

**Altogether Better - the Ageing Well programme in Barnet
Project Plan**

September 2012 - March 2013

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1. Introduction

The current level of service provision for older people is unsustainable because the resources available are diminishing while the number of older people is on a long-term upwards trend. Responding positively to an ageing population, and enhancing health and wellbeing of the older population successfully will require a different model of service provision – fundamentally one that delivers greater wellbeing for less money.

The overall challenge for Barnet Council and local health services could be described as ‘adding life to years’. This means changing the shape of the line of the graph so that people are experiencing better health and general wellbeing, and therefore better quality of life, for longer and that their ultimate demise is shorter. This aim has been borne in mind throughout the project.

The Ageing Well programme was launched by the Department of Work and Pensions in July 2010 and is designed to support local authorities to improve their services for older people at a time of reductions in public sector funding and an unprecedented increase in the number of older people. It aims to consolidate best practice and to encourage local authorities to work in partnership with other organisations to address issues in their particular communities.

This project plan builds on the first phase of Ageing Well in Barnet, where a series of meetings/workshops took place in September and October 2011, with a wide range of stakeholders from within and outside the council. Participants supported an Ageing Well approach in the borough, with emerging themes including:

- Engagement and use of premises
- Information and communication
- Housing, development and regeneration
- Volunteering
- Transport
- Integrating and personalising support.

Barnet also took up a second offer from the Ageing Well programme, for Overview and Scrutiny members. A ‘scrutiny framework’ was used by consultants from the Centre for Public Scrutiny (CPS) to work with Barnet’s Overview and Scrutiny Members. Members’ sessions have taken place. The Leader also agreed to an Older People’s member champion.

An overarching proposed approach to enabling people to live more independent and satisfying lives which gained support was to enable the development of sustainable supportive neighbourhoods. This forms Phase 2 of the work.

2. Local developments, Key Drivers and Strategic Links

Locally, Barnet Council is embarking on a major programme of change to personalise the way in which services are provided to people. Personalisation is about better providing people with support that is tailored to their individual choices and preferences. This approach will involve new types of working, new roles for staff members, new relationships between care providers and people requiring services, and different partnerships between those who supply services.

2.1 Transforming Social Care

Ageing Well underpins and supports all future activity under the Transforming Social Care agenda to deliver self-directed support. It is linked operationally to many departmental strategies and activity plans not only in social care but also to those in health, housing, libraries, recreation and communities. This ensures that the needs of the ageing population are linked to their communities and resources that may prevent the need for a formal services by addressing the well-being of older people enabling them to live in safe, supportive and functioning communities, in which they can participate and contribute as they choose.

Barnet's Ageing Well Programme, led by our Director for Public Health, supports this approach and the ambition to make Barnet 'a good place to age well'.

2.2 Day Opportunities

The development of Ageing Well will be expected to play a part in the implementation of the Day Opportunities programme in Barnet. Views already expressed have identified the following areas for development:

- The extension of volunteering
- A stronger focus on local neighbourhood initiatives that could lead to less reliance on "expensive" building-based services
- Reducing the need for local transport services
- Better signposting and information on services
- Promoting and maintaining independence
- Combating social isolation

2.3 Community Buildings Strategy / Neighbourhood Agenda

Through Barnet's Ageing Well Programme, it will be able to assist in driving the neighbourhood agenda forward by:

- Working with individual providers to undertake an audit of all premises currently in use delivering existing day opportunities provision
- Working with the provider group to actively consider the premises required to deliver the neighbourhood specification.
- Actively sourcing and negotiating terms for the delivery of the neighbourhood specification, seeking out opportunities for sharing where possible
- Delivering a premises plan linking to the delivery of the overall implementation of the neighbourhood model

- Working with providers, to provide signposting and support in relation to premises which may enable related but non-Council funded activity to be delivered.

2.4 Community Partners

We recognise that meeting the needs of older people is not one single organisations' responsibility. Rather, it is the responsibility of all community partners. In producing this project plan we are continually working with a wide range of community partners including:

- Voluntary sector organisations: Age UK Barnet, Community Barnet
- Private sector organisations: Tesco's
- Public sector organisations: Barnet Clinical Commissioning Group, Barnet Homes, Metropolitan Police
- Older people groups: Barnet Older People's Assembly, 55+ Forum, Barnet Asian Older Peoples Association and RSVP.

The new government's policy focus on Big Society and Localism also supports the development of a new way of working that is based on better partnership working between statutory, voluntary and private sector service providers with local communities, and this approach is fully supported by this project plan.

This partnership also has to entail individuals taking personal responsibility for their own health and wellbeing, families and local communities supporting people with their needs, and 'universal' services not traditionally associated with the health and wellbeing agenda taking steps to ensure that they are fit for purpose.

As such this will be a programme of projects for health, care and support services delivered equally by the partners; and based on the resources that individuals, local communities and a wide range of partner organisations can offer.

Summary points

- Community partners and older people have a responsibility to ensure older people can enjoy their later years and that this enjoyment can be linked to opportunities for full engagement in society and local community.
- The provision of neighbourhood based activities is essential to improving and maintaining the well-being of older people.
- Nationally there is a drive to help older people plan for their older years. Providing advice and information to help people with this is therefore important.
- Partners will be involved jointly in the projects and initiatives outlined in the action plan
- The work of this action plan will link to other relevant strategies and plans to ensure a joined up and coordinated approach

3. What Older People in Barnet Value

Following the first phase of the Ageing Well Programme Barnet Council has already found that older people in Barnet want.

