

EAST HERTS COUNCIL

COMMUNITY SCRUTINY COMMITTEE - 23 SEPTEMBER  
2014

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REPORT BY EXECUTIVE MEMBER FOR HEALTH, HOUSING AND  
COMMUNITY SUPPORT

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UPDATE ON AGEING WELL INITIATIVE

WARD(S) AFFECTED:ALL

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**Purpose/Summary of Report**

- To provide an update on East Herts Local Strategic Partnership's (LSP) initiative on the district wide Ageing Well programme

**RECOMMENDATIONS FOR COMMUNITY SCRUTINY COMMITTEE:**

**That:**

<b>(A)</b>	<b>the Committee notes and supports the progress being made by the multi-agency Ageing Well steering group; and</b>
<b>(B)</b>	<b>the Committee supports the Sport England bid and recommends that the Executive Member for Health, Housing and Community Support should be invited to join the Project Steering Group to provide necessary strategic input (ref. paragraph 2.19)</b>

1.0 Background

- 1.1 On 28 February 2012 Community Scrutiny Committee resolved that:

(A) Corporate Management Team and Senior Officers be asked to look at best practice around the "ageing well" agenda and to report back to Community Scrutiny Committee on 28 August 2012 on what action the Council might take and the financial implications of such action;

(B) An informal Member Group of six be established to look at Members' role within respective wards; and

(C) The Council continue to work with its partners to establish where it can be of mutual help to one another.

1.2 At the Community Scrutiny meeting on 28 August 2012 a report was presented to Members updating them on one (Recommendation A) of the three original recommendations as resolved by the Committee on 28 February 2012 meeting. Subsequently, at the Community Scrutiny meeting on 20 November 2012, Recommendations B and C were presented to Members. Recommendation C was at its conceptual stage at the time of reporting.

## 2.0 Report

2.1 This report updates Members on the final recommendation as resolved by the Community Scrutiny meeting on 28 February 2012

2.2 As the demographic profile of the population ages, there is growing concern across all agencies about the spiralling costs that will be required to meet the needs of older people. A useful approach for the Local Strategic Partnership (LSP) is one which has an emphasis on prevention rather than treatment or specialist care.

2.3 The LSP Board agreed that this was an important issue that the agencies within the LSP could work together on to meet at least some of those needs of older people in East Herts. It was agreed that a half day interagency workshop would take place followed by setting up a project steering group which would agree an action plan. Progress would then be presented to the LSP Board in the autumn 2013. The LSP recognised that while some older people are able to remain well, independent and active into late old age there will be others who as they become increasingly older are more likely experience social isolation and some complex health conditions.

2.4 The workshop was held in June 2013 to explore how agencies can better work together to promote the wellbeing and independence of older people so that they live healthier lives free from disability and pain for longer.

The list of agencies represented at the workshop is presented at **Essential Reference Paper “B”**.

2.5 The workshop considered three areas:

1. What are the overarching needs of older people in East Herts?
2. Gaps in service provision
3. Working together now that the gaps in service provision have been identified and knowing that there are no new resources

2.6 The needs that emerged can be summarised as:

- appropriate quality housing in the right locations including lifetime homes,
- transport – better public transport both availability and access, lack of awareness of local car schemes
- access to information ( not just web based for this age group)
- support to live independently
- maintaining health and wellbeing
- social isolation (GPs often see older people who aren't ill but are very lonely)
- carers support

2.7 What are the Gaps in Services?

In summary:

- Housing: sheltered housing, bungalows, adaptations to current properties
- A lack of quality care services coming into older people's homes
- Creative transport solutions
- Volunteers to 'work' with older people
- Intergenerational Projects, Befriending services, Advocacy, range of social activities, mechanisms for GPs to signpost older people to services
- Learning opportunities for older people e.g. IT provision and skills
- Mechanism for sharing information about individuals across agencies ( data sharing challenge)
- Reaching currently unknown isolated/vulnerable individuals
- Supporting older people with learning disabilities
- Addictions/Drug/Alcohol dependencies

Other Emerging Themes:

- As organisations we need to be more “joined up”
- Prevention’ rather than ‘reactive’

## 2.8 Suggested Priorities going forward:

- To explore through the LSP how to influence wider strategic approaches on housing and transport
- Improve partnership working locally
- Physical Activity opportunities for older people
- Early identification of dementia and support for those with existing dementia plus support for carers
- Improved access to information (e.g. through community meals, mobile libraries, refuse collection)
- Pilot an Age UK volunteer project in one GP practice
- Personal health plans for those who need them
- Digital Inclusion
- Address data sharing issues - local solutions

2.9 The multi-agency steering group has been meeting since March 2013 and working through an action plan incorporating the suggested priorities going forward as highlighted in paragraph 2.8 above. The group is led and chaired by Councillor Linda Haysey, East Herts Executive Member for Health, Housing and Community Support. The list of partners is attached in **Essential Reference Paper “C”**.

## 2.10 Current activities and achievements:

### 2.11 Fitsteps

2.12 “Fitsteps” is a fitness class delivered through dance helping people towards fitness and developed by former Strictly Come Dancing stars. Consultation was undertaken by attending two Crucial Crew events in 2014, (Bishop’s Stortford in January and Ware in April). ‘Crucial Crew’ is a model based on youth programme to educate and assist people to overcome some of the difficulties they face in modern society. It aims to give them information and help with things such as home safety and crime prevention whilst at the same time giving them an opportunity to hear how some local and national groups, agencies and organisations that may help and support them.

2.13 Two eight week pilots of “Fitsteps” were commissioned to take place in the Methodist Church in Bishop’s Stortford and Ware Drill Hall commencing in April and May 2014 respectively. These

sessions were subsidised by the Council's sports development fund. The objective is to recruit volunteers from within the group to carry on without an instructor once the volunteers are trained. This initiative forms part of a new Sport England bid currently under preparation.

2.14 The Bishop's Stortford pilot achieved weekly numbers between 2 and 8 with a total of 25 attendances overall and 50% of the women attending almost every session. The Ware pilot started with a bang with over 25 women and 2 men with excellent attendance numbers continuing ranging from 20-40 in a weekly session.

2.15 The Ware pilot ended in July 2014 and has now been extended until September 2014 due to the demand. This also enables the activities to continue until the outcome of the Sport England bid is known.

#### 2.16 Development of Sport Activate Bid to Sport England

2.17 A partnership has been developed to bid to Sport England for £250k over 3 years with match funding from Public Health District offer money and the Council's sports development budget. If successful, the funding will enable the partnership to run a district wide rural programme aimed at increasing participation in sport and physical activity by the over 60s. The programme will not only draw on a number of sports and leisure providers, both public and private but also the skills of volunteers as physical activity champions, supported by a local Sports activator and Council Officers.

2.18 The additional funding which would come from Sport England if successful, will be key to developing a sustainable Fitsteps model across the district.

2.19 Initial feedback from Sport England advises that the bid from East Herts will be stronger if there is clear strategic context and Executive support. To this end, Members are asked to endorse Recommendation B of this report.

#### 2.20 Dementia awareness

2.21 There have been two awareness raising sessions run by Alzheimers society in July 2014 for both Members and Staff. The sessions were very useful and well attended. Another session is scheduled to be in October 2014. The group is also exploring the possibility of setting up Dementia Cafes in the district. Sport

England bid also incorporates specific projects for people suffering from Dementia.

### 3.0 Implications/Consultations

3.1 Information on any corporate issues and consultation associated with this report can be found within **Essential Reference Paper 'A'**.

Background Papers - none

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