



Wellbeing in Later Life Programme (WeLL)

Co-lab 3 Flash Report March 2022

Mandy Andrew, Health and Social Care Alliance Scotland (the ALLIANCE), welcomed participants to **WeLL Co-Lab 3**. The interactive session shared learning on Well themes of Take Notice, Give and Keep Learning, and an opportunity to hear about the Scottish Government's consultation on the health and social care strategy for older people and from Dr Anna Dixon, former CEO of the [Centre for Ageing Better](#) and author of the book *The Age of Ageing Better*.

Anna highlighted the devastating impact of Covid on older people in care homes with the highest mortality and rights of residents restricted. In the community, older people withdrew from volunteering and social activities, with evidence of increased loneliness, depression, and ageism compounding stark inequalities in health as a result of poverty and race. Healthy life expectancy or disability free life expectancy have not kept pace with the gains in life expectancy, with over half of >65 years have two or more long term conditions. Earlier onset of limiting conditions in the poorest areas mean people are unable to stay in work, are financially insecure, require care and support and are unable to enjoy life to the full or contributing to their communities.

Taking all the elements and learning from the pandemic has highlighted the importance of healthy ageing and the huge challenge we face to ensure that everyone is able to age well.

Promoting healthy ageing is about action at every stage of the life course. Ideally, we would tackle issues of healthy ageing earlier in life but it is never too late.

Many of the effective actions lie with national and local governments but promoting healthy eating and exercise are everyone's business. Anna highlighted the [WHO Public Health Framework for Healthy Ageing, 2015](#) designed to maintain our functional capacity throughout life and shorten the period of decline and dependency. This needs an enabling environment as described in the [WHO Age Friendly Communities Framework](#) - eight interconnected domains for changes to the built and social environments to enable us to live life to the full. The UK network of Age Friendly Communities hosted by the Centre for Ageing Better is part of a global movement and the [UN Decade of Healthy Ageing](#).

Access Dr Anna Dixon's full presentation at: <https://vimeo.com/691940528>

Comments about ageism and ageist language resonated. We need to highlight positive examples of older people's contribution

There is more to do to address digital inclusion

Louise Scott introduced the Scottish Government consultation on a new **Health and Social Care Strategy for Older People**. This addresses key themes from previous engagement with older people:

- **Place and Wellbeing**
- **Preventative and Proactive Care**
- **Integrated Planned Care**
- **Integrated Unscheduled Care**

The aim is to make Scotland the best place to grow old

Participants were invited to respond by June 19th at

<https://consult.gov.scot/healthcare-quality-and-improvement/health-and-social-care-strategy/>

Requests for local engagement events should be directed to olderpeopleshealthstrategy@gov.scot

Prof Anne Hendry, IFIC Scotland Director, moderated a panel discussion with representatives from Age Scotland, Scottish Assembly for Older People (SOPA), the ALLIANCE and Iriss. Anne welcomed the consultation and highlighted the importance of reablement and rehabilitation to recovery of wellbeing and independence.

There are many who still feel reluctant to “rejoin” society. Understandable, but lack of confidence can be as damaging as physical illness.

Sara Redmond, ALLIANCE Chief Officer highlighted the refreshed Carers Strategy and the positive contribution of the third sector to participation and wellbeing. She contrasted the hope, positivity and possibilities for change with current pressurised work environments, cost of living crisis and continued risks from the pandemic.

Covid recovery needs to be equitable and have a human rights based approach as the impact is different on every group. We need to have inclusive communications as the norm and digital inclusion and self management are a crucial expertise to build upon. We need to support communities to come into their own as solutions and strength based approaches are often in our communities with diversity being a strength. We need to focus on interventions that help people to live their best quality of life.

Sheena Fontana announced SOPA’s new Age Friendly Communities in Scotland project that will contextualise the WHO Age Friendly framework for the Scottish population with networking and knowledge exchange with the UK Age Friendly Communities Network. Doug Anthony highlighted there are currently 20 Champions from local council areas in Age Scotland and SOPA’s **Older People’s Champions Network**.