- dignity, choice and control over their lives
- to feel safe and to feel free of discrimination
- to stay as independent as possible for as long as possible
- to make a positive contribution to the community
- to have good physical and mental health
- social inclusion – not feeling isolated
- suitable housing
- financial security

4. Approach

The principles underpinning the approach to this programme include:

- Engaging the community and older people in **co-producing** the model using a variety of approaches to ensure more vulnerable older people and those who are harder to reach or socially isolated are also engaged in the work.
- Looking at **wellbeing in its widest** sense (not just clinical outcomes) which includes different ways of reducing social isolation and a **whole-system** approach that involves a wide range of partners.
- Understanding and developing **sustainable community development** and building community capacity.
- Finding out about and **using good practice from elsewhere**, as well as building on what is already happening across Barnet to develop best practice.
- The **improved use of resources** in a locality and between localities with recognition that there will be reduced resources of the next few years
- Promoting a forward thinking, **innovative** approach that is not returning to traditional solutions that considers renegotiating the relationship between state and citizens with a more **proactive** approach to identify older people at risk of worsening outcomes.

5. Phase 2 project plan

The phase 2 project plan outlines a four stage process to developing an approach in three localities and drawing out the wider lessons for the whole systems approach across the wider local authority area.

While there will be further work to fine tune the focus and scope of the support, the initial thinking is along the following lines.

Stage 1 - Identifying existing assets and practice

With a focus on each of the three localities already identified (East Finchley, Burnt Oak and Stonegrove), locate key local people, key stakeholders and identify good local practice and map individual and collective assets.

Stage 2 – Exploring the issues and identifying areas of change required

Bringing together older people and the organisations that are important to their lives to assess how things work now and look for different ways of working together.

Stage 3 – Working on local priorities to make change happen

Detailed work with small project groups, comprising local residents and their organisations in each of the three identified localities in order to pilot local action.

Stage 4: Refining and agreeing the whole systems strategic model

This stage will set out how the programme will be taken forward, drawing out any implications for local decision-makers and summarising the lessons from the project in a concluding report.

6. Overarching Project Outcomes

To enable a successful approach to ageing well programme in Barnet, it is suggested developing measurable project outcomes based on the following themes:

- Improving the awareness of the opportunities and services that are available
- Optimising the shared use of venues and other facilities
- Embedding intergenerational and whole family/household approaches
- Extending and deepening engagement
- Providing the “glue” to secure sustainable provision
- Enabling effective local leadership

7. Objectives

It is proposed that a work programme is developed in each of the localities around the following five draft objectives:

1. To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.
2. To support access to, and increase the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.
3. To ensure there are the means to develop ways of providing “that bit of help “ at the right time, for example a listening ear, help with gardening and home maintenance.
4. To help people plan for a fulfilled older age.
5. To identify opportunities to reach out into communities. This will include engaging hard to reach and help isolated older people.

8. Evaluation

Evaluating the effectiveness and impact of the projects is central to the approach. This will demonstrate outcomes achieved, what worked, what made a difference and how the outcomes were achieved. This information will help to provide an outcome-based evaluation by the end of the programme and will look at key benefits, specifically around increased numbers of volunteers and intergenerational work being undertaken within Barnet.

Base-line measurements being taken for each of the localities include:

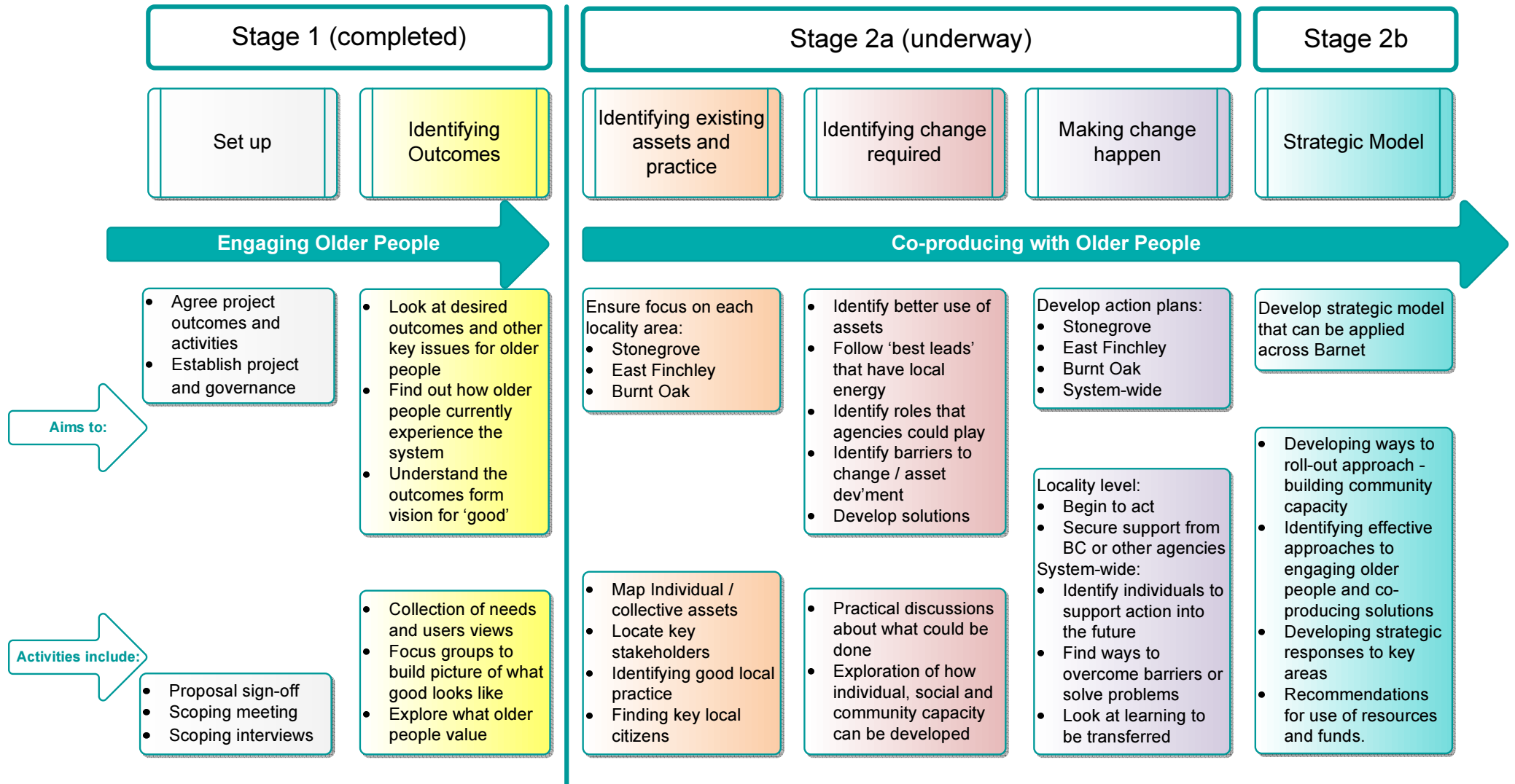
- the number of volunteers
- the number of people involved in community groups and clubs
- the number of people attending adult education courses.

