

EAST HERTS COUNCIL

HEALTH AND WELL BEING SCRUTINY COMMITTEE – 13 OCTOBER  
2015

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REPORT BY EXECUTIVE MEMBER FOR HEALTH AND WELL BEING

UPDATE ON AGEING WELL INITIATIVE

WARD(S) AFFECTED: ALL

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**Purpose/Summary of Report**

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

<b><u>RECOMMENDATIONS FOR HEALTH AND WELLBEING SCRUTINY COMMITTEE: That:</u></b>	
<b>(A)</b>	<b>the progress made by the multi-agency Ageing Well steering group be noted and any areas for specific discussion be identified; and</b>
<b>(B)</b>	<b>Members be encouraged to actively promote and support projects in their wards and identify residents who would like to get involved as physical activity champions, dementia friends or "Time Bankers"</b>

1.0 Background

- 1.1 At the Community Scrutiny meeting on 23 September 2014 a report was presented to Members updating them on the district wide Ageing Well initiative. Recommendation B on the bid to Sport England was at its conceptual stage at the time of reporting. This report presents Members with the current position on the successful bid as well as other initiatives.
- 1.2 The Ageing Well Steering Group brings together a number of key partners across the district with an aim to enable residents of East Herts to keep well and active as they get older. It is also committed towards developing a dementia-friendly community in

East Herts.

The steering group was set up following a multi-agency workshop in June 2013. The purpose of the group is to;

- provide a platform for working in partnership across different organisations to tackle the challenges associated with an ageing population in East Herts
- develop pro-active policies and (re)design services to meet the needs of an ageing population

## 2.0 Report

2.1 The Ageing Well Steering group continues to meet every six to eight weeks. Cllr. Eric Buckmaster, Portfolio Holder for health and Wellbeing chairs the group. Terms of Reference (ToR) have been agreed **Essential Reference Paper “B”**. The group has progressed in a number of areas as presented below:

2.2 **Current activities and achievements:** This item was on the agenda for the recent Rural Parish conference organised by the Engagement & Partnerships team and each item below was presented by officers at the conference on Friday 18 September 2015.

## 2.3 **Bid to Sport England**

The bid to Sport England has been successful bringing in £185k over three years. Recruitment process for a part-time co-ordinator has started. A “Come and Try” Event at Wodson Park Ware on Wednesday, 4 November marks the launch. The project will be known as “Forever Active in East Herts” with the tag line “Get Up and Try”. Leaflets publicising the “Come and Try” Event are available now with the activity schedule available on Wodson Park website at beginning of October. Officers are actively looking for volunteer Physical Activity Champions to help raise awareness.

The project will deliver local sport initiative at village halls, community buildings for over 50s. At this stage wards with higher than average population over 50 -75 will be the priority areas.

The reasons for the successful outcome of the bid as cited by Sport England are:

- i. Sawbridgeworth Memorial Hall pilot project provided strong

evidence base to

- ii. 9 Village Halls offered match funding in kind, expressed interest & enthusiasm
- iii. Evidence of strong partnership working especially at the heart of the community with village halls and community buildings

#### 2.4 **Dementia Friendly East Herts**

2.5 East Herts Ageing Well Steering group has now been registered on the Alzheimer's Society Dementia Action Alliance (DAA) and East Herts Council (EHC) has submitted an action plan. Partner organisations are encouraged to submit their individual action plans to DAA. DAA banner appears on the TV screens in both council receptions.

2.6 Dementia Friends Awareness Sessions Update – A member of the Engagement and Partnerships team has been trained as a Dementia Champion and has been delivering training session across the district as presented below:

- Sessions began in April 2015
- 9 sessions delivered
- 38 people now Dementia Friends
- Sessions delivered to staff, residents, local businesses (Waitrose)
- Hertford Theatre, Rhodes Arts Complex (all staff in each)
- 2 further sessions booked in October and November for east Herts Members
- 2 sessions booked for customer services Charringtons House
- Session booked in October for all sixth formers at Freeman College
- Finalising bookings for volunteer sessions at Hertford Theatre
- Finalising bookings for Citizen's Advice Bureau (CAB)
- 2 further sessions to be booked (Hertford & Bishop's Stortford) for residents responding to article in recent LINK magazine
- Promoting dementia workshops in Members information Bulletin (MiB). Thirteen Members were trained last year out of which eight Members are still with the Council after the 2015 election. Another four Members have already booked in for 9 November.