Stuart Muirhead, Iriss welcomed the focus on spaces, places and co-production informed by listening to people’s experiences. Stuart shared the work and learning from Dr Brian Little, Harvard University on the centrality of person projects and the energy this brings. <https://www.brianrlittle.com/>

Themed Snapshot presentations: Take Notice, Give and Keep Learning

Vicki Trim shared [Lanarkshire's Green Health Partnership](#). Its focus is better green spaces, connecting health and nature using 'Our Natural Health Service'. Nature based health promotion caters for all functional abilities. Vicki encouraged participants to explore their green space assets and check if there is a local Natural Health Service. <https://www.getoutdoors!>



Connections with nature are important – moving your chair to look out the window and visually connect with nature has been shown

I just feel better being outside

Nick Hopkins outlined his research commissioned by the ALLIANCE to explore the key issues underpinning the delivery of nature based activities in Scotland. He found a diverse range of Third sector activity across Scotland, with increasing involvement of statutory sector and social prescribing. Key findings include:

- Nature based health activities are viewed as potentially transformative for people, “lighting” or “sparking” something in them and having a positive impact on both people’s mental and physical health.
- Reducing anxiety, reducing risk of crises, boosting self- confidence and supporting wellbeing



Read more in the [‘Growing the Impact of Nature’](#) Report

One of the people working with people with addictions I interviewed spoke of the very different type of tiredness that people felt having been involved in gardening/ forestry activities over the course of a day, a tiredness that helped still their minds and properly rest.



Gordon McHugh, CEO Kilbride Hospice, described [Connected East Kilbride](#), launched in December 2021, as a collaborative initiative to maximise the impact of local community organisations in a move away from silo working. Partners include Older and Active in East Kilbride, EK CAB and Kilbride Hospice. Working together they will connect local people with services and supports, with the aim of improving physical and mental health and wellbeing, reducing social isolation and loneliness, addressing inequalities and supporting the most disadvantaged in our communities. They recently secured funding from NHS Charities Together and aim to attract further investment to support social prescribing, health and wellbeing, employability and volunteering activities to help increase confidence and wellbeing.

Gemma Gilliland, Age Friendly Manager, [Centre for Lifelong Learning](#) (CLL), Strathclyde University hosts the [Learning in Later Life \(3Ls\) Student Association](#) and is part of the Age-friendly University (AfU) Global Network. [The Age-Friendly Academy](#) showcases the university's commitment to being a 5-95 University - a place where there is something for everyone, regardless of age or stage in life:

- Learning, Personal Development and Volunteering
- Ageing Related Research
- Intergenerational Work
- Community Engagement

The Centre is the largest European programme of university-based learning opportunities aimed at those over 50 with over 2500 adult learners taking a range of classes each year. Programmes are constantly evolving to cater for the interests of this demographic. Find out more [here](#).

Ms Mūkami McCrum MBE, chair of Age Scotland's Ethnic Minority Older People Forum and co-founder with Dr Harriette Campbell of the [African and Caribbean Network Scotland](#) (ACES) described some of the issues arising through the network:

- Assumptions that if you are from Africa you know everything about Africa
- Urban and rural divide
- Transport costs
- Discrimination and racism
- Unpaid carers

Members meet weekly via zoom which was in itself a learning experience.

We are BBC: Born Before Computers – but we can adapt old skills to new methods

Reflections

- ⇒ *A national strategy will give a commitment to healthy ageing and encourage support for community buy in. It should demonstrate how strategy can be weaved in locally and bring together innovation, community activists, and practical activities.*
- ⇒ *Being on Zoom for the WeLL Co-labs and Cafes has been great. I have met new people and learned new things.*
- ⇒ *I have hoovered up the tips to inform my work.*
- ⇒ *Would like to see the Café structure continue and support inclusion and diversity*
- ⇒ *This has been the most amazing opportunity and it's always absolutely inspirational listening to the speakers, the ideas, the best practice that can be shared, replicated and help to improve lives which is what this is all about for us. It's been incredible, it's been inspiring it always is. It's a pleasure and a privilege to be to part of this group. To all of you thank you very much.*



Thanks to the [Sensory Singing Choir](#) - a group of visually impaired people who meet at Forth Valley Sensory Centre – for bringing us sunshine to end the session!

Communities and Organisations represented

Compassionate Inverclyde & Inverclyde Cares
African and Caribbean Elders in Scotland
Dementia Friendly East Lothian
Scottish Borders Council
Scottish Borders HSCP
Peebles Dementia Friendly Group
South Lanarkshire Seniors Together
South Lanarkshire Council
Kilbryde Hospice
Learning in Later Life (3Ls) Students Association, Strathclyde University
U3A Ayr
Older and Active East Kilbride
Voluntary Action South Lanarkshire
Larkhall & District Volunteer Group
Health and Social Care Alliance Scotland
Healthcare Quality and Improvement Directorate, Scottish Government
Institute of Research in Social Services (Iriss)
Forth Valley Sensory Centre
Scottish Older People's Assembly
Care Inspectorate
Centre for Lifelong Learning, Strathclyde University
IFIC Scotland
Age Scotland
Glasgow Life
COPE Scotland
Healthy Valleys Lanark
NHS Lanarkshire
NH Consulting
Generations Working Together

Integrated Care Matters Webinar Wednesday 27th April 2022.
Creating Wellbeing in Later Life – what works?

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

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

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

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