Another measure identified is the Friendship Scale Tool which measures social isolation. A base-line measurement will be undertaken in this year’s Barnet Annual Residents Survey.

Other evaluation measures that could be utilised to indicate the success of the Ageing Well programme are included in appendix A.

Evaluation of each project will also be undertaken and designed to appeal to participants taking part. The aim is to allow for a variety of different ways in which individuals can give feedback, reflecting the wide range of preferences that are typically present in a community-based setting. See appendix B.

Barnet Ageing Well - Project Plan



OUTCOME: Changes in mindsets and approaches to appreciating and building on community assets, supporting community capacity and development, co-designing solutions with older people as well as the development of strategic models for achieving this which involves the whole system



9. Status of the programme

The Programme is now in Phase Two (Delivery). The Programme is actively supporting three localities including East Finchley, Stonegrove and Burnt Oak. Links have been made with the Shadow Health and Wellbeing Board, the Older Adults Partnership Board and Barnet Older People's Assembly.

- Health and Wellbeing Board, 22 September 2011 (item 12). Noted progress on Ageing Well Programme.
- Older Adults Partnership Board, 15 November 2011 (item 2.3). Noted Ageing Well report will be approved by Barnet Council's Corporate Directors Group.
- Older Adults Partnership Board, 1 May 2012 (item 8.2). Noted the report on Place-Based approaches to Ageing Well in Barnet
- Members' Event, 29 May 2012. Review of progress and identification of priorities for delivery.
- Older Adults Partnership Board, 19 July 2012 (item 5). Noted progress on Ageing Well Programme and reviewed Phase 2 Action Plan.
- ASCH Senior Management Team (Health), 12 September 2012. Noted progress on Ageing Well Programme and reviewed Phase 2 Action Plan.
- Meeting with Cllr Old, Ageing Well Champion, 18 September 2012. Discussed progress on Ageing Well and reviewed Phase 2 Action Plan.
- Barnet Older People's Assembly, 1 October 2012. Presentation and 'talking table' on Ageing Well Programme.
- ASCH Strategic Commissioning Board, 31 October 2012. Discussed progress on Ageing Well.
- Meeting with Cllr Old, Ageing Well Champion, 6 November 2012. Discussed progress on Ageing Well and reviewed Phase 2 Action Plan.

9.1 Asset Mapping

The agreed approach was to start by focusing on the assets of older people who live that in the three localities. This approach has enabled older people to identify ways in which they themselves could be better used to create places in which to age well.

The locality projects have reinforced the value of an asset-based approach. Older people are enjoying the experience of identifying their own skills and resources. At a local level, the asset-based approach has started to succeed in:

- Generating new and imaginative ideas
- Bringing key people together and engaging a wider group of people
- Linking public sector agencies with the ideas and efforts of the voluntary and community sectors

This approach is helping to identify and strengthen the social networks in each locality, and creating the basis for a thriving independent sector of social, leisure and

cultural activities as well as opportunities for older people to volunteer and contribute to activities that would enhance their own lives and those of others. The asset mapping techniques is a very useful way of building individual and community confidence, creating a positive atmosphere and offering a shared forward agenda.

9.2 Developing good ideas

Among some of the ideas included in appendix D, the following recurrent issues have been identified across the localities along with some good ideas for tackling them (see appendix C which includes information on borough-wide initiatives to address these issues):

- **Isolation** – no longer being able to drive or afford to do so, not being as steady on one's feet as before, being fearful of going out.
Good ideas include – intergenerational projects bringing together older and younger people in a community.
- **Being valued and able to contribute** – not being written off because one is older or retired; wanting to be part of the community and contribute especially to the lives of children and young people.
Good ideas included – increasing volunteering opportunities and structures, timebanking,
- **Information** - Older people need a lot of advice and information - about housing, finance, legal issues, bereavement, hospital discharge, health and healthy living, care and support and available services. It needs to be clear, easy to follow, and offered in ways that make the recipient comfortable and reduces anxiety.
Good ideas included - Community Agents, where local residents who know their area will be trained up to look out for whoever is vulnerable and be able to offer a range of advice and signposting, from benefits to home adaptations, and to develop an online portal.
- **Transport** - Frail older people will need access to transport for any vital journeys, including hospital appointments or GP appointments, shopping etc. It needs to be available when needed, to work and to be affordable.
Good ideas included - improving the quality of bus services, community transport schemes and affordable private transport such as local taxis.

