

## Older Adults Project Ideas Workshop – 15<sup>th</sup> March 2016

### Attendance

Andrew Bass, Cumbria CVS

Mike Conefrey, CCC

Rachel Earnshaw, SLDC

Karen Evans, CAB

Jim Hacking, GP Lead

Steve Hemsley, Cumbria Police

Julie Jackson, SLDC

Pam Lewis, Age UK

Hannah Maiden, CCC

Angela Robinson, CCG

Dan Russell, SLDC

Suzanne Scott O'Neill, Cumbria Police

Gordon Sisson, South Lakes Housing

Liz Woodham, CCF

### Introduction

MC provided the background information regarding the forum, including the prioritisation exercise leading to where we are now, with the main focus being loneliness.

RE then presented statistics which highlighted where the greatest numbers of older adults are in the district, information on older single households and bereavements etc. Information was also given regarding "what is known to work" in terms of loneliness, with the evidence being from the Older Adults JSNA chapter and an Age UK Evidence of Loneliness in Later Life Report.

### What is already happening?

- Health and Wellbeing Coaches (HAWCs) to be employed by CCC – will see people of every age groups and will assist with health related problems. There are also Case Managers and Care Navigators which are of a similar role, who assist people to navigate "the system".
- Age UK's Village Agent programme has now come to an end due to lack of funding, other volunteer based scheme including walking groups and lunch clubs for example will continue.
- There is currently a withdrawal of the contract which previously funded "Creative Support".
- South Lakes Housing are currently restructuring their sheltered housing officers, they could become "Health and Wellbeing Officers" – all tbc.
- Age UK currently provide a printed "what's on guide, the Gateway e-hub and the Compass project.
- Cumbria CVS have assisted 25 new groups to setup with the small grants pot scheme and assistance with setup and help to develop policies.

- Role of PCSO's – referring to other agencies, try to help people feel safe by working with young adults, work with housing associations and attend events, work with Trading Standards to educate people on financial scams.
- South Lakes Housing have worked with Windermere School in the past to run a newspaper delivery scheme when a local newsagent shut down.
- SLDC have funded community gyms, community hall refurbishments and public realm improvements through the LIPs grants which help to reduce loneliness and isolation.
- Inspira at Barrow have worked together to develop a time bank, they have a volunteer co-ordinator in post. <https://www.facebook.com/Barrowtimebank> and <http://www.nwemail.co.uk/news/barrow/The-innovative-project-where-time-is-money-fd5e397e-ec06-4e96-ae70-78a6b6809e93-ds>

### **What are the gaps?**

- Difficulties with communicating schemes to older adults' population groups.
- More services are going online all the time, as well as many apps being developed to improve health. CAB stated that they are currently looking at Skype to deliver services, and the NHS is currently undertaking trials with online appointments. This appears to be a big opportunity with many benefits if older adults have the skills and technology to go online.
- Some programmes coming to an end – e.g. Village Agents and Creative Support
- How do we target hard to reach people? This could be geographic or socio-economic.

### **What Next**

Project Ideas Form presented to the group, comments were received to make the form simpler from AB and LW, RE to action and send out to the group asap.

### **Forthcoming Projects**

From the discussions and the evidence in the presentation it appears as though the following projects would be worth exploring (as well as any that come back in from partners).

- IT/digital skills for older adults
- Time bank
- Work to align HAWCs, Case Managers, Care Coordinators and any other similar roles.