2.7 Adaptation to homes for people living with Dementia Following a successful joint bid by Crossroads and East Herts Council, funding has been provided from the Herts Healthy Homes Initiative Fund,

and from East Herts Council for a project to develop a checklist and facilitate practical measures to help those affected by dementia to cope better at home. Available measures will include a starter pack of light bulbs, calendar, clock with day and date, and labels, and range to larger items such as flooring, wider curtain tracks, and decoration. A Project Manager has been appointed by Crossroads to develop and deliver the project, and we are keen to raise awareness of the new service, encourage referrals, and to help our residents. A full presentation was given by Cross Roads at the recent rural parish conference mentioned above, and a promotional leaflet is available.

## 2.8 Dementia Café

Based on the same model as the Ware Dementia café that has been running successfully at Fletchers Lea for quite some time, the council has jointly funded with Hertfordshire County Council (HCC) to run a second café. This takes place in Bishops' Stortford Baptist Church once a month. The cost per annum is £3,500.

## 2.9 Incorporating Arts and Music in Dementia activities

The joint work between Hertfordshire Regional College and Riversmead Housing delivered a successful project. This was funded through the Council's Arts Development budget. The Reminiscence Project working with HCC and Riversmead Memory Boxes organised a Tea Party at Hertford Theatre on 30 March 2015. This was a well-attended successful partnership event. As the council funding was one off and for creative /new initiative, all partners are now encouraged to continue and build on the success of this programme within their organisations and working in partnership as appropriate.

## 2.10 Silver Sunday

Silver Sunday is a national initiative to celebrate the achievements of older people over the weekend of 2, 3 and 4 October. The weekend represents a chance to celebrate older people's contribution to communities and to alleviate loneliness through social activities. The council is supporting this campaign through its grants programme and has recently funded eight community organisations to run a variety of events that meet the needs and interests of people 65 plus. The total amount awarded was £2,212

**Essential Reference Paper "C".**

## 2.11 **Older Persons Activity Learning and Safety (OPALS)**

The OPALS event organised in partnerships with the police and fire service on Wednesday 21 January at the Emmanuel Reform Church, Buntingford was very well attended event where over 40 people attended.

Community Safety Partnerships has awarded £250 to Fire Service organise another OPALS event for Silver Sunday celebration at Fletchers Lea on 2 October 2015.

2.12 **Time Banking** - an exciting concept that uses 'time' as a form of currency. It allows one to share his/her time and skills with others to help, support and build ones local community. Time banking is about members of the community valuing their experiences, time, skills and talents and offering them to others who can benefit from them. In return, that individual receives a feeling of supporting, a sense of belonging within a community, and a 'time credit'.

A time credit is a value of time that can be exchanged for another member's time and talents. It allows everyone to be seen as an equal: Giving up an hour to teach French is equal to someone knitting a scarf which is equal to fixing a fence. One credit is equal to one hour.

East Herts Time Bank is also looking at ways to get more requests coming in. Therefore, we have come up with the 'one off' system. This allows one exchange to be set up with those not currently a Time Bank member as a taster.

East Herts Strategic Partnership has given a one off £14k funding to roll out the initiative in the four towns of Bishop's Stortford, Ware, Hertford and Sawbridgeworth based on the model used for Buntingford.

The Council has become a member of Timebanking UK. The membership package includes access to a software package Time and Talents. We have recruited 2 fully trained members of staff from North Herts with strategic and delivery experience.

Meetings have taken place and presentation were given at the following organisations: Ware Rotary and Amwell Rotary, Village Hall Network, Sawbridgeworth Fun on the Field, Ware Launch Event, Sawbridgeworth Town Council Meeting, Sawbridgeworth

Launch Event and Ware Carnival and most recently the council's rural parish conference. Other achievements include:

- Since the launch of the project, we have 10 fully enrolled members and a further 12 members in the application process. There are new enquiries coming in every day
- There will be a coffee morning held for existing members to meet and greet one another – 10am to 12 noon on Wednesday 30 September
- Exchanges have begun – members have been doing some leaflet dropping to get the word out about Time Banking
- We are trying to get more people and local organisations to refer people to the Time Bank. Please see the council's website for more information: [www.eastherts.gov.uk/timebank](http://www.eastherts.gov.uk/timebank)

### 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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