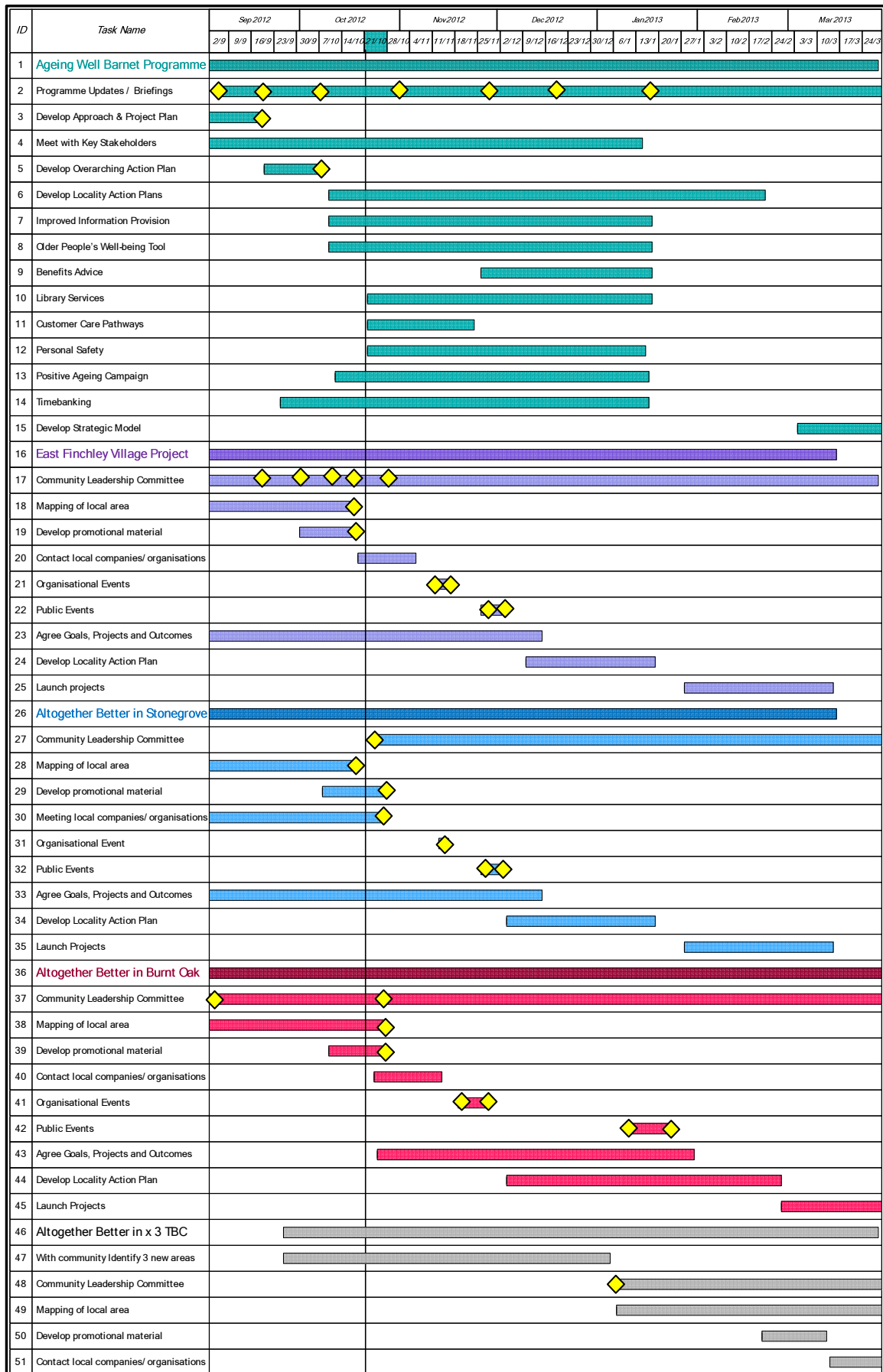
9.3 Organisational Mapping

Each locality has undertaken a mapping exercise of groups, organisations and businesses within their area. To date, this includes approximately 180 names and addresses in East Finchley, 120 in Burnt Oak and 25 in Stonegrove.

9.4 Marketing/Information Materials

Each of the three localities has been planning two sets of workshops to be held in November. The first of these workshops is aimed at local organisations, groups and businesses, while the second workshop is aimed at local residents. Template letters to organisations, together with promotional leaflets and posters have been designed to promote the programme in each locality.

10. Programme Timeline



11. Next Steps

11.1 Locality Workshops

Each of the three localities has been planning two sets of workshops to be held in November. The first of these workshops is aimed at local organisations, groups and businesses, while the second workshop is aimed at local residents. The workshops have been designed to introduce people to the overall Ageing Well programme and the idea of the asset based approach. Working in small groups the participants will be asked to 'asset map' their local area, develop good ideas and undertake a commitment to act:

- **Identifying individual and community assets** - Working in groups, to list examples of the personal assets that they would be prepared to share with others to make their local area a place in which to live and work. Also, to explore the wider pool of community assets and work out how these could be further developed and used differently.
- **Taking Stock** - In groups, identifying what is needed to do to make the locality a place in which it is good to live and work, in terms of improved collaboration between organisations and sectors and by building capacity in the community?
- **What is needed to do to put this in place** (i.e. commitment to act) - logging commitments to act, identifying unresolved issues and agreeing how to maintain the dialogue and momentum.

