❖ **Keeping Well at Home / Keeping Well this Winter** booklets (BSL, audio, diversity)
- ❖ **Digital inclusion and accessibility:** programme to get >75s online; older people's choir on zoom.

You can see more in our [previous webinar](#) and follow this work on Twitter @GMAgeingHub

### **[Shaping Places for Wellbeing, Scotland](#)**

Irene Beautyman, Place & Wellbeing Partnership Lead at the **Improvement Service & Public Health Scotland** spoke about work underway to create and maintain places and spaces that enable wellbeing and participation. Irene is working with communities in Clydebanks, Alloa, Ayr and Dunoon as well as a network of local partnerships and national leaders in a cross sectoral collaboration to improve the impact of our places on wellbeing outcomes and equity. You can find out more about the Shaping Places for Wellbeing programme [here](#)

Our Place <https://www.ourplace.scot/> is a new website with information, tools and resources to help support the development of places and services that improve our health, our prosperity, our quality of life and protect our environment. Local Place Plans offer communities the opportunity to develop proposals for their local area, expressing their aspirations and ambitions for future change and to realise Place and Wellbeing Outcomes. You can read more about these outcomes [here](#).

## Themed Snapshot presentations

### Veterans Project & Unforgotten Forces, Age Scotland

There are around 120,000 ex-service men and women in Scotland over age 65. Members of the ex-service community can access support and opportunities not available to civilians but many don't know this, and some don't even realise they are classed as veterans.

[Unforgotten Forces](#) is a partnership of armed forces and civilian charities, coordinated by Age Scotland, that's working to extend the reach and coordination of support services for older members of the ex-service community. It provides free support for community groups and services to improve their understanding of and support for the older ex-service community: [free half day awareness workshops, monthly email update and free guide publications](#).

### Kirrie Connections <https://www.kirrieconnections.com/>

Jacqueline Dillon, Angus HSCP described the vibrant community hub that serves as the base for the Dementia Friendly Kirriemuir Project. The hub is a place where people living with dementia and their family carers can get advice, form new friendships and remain an active part of their community. Based on a Dutch model, it fills a gap for people who have completed their year of post diagnostic support but don't need a traditional day centre / service. Staff, volunteers and members are involved as equal partners. Activities and support are personalised and there is a weekly carers group as well as peer support opportunities.

### Active Fife <https://active.fife.scot/>

Physical activity coordinators employed by Fife council and funded by NHS have established a Fife wide Care Network including community groups, day centres, rehab centres and 76 care homes. They are empowering service providers to create a cultural shift as *Everyday Activity and movement are everyone's business!* Physical Activity is key to wellness at all ages and stages of life, as per CMO guidelines. Physical Activity doesn't require Lycra unless you wish! Make Physical wellbeing FUN and remember Older Adults are surprisingly competitive!

## Resources

[Fife Older Adults - Go for Gold with Physical Activity \(2020\) - YouTube](#)

[Fitness & Wellbeing | Active Fife - leisure hub](#) Volunteer led health walks are social events and some are Dementia Friendly. Many leaders are older – they know their community and co-design the programme of walks

[Strength & Balance exercises to reduce falls and fractures - full video - YouTube](#)

Sedentary Behaviour toolkit: <http://hpac.fife.scot.nhs.uk/HPAC/Index.jsp>

Intergenerational Pick & Mix: [Resources \(generationsworkingtogether.org\)](#)

Active Fife YouTube: Bitesize exercises [Active Fife - YouTube](#)

**SB Health** <https://www.scottishballet.co.uk/join-in/sb-health>

Scottish Ballet has been developing its dance health and wellbeing programme since 2015 and aspires to be a global centre for dance health, social prescribing practice, research and evidence. It offers the national Dance for Parkinson's Scotland (DfPS) project, dementia friendly dance project Time to Dance, and Elevate™ for people living with Multiple Sclerosis as music and movement together activate the brain and offer multisensory benefits for health and wellbeing. Regenerate classes are designed for the over 60s and selected participants take part in touring performances in community as Scottish Ballet Elders Company. The oldest dancer is 103! Coming soon is online content for use in your own home / bedside. This builds on successful online videos for health and care staff <https://www.scottishballet.co.uk/health-at-hand> and Safe to Be Me: <https://youtu.be/MpHGszXLLrA>

**Meal Makers** <https://www.thefoodtrain.co.uk/index.php/meal-makers>

Part of the Food Train charity, Meal Makers connects people who love cooking and are happy to share an extra portion of a home cooked meal with an older neighbour. Volunteer 'Cooks' are matched to the interests and hobbies of older diners (over 55s) and bring round an extra portion of their home cooked food at a time agreed together - weekly, fortnightly, or just now and again. Volunteers are PVG checked and complete a food hygiene quiz on line. Diners may self refer or be referred by family / professionals.



*A home cooked meal and the friendship of the cook's extended family creates a new lease of life for the diner - Eat Well, Age Well and Live Well !*



### Reflections

*'I have thoroughly enjoyed this morning of shared learning about wellbeing in later life and age friendly communities. I now have a clear understanding of places, spaces and people - thank you, I will be using this in my work. The speakers showed practical and simple ways to fight ageism. Meal Makers is simply making a big difference to people and dance on prescription - what a fabulous idea! Discussions about age friendly and intergenerational approaches are so energising.*

***Older people need to be at the forefront - 'Nothing about me without me'***

**Elaine Thornton-Nicol, Older People's Champion Scottish Borders Council**

*Thoroughly enjoyed the WeLL Co-Lab 2 session - passionate speakers who conveyed their enthusiasm and passion for the work they are doing. The opportunity to share information regarding the work being undertaken in different parts of Scotland and further afield is so valuable. Overall, a very encouraging and inspiring event leaving one looking forward to the next!*

**Diana Findley, President, SOPA**

***The examples today showed that many "age-friendly" projects also address wider issues such as poverty, access to food and integrating all sectors of the community.***

## Communities and Organisations represented

Compassionate Inverclyde & Inverclyde Cares
South Lanarkshire Seniors Together
Dementia Friendly East Lothian
Scottish Borders Council
Scottish Borders HSCP
Scottish Borders (volunteer)
Dundee City Council
Angus Council
Physical Activity Fife Council
Learning in Later Life, Strathclyde University
U3A Ayr
Older and Active East Kilbride
Voluntary Action South Lanarkshire
Larkhall & District Volunteer Group
Independent Age Scotland
Older Peoples Health, Cancer and End of Life Care Unit, Scottish Government
Improvement Service
Public Health Scotland
Scottish Older People's Assembly
Care Inspectorate
Health and Social Care Alliance Scotland
IFIC Scotland
Age Scotland
Age Friendly Ireland
Age Friendly Manchester
Kirrie Connections
Active Fife
Scottish Ballet
Food Train – Meal Makers

**Save the date: WeLL Co-lab 3: Wednesday 30<sup>th</sup> March 2022 10.00 – 13.00**

**Integrated Care Matters Webinar: Wellbeing in Later Life:**

**Wednesday 27<sup>th</sup> April 2022.**

**You can register for the webinar [here](#)**

**WeLL Co-Lab reports and WeLL Café flash reports are available at:**

[https://integratedcarefoundation.org/ific\\_hub/ific-scotland-programmes](https://integratedcarefoundation.org/ific_hub/ific-scotland-programmes)

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