11.2 Develop locality based implementation plans

From the initial locality meetings, the groups will be encouraged to start to describe the main things that need to be done to get their good idea up and running (see appendices D & E for examples). In each case the aim is to make use of existing assets, hence minimising the costs of innovation and ensure the overall approach is sustainable. A further meeting will be organised early in 2013 where interested groups of people will be asked to imagine that their good idea is up and running and they have been asked to explain how it works to someone visiting their area. In their explanation they will be asked to include:

- Why do it? What issues does it tackle?
- What are the benefits? What is the likely uptake?
- What does it do and how is it organised? How are people and others involved, and who does what to organise and provide it? How does it help people to both give and take?
- How is it run on a day-to-day basis? Who would be doing what, and who manages this?
- What people, accommodation, equipment and funding are needed? How can it be sustained in the long-term?

From this, the groups will decide which ideas to take forward (see appendices F, G and H) and with the support of the Ageing Well Programme Manager will start to identify and define the benefits using the following criteria:

- Description – what is the benefit?
- Observation – what will change?
- Attribution – where will the benefit arise and who can claim its realisation?
- Measurement – How and when will the achievement of the benefit be measured?

11.3 Support three new locality-based Altogether Better projects

In order to build on the momentum of the first three localities, it is envisaged to widen the programme out to cover three new localities, using existing people to 'mentor' the new areas. This will also enable the programme team to assess how much central resources will be required to fully roll-out the Altogether Better - Ageing Well programme across the borough.

11.4 Build a borough-wide strategic model

A bottom-up, borough-wide, asset based strategic model will be drawn from the learning and success of the locality working is a key intended outcome from the Ageing Well programme. From the outset it has been recognised that the model will need to include support and action at both a local and strategic level. In broad terms this will involve:

- Developing a strategic framework of community development activity across the borough focussing on improving the wellbeing of older people
- Adopting and supporting an asset-based strategy across localities
- Agree strategic action between the borough council and partners to identify key roles, governance issues and to join-up activity

11.5 Resource management

It is vital that there is a clear and structured approach to resource management for the programme in the following areas:

- **Central team resources** - Resources have been secured from the Council to fund a small central team for the financial year 2012 - 2013. This funding has been made available for Ageing Well as it represents one of the key strategic priorities for all partners in the borough. Funding for the central team beyond April 2013 will be considered in 2013/2014 budget planning.
- **Resources to enable delivery of projects** - All ideas should wherever possible be supported by sustainable resources. Where seed-funding is necessary, plans should be put in place for moving towards mainstream funding. The central team will provide support around developing cost benefit models to justify investment and delivering funding bids to external organisations (i.e. Big Lottery).

Objective 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.

Project / Action	Key tasks	Partners – lead partner in bold	Further Information
<p>Improved Information Provision Improve range of information and access to information about older people's well-being activities on:-</p> <ul style="list-style-type: none"> • LBB website • Partners websites 	<p>Partners to carry out review of their websites for ease of accessing partners information</p> <hr/> <p>Independent living and positive ageing to be integrated into LBB website</p> <hr/> <p>Coordinate and expand information provision at local events, flu clinics etc</p>	<p>LBB ASCH, All partners involved</p>	<p>Links with website developments led by ASCH Communications and Transformation Teams.</p>
<p>Older People's Well-being Information Referral Tool Explore options to develop a borough-wide Older People's Well-being Information Referral Tool</p>		<p>LBB, Trading Standards, OA Assembly, Pension Service, NHS, Police + voluntary and community organisations (e.g. Carers Centre, AgeUK, Red Cross)</p>	<p>The concept is the information referral tool will contain useful contact details of a range of agencies and organisations that may be able to assist older people and may be used by staff or volunteers who may visit older people in their own homes, for whatever reason.</p>
<p>Benefits Advice Improve the opportunities for accessing accurate benefit advice across the borough</p>	<p>Establish a Barnet Benefits Partnership linked to Barnet's Information and Advice Strategy</p> <hr/> <p>Promote Directgov and tele-claims services through cascade training with community partners providing community IT groups</p>	<p>DWP, BCIL, Citizens Advice Barnet, voluntary and community sector, LBB OA Assembly, Adult Services, Carers Centre, AgeUK Barnet, CAB,</p>	<p>Enhancing Later Life Planners Project</p>

Objective 2: To support access to, and the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.

Project / Action	Key tasks	Partners – lead partner in bold	Further Information
Library Services Expand the number of home library service volunteers.	Work with voluntary organisations to increase the number of volunteers by 12%	Library service, Voluntary organisations,	Supports implementation of Barnet Libraries Review to engage with communities by developing volunteering opportunities, outreach support and community engagement programmes. In addition Libraries aim to create additional study space and community meeting space which will support the Ageing Well Programme.
	Identify new home library service customers by 12%		
	Collect numbers of new home library users involved. And capture outcome stories		
	Establish Volunteer Led Shared Reading Project in 10 localities across Barnet		
	Assess impact and involve users with planning process		

Objective 3: To ensure there are the means to develop ways of providing “a bit of help” at the right time, such as a listening ear, help with gardening and home maintenance.

Project / Action	Key tasks	Partners – lead partner in bold	Further Information
Establish a clear pathway from LBB Contact Centre to the voluntary and community sector	Establish a time limited task group to develop the pathway	LBB One Barnet, BOPA, IT, Passenger transport, Police, DWP, CAB and all voluntary sector partners	
	Pilot, evaluate and modify pathway as part of a continuum of care & support		
	Roll out usage with existing partners and projects		
Personal Safety To develop a coordinated approach to the personal safety issues	Produce and distribute the personal safety leaflet designed with older people	Neighbourhood Watch, OP Assembly, Police, Trading Standards, ASCH Comms Team London Fire Brigade (Barnet)	
	Produce a personal safety tool kit for partners to use in community and individual settings		
	Discuss with Fire and Rescue to see if volunteers could be trained to provide home fire safety visits		

Objective 4: To help people plan for a fulfilled older age.

Project / Action	Key tasks	Partners – lead partner in bold	Further Information
Positive Ageing Campaign Initiate a Positive Ageing campaign for Barnet	To identify models of Positive Ageing Campaign in other areas	Older Adults Partnership Board , Vol orgs, private sector orgs (SAGA), Age UK Barnet	
	Consult partners & older people on planning activity – expectations of 50-60 yr olds		
	Work with BOPA to identify 'Aspirations for Ageing'		
Timebanking Scope developing a Timebanking initiative for Barnet	Explore Timebanking models	Community Barnet / all partners	Timebank is a system where peoples skills are shared and time can be 'banked' and 'cashed in'.
	Create model for Barnet Timebanking		
	Work with partners to set up Barnet Timebank model		

Objective 5: To identify opportunities to reach out into communities. This will include engaging hard to reach and isolated older people.

Project / Action	Key tasks	Partners – lead partner in bold	Further Information
LGBT Community Scope LGB &T older population needs	Identify what is already available	BarnetGay , LBB Equality, AgeUK Barnet	
	Develop an LGBT reading group as an intergenerational group		
Older Men Identify opportunities for older men to participate in social activities	Identify interest areas from work with BOPA	BOPA , Age UK, all partners	
	Promote volunteer driving opportunities for men		

Appendix A Indicator List

- Percentage of people age 65+ who feel safe/unsafe in their neighbourhood
- Percentage of people age 65+ who report few/multiple problems in the neighbourhood
- Percentage of people age 65+ who are satisfied with the neighbourhood as a place to live
- Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money
- Percentage of people age 65+ who do not know whom to call if they need information about services in their community
- Percentage of people age 65+ who are aware/unaware of selected services in their community
- Rates of screening and vaccination for various conditions among people 65+
- Percentage of people age 65+ who felt depressed or anxious and have not seen a health care professional (for those symptoms)
- Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month
- Percentage of people age 65+ who participate in regular physical exercise
- Percentage of people age 65+ who have access to public transportation
- Percentage of people age 65+ who provide help to the frail or disabled
- Percentage of people age 65+ who get respite/relief from their caregiving activity
- Percentage of people age 65+ who socialised with friends or neighbours in the past week
- Percentage of people age 65+ who attended church, temple, or other in the past week
- Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week
- Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week
- Percentage of people age 65+ who participate in volunteer work
- Percentage of people age 65+ who live in “helping communities”
- Percentage of people age 65+ who would like to be working for pay

Appendix B Evaluation Methods

The evaluation methods described below can be used to prompt people to set personal goals and to reflect on their progress and achievements throughout their involvement. Research suggests that setting goals and progress to attaining goals are strongly associated with higher levels of wellbeing.

Focus Groups

With some projects such as the Theatre, Film and Poetry projects, focus group discussions are particularly useful in order to find out what people want to achieve from their involvement in the project (through the initial brainstorming sessions), and then to later explore their experiences of being involved.

Volunteer Experience Books

The aim of the Volunteer Experience Book is for the longer-term volunteer to keep a record of, and reflect on, their time on a project. It can include sections beginning with 'Where am I and what do I want to achieve?' to 'My experience of being a volunteer and my changing perceptions.'

Reflective Events

Reflective Events can be held in order to celebrate the achievements of volunteers, to promote all projects within the community, and to use the events as a method of evaluation through engaging the volunteers in a voting software tool. This voting game is often a popular and enjoyable form of evaluation.

Film/Photography

Throughout the project, evidence can be gathered to show the types of skills that older and younger volunteers developed, especially whilst filming, producing and editing.

Case Studies

Some volunteers who particularly benefitted from their involvement in can be interviewed to explore their experiences and the impact upon their own personal development in more detail.

Event Feedback Forms

Due to the ad hoc nature of events the most appropriate method of evaluation here can be through feedback forms. People are invited to state whether they enjoyed the event, what they learnt from it, and whether they were considering going on to volunteer as a result.

Project Leaders' Questionnaires

Throughout the project, it is imperative to provide regular guidance and to obtain regular feedback from project leaders. This can be done through project workers' meetings and through one-to-one sessions with the Programme Manager. At the end of projects, leaders can also be asked to complete a questionnaire in order to find out about their experiences of taking forward a project.

Appendix C Borough-wide Projects to support Ageing Well Programme

Timebanking - encourages individuals, groups and organisations to share resources. This could be energy, expertise, knowledge, space, contacts or something else entirely. Instead of using money to manage transactions, it uses time. So if someone helps someone else on the network, they'll earn a certain amount of time credits, which can then be used to buy things from other people. Maybe some space for a meeting, or a project to start. The idea is that each person gives as much as they take, with everyone's time being equal. Using time as a currency means there's no need for transactions to be direct swaps.

Community Agents - The concept is that local residents who know their area will be trained up to look out for whoever is vulnerable in the area and be able to offer a range of advice and signposting. The commitment for each volunteer will be 4-6 hours per week.

Community Agents would use their local knowledge to pinpoint what is available in their local community. The Community Agent can help individuals to find out about:

- feeling safer at home
- becoming healthier
- pensions and benefits
- support for carers
- transport options
- joining a local group
- local volunteering opportunities
- housing issues

Where people are not keen on going out to join local activities, Community Agents can help to address barriers – such as connecting people to community transport – or they can refer to befriending schemes. They also try to encourage neighbourliness – particularly in cold weather – for example by putting up notices to encourage people to look out for their neighbours, and linking in to existing schemes such as Neighbourhood Watch. Community Agents could also attend team meetings connecting health and social care which may lead to more referrals to the scheme from GPs and medical staff.

Combined Timebanking/Community Agents Budget £35k

Volunteer Led Shared Reading Project - inter-generational groups can be held in a range of settings including care homes, day centres, sheltered accommodation, libraries and community centres. The read aloud model allows people to listen to a story or poem, join in with reading and talking, and also simply to have the space and time to relax, to think and to be. In care homes, residents talk about how poetry has had a positive effect on their mood or state of mind. Evaluation of the volunteer-led inter-generational reading for wellbeing project showed a range of improvements for group members, including; in reading confidence, widening social networks and interactions, and enhanced well-being.

Budget £15k

Use of Community Venues – develop database of all available community venues and activities around the borough to help reduce the need to travel across borough to attend groups.

Budget £10k

Appendix D **Possible locally agreed locality-based projects**

Adopt a grandparent

A scheme which pairs volunteers with older people in their community with similar interests, allowing them to build up a relationship based on visits and sharing leisure time together.

Artists with Futures Exhibition and creative workshops

An exhibition including creative work by both young and older. Alongside the exhibition, a variety of creative workshops including; mug glazing, planting and photography can be run.

Baking and Banter

Older people have oodles to offer simply from having run a home, brought up children, cooked, cleaned and budgeted. Weekly cookery sessions could be set up that involves people demonstrating how to cook simple, cheap and nutritious meals. During the sessions everyone mucks in with the preparation and then sit down together to eat around a table.

Befriending Scheme

A befriender calls a number of people who in turn phone a list of other people e.g. one person makes five phone calls to those people on a list, those five people do the same and so it escalates through the directory of people who are socially isolated/ housebound/ill/in need etc. They also act as responders if something is found to cause concern – they report to a designated person/s who then reacts according to set protocol. Befriending activities could include dog walking, collecting prescriptions, putting out wheelie bins etc.

Business Mentoring

Older volunteers with business skills and experience mentor and advise younger people on business planning, fundraising and marketing.

Casserole Club

Home-cooked food made by neighbours for neighbours. Casserole club helps people share extra portions of home cooked food with others in their area who might not always be able to cook for themselves. Like a local, community-led take-away.

Design the Environment

Competition between groups of pupils working together with older people from the construction industry to re-design an area

Film Day

A series of days spent at a school working with children to produce short scripts about people's lives, hopes and dreams. The scripts are then performed with simple actions. Older and younger people help in all aspects of the filming and production of the piece of work.

Food Links

Build on an idea developed in Scotland which provides a grocery shopping, befriending and household support service to older people, increasing independence and social inclusion.

Friendship Hour

- older and younger people coming together to find ways of reducing fear of crime
- young volunteers providing services to older people; shopping, reading etc
- older volunteers supporting young parents
- toddlers visiting people with dementia in residential setting
- older volunteers working with students on a school history project
- older volunteers meeting with students and exchanging life experiences over a cup of tea

From Rags to Rugs

Older people teach children how to make rag rugs and then work together to design a rug mural. When finished it will be divided in two and hung at the School and in a Day Centre.

Gardening Initiative

Identify ways for older people to maintain their own gardens. Encourage older people in residential or sheltered housing to continue actively participate in gardening.

Generations United Orchestra, band or musical club

This can involve schools, choirs, classical singers, guitar players, students, older people's groups and poetry readers coming together. An example includes an older people's group working in a junior school a month before a charitable concert, making recycled instruments, creating a story and learning to recite a poem to perform at the Concert.

Golf for All

Older people become volunteer golf coaches; this may include undergoing First Aid training and Junior Leader training with the Golf Foundation. The programme includes a variety of games and activities to promote learning and engagement in a fun and stimulating way. An after school club might be the best way forward, where they could use a playing field in fine weather and have access to a sports hall if not able get outside.

Grandparent mentoring

Older people mentor children and young adults with support, encouragement and advice including teaching general life skills

Henna Hands

Joining a school during its cultural awareness week, children and older people have the opportunity to decorate each other's hands and feet with henna, whilst sharing experiences of other cultures.

Intergenerational Craft Projects

To promote understanding and tolerance between the older people living in sheltered housing and young people living in the area, helping to combat negative stereotyping, for example, tenants of Sheltered Housing Scheme may express an interest in craft sessions and a secondary school takes pupils to take part in a craft project with the older people.

IT Skills Training

Engage younger volunteers to help older volunteers in using computers, digital cameras and any other technological equipment they needed assistance with.

I-Tea and Biscuits

Delivered in partnership with library staff where older members of the public could attend to get advice on computers and the internet.

Learning Links

By developing knowledge and life-skills amongst older people, including the use of new technologies as well as seniors passing on knitting, sewing, and craft skills to younger people. It can also include seniors passing on their expertise about the world of work, by holding mock job interviews, (can be recorded and used for GCSE exams) and help build self-esteem.

Men In Sheds

A club offering a workspace where older people can work on practical projects with others. The space is equipped with tools and materials donated by members, the public and local businesses. Members can put their skills to good use, share their knowledge and learn new skills. Members can come from a wide variety of backgrounds ranging from highly skilled to those with little or no experience, but all work together.

Money Skills Programme

Financial planning for later life with annual health checks by employers to improve financial capability and resilience. Working with the national Money Advice Service to promote take up of self-assessment tool.

Poetry and Writing

Local poet(s) works with a mixed group of volunteers to write and perform poetry or recite/read books aloud.

Points of View

Young and older people explore their local area and its community past, present and future; to record what they discovered using photography, video, audio tape and the written word and present their findings to wider community audience through an exhibition or presentation. Both young and older people can:

- Learn photography, video and audio media including creative, technical and critical skills.
- Learn skills in IT, using computers to create written and visual presentations.
- Develop communication, social skills and confidence.
- Develop self-assessment, reflection and evaluation; team building and group work skills.

Reading buddies in schools

Volunteers work with children in schools to help their reading. Volunteers committed to two to three sessions per week with the same child, going through reading exercises.

Reminiscence Work Involving Drama and Theatre

Young performers gather as much information as possible in order to be able to represent the past effectively. They therefore meet with older people as fill the gaps in their knowledge as they start to improvise and write their plays.

Secret Gardeners

Pupils from a school that has its own organic garden tended by the children, meet with a group of older people who enjoy gardening and can therefore share gardening tips with the young people. This can also involve a two-way sharing of knowledge, with the young gardeners sharing with older people their knowledge of organic principles.

Surf 'n' Turf

Young and older people sharing skills to grow food and use the internet to find recipes to be made using the foods grown

T- Danze

An event held at a local hall, were a DJ who plays a selection of music chosen by both young and older people. Older people can watch and join in with the children perform their routines to music such as Busted and McFly. Vice versa, the children can embrace the dance hall music and dance with older people to waltz's and foxtrots!

Who Owns the Catwalk?

Textile GCSE students and older people look at clothing from different eras. The teenagers are encouraged to try the clothes on and talk with older people about their fashion views.

Wiggle Bus

The routes are identified through an area review. Care needs to be been taken not to run services in competition with current services. All drivers to be trained to MiDas standard (Minibus Driver Awareness Scheme).

Appendix E Possible non-funded Groups

Architecture Group

- Recognition of style and historical period
- Symbolism, significance and objectives
- Themes, patterns and colour

Around the world

A wide range of possible contributions can be accessed from member's expertise, experiences, including; experiences of VSO volunteers, Christmas traditions and customs from around the world and the Role of Women around the World

Art Appreciation Group

The format can be quite diverse, from visiting artists speaking about their work to looking at art stories in the news, to visiting exhibitions.

Carpet Bowls

Meet regularly at a local Scout Hut to enjoy a game of Carpet Bowls. The carpet will need to be 30ft long by 6ft wide with a block of wood in the middle to negotiate.

Climate Change Group

Discuss relevant issues related to climate change, its effects and attempts to decrease them by modern technologies and actions that will benefit the environment.

Cooking for Men

Members take it in turns to host a lunch. The host provides the main course and accompanying drinks. Two other members provide the starter and dessert.

Creative Writing

Reading and discussing poetry that people have brought that they have written.

Discussion Group

- The Zoo in Modern Society?
- Power of the Pensioner-a force to be reckoned with?

DIY Discussion Group

Share DIY hints and tips, like how to repair a dripping tap or a leaking overflow, invisibly repair damaged carpets or remove old sealant and replace with new.

Film Studies

Film is an exciting and creative medium of expression which reflects wider society as well as contributing to social change and debate.

Flower Arranging

Explore the use of shapes and designs in flower arranging and use these to create arrangements around focused themes such as Christmas, weddings, parties etc.

Games Groups:

- Scrabble, Chess, Ten-pin Bowling.....

Genealogy

Already researching your family history or just starting. This group could meet to discuss current research in terms of methods of finding, presenting and storing information or visit local centres to facilitate searching for family related information.

Greeting Cards

Look at a different topic each time and produce a variety of handmade cards by the end of the session.

International Lunches Group

Lunches are held in a local restaurant where the restaurateur gives a talk about the national cuisine sampled.

Poetry Group

Edward Thomas, D.H. Lawrence, Christina Rossetti are just some examples...

Science Interest

Whether a professional scientist or a non-scientist keen to learn, discussions and talks can cover the widest interpretation of science, from astronomy to zoology.

Sporting Forum

A variety of speakers, topics, and the occasional quiz can provide the basis for this group, in addition enjoying outings to a variety of sporting events and venues.

Travel Group

Talks arranged with different members giving illustrated accounts of their own travels.

Walking Group(s)

Members share the organisation of walks by taking turns to trial and lead walks. Leaders bear no responsibility for H&S as members walk together as sensible friends.

- Accessible countryside
- Dog walking
- Featured walks
- Guided walks
- Long distance walks
- Maps and leaflets
- Story Trails
- Strolling Group
- Town walks

Appendix F

East Finchley Village Project Action Plan

Project / Action	Key tasks	Seed Funding	Evaluation
Objective 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.			
Objective 2: To support access to, and the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.			
Objective 3: To ensure there are the means to develop ways of providing “a bit of help” at the right time, such as a listening ear, help with gardening and home maintenance.			
Objective 4: To help people plan for a fulfilled older age.			
Objective 5: To identify opportunities to reach out into communities. This will include engaging hard to reach and isolated older people.			

Appendix G

Altogether Better in Stonegrove Action Plan

Project / Action	Key tasks	Seed Funding	Evaluation
<p>Objective 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.</p>			
<p>Objective 2: To support access to, and the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.</p>			
<p>Objective 3: To ensure there are the means to develop ways of providing “a bit of help” at the right time, such as a listening ear, help with gardening and home maintenance.</p>			
<p>Objective 4: To help people plan for a fulfilled older age.</p>			
<p>Objective 5: To identify opportunities to reach out into communities. This will include engaging hard to reach and isolated older people.</p>			

Appendix H

Altogether Better in Burnt Oak Action Plan

Project / Action	Key tasks	Seed Funding	Evaluation
Objective 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.			
Objective 2: To support access to, and the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.			
Objective 3: To ensure there are the means to develop ways of providing “a bit of help” at the right time, such as a listening ear, help with gardening and home maintenance.			
Objective 4: To help people plan for a fulfilled older age.			
Objective 5: To identify opportunities to reach out into communities. This will include engaging hard to reach and isolated older people.			

