

<b>Report on</b>	Centre for Ageing Better UK Annual Conference
<b>Date of Meeting</b>	10 <sup>th</sup> January 2024
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<b>Is this report restricted for confidential business?</b>  If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	X

<b>1.0</b>	<b>Purpose of Report</b>
1.1	The purpose of the report is to update Members on an Age Friendly best practice opportunity – the Centre for Ageing Better UK Network of Age Friendly Communities Annual Conference 2023.
<b>2.0</b>	<b>Background</b>
2.1	The “Ageing Well” initiative is one of the outcomes within the Health and Wellbeing Theme of the Mid Ulster Community Plan. Work on this theme is being progressed by the Age Friendly Co-ordinator within Council who is funded by the Public Health Agency.
2.2	The Age Friendly Co-ordinator continues to meet the PHA objectives by working alongside networks and colleagues locally, regionally, nationally, and globally.
2.3	In September 2021, MUDC became a member of the UK Network of Age-friendly Communities (UK Network). The Centre for Ageing Better creates change in policy and practice informed by evidence and works with partners to improve employment, housing, health and communities. As members of the UK Network an expectations of members is to engage and communicate with the network, for example: respond to enquiries; surveys; and attend events such as the annual conference and peer learning opportunities where possible.
2.4	An opportunity arose to attend an annual conference on 22 <sup>nd</sup> - 23 <sup>rd</sup> November 2023 hosted by The Centre for Ageing Better UK. Attendance at the UK conference has helped drive the MUDC Age Friendly agenda and progress towards a society for ageing well. This links closely with the Community Planning targets under the Health and Wellbeing thematic group to develop and implement an ageing well society.
<b>3.0</b>	<b>Main Report</b>
3.1	<b>Key Learnings from the conference:</b>  <b>State of Ageing 2023 Report</b>  This publication uses the latest national and census data to paint a detailed picture of ageing in England. The report covers demographics, employment, homes, health and wellbeing,

people in society, finances and pensions. It includes an in-depth exploration of the increasing diversity of our older population and the significant disparities between how people from different ethnic backgrounds experience getting older—fifty years of progress against pensioner poverty under threat. A raft of data shows that both the current generations of retirees and the generations heading towards retirement are experiencing significant and growing financial difficulties.

*“I can’t afford to enjoy adult life”, “I am greatly concerned about the future”.*

*“Society has been too slow to adapt to the ageing population- it’s time to catch up”.*

*“To make later life better – we need laser focus”.*

The cost-of-living crisis and financial worries mean not turning the heat on, not seeing friends/family or seeing friends and family less, fewer showers and baths, less balanced nutritional meals, more rental homes – not able to pay mortgages and renting properties – some that are not fit for purpose or not suitable to live in. Homes have higher prices and are less affordable, and there is an increase in diversity among older people. Family structures have changed – more single-occupied and extended families living aboard. 50-60’s struggle to stay in work due to health issues, caring duties and financial insecurity, with many unpaid carers. People are eating less – and less activity.

### 3.2 **Ethnicity, faith and migration in Age-Friendly Communities**

The older population across the UK has become, and is becoming, increasingly diverse. This panel discussed how age-friendly communities can consider the needs and perspectives of different groups of older adults and work to address inequalities within their communities. Food festivals. BAME (Black Asian Minority Ethnic) is no longer a helpful term – instead, use issues of REACH (Race, Ethnicity And Cultural Heritage) – this is more inclusive.

No longer hard to reach people – only poor inclusion opportunities. We need the right opportunities and systems to include older people. It’s the systems and communication that are the problem.

Faith spaces need more recognition for wellbeing. We need to use Faith Infrastructure – untapped spaces—ethnographic fieldwork. Supporting people’s faith is essential for wellbeing – smells, sound, taste, temperature, inclusion, compassion and food are necessary for mental health (cultural heritage – especially among older people – it’s their identity – faith has a rich tapestry – the experience of being together and spirituality is very soothing).

VCSE – should be renamed – Voluntary, Community, Faith and Social Enterprise (VCFSE) - to include Faith.

#### **Conference interactive workshops:**

### 3.3 **Partnerships and funding stream – Building Partnerships with local health systems**

We are moving from competition to collaboration. Building effective relationships within a local Integrated Care System (ICS) is increasingly essential for many Age-friendly Communities to develop new collaborations and funding opportunities, particularly from a VCSE perspective. An overview of navigating these systems, lessons on effective partnership working, and how to apply these within age-friendly communities were discussed. Speaker: Dr Helen Gilbert- Fellow, The Kings Fund, author of Actions to Support Partnership: Addressing Barriers to Working with the VCSE Sector in Integrated

Care Systems. ICS Leads and VCSE sector – Deven have a buddy system. It should be seen as a meeting of minds sharing interests rather than advocacy.

They have a reflective learning framework for partnership working - people Ageing Well Approach. Healthy Ageing Board – Fund a nurse v Fund a community development worker? Age-friendly coordinators are invited to ICS meetings to talk about goals and solutions. Middlesbrough – GPs use texting services (addressing hard of hearing).

**Partnerships and funding stream – Making the Case for Age Friendly Communities. Open networking Opportunity.**

In this interactive session, colleagues co-created messages to make the case for age-friendly with different audiences in mind, learning from what's already working in other communities to access new partnerships and funders. Speaker: Catherine Dempsey, Funding and Development Consultant. Third-sector partnerships are necessary – richness, gratitude & commitment. Life has changed – more older people living alone, no children, no family connections close by, ageism, racism and sexism.

**Age Friendly for all Ages – University of Bristol/ Manchester**

Healthier lives – Life course experience. Intergenerational connections. Manifesto for All Age Friendly Cities (Bristol). Spaces designed for all and broader trends. Combatting Ageism and Connecting Generations.

**Other workshops:** Age-Friendly & Dementia, Working with Older People as Co-researchers, Improving Outreach and Engagement within your Age-Friendly Community.

**Further discussion:**

- London is seeking an Older People's Commissioner for England and a Minister for Ageing. Malta, Wales and NI have a Commissioner for Older People. The Wales Commissioner for Older People has £1.1m allocated for Ageing Well support.
- The head of Greater Manchester Ageing Hub is keen to come to Belfast to talk. We need more from short-term funding than long-term funding. They have an older people's task force, Vision for Later Life Report. Need for Housing Planning and Ageing. Barclay's walking football / online banking advert is very good.
- Leeds Age Friendly is another recommended model – They have an ageing, healthy team of 4 people. Age Friendly Alliance, Age Friendly Board (Council and Internal Planning). Funding is from local authorities, research funds, and the Lottery.
- Professor Sir Michael Marmot – meeting the Law Society and is happy to discuss N.Ireland being a Marmot City and support A State of Ageing N.Ireland report. "We live in the best possible world". "Nature of ill-health comes with social deprivation". More medications are offered to older people than talking therapies."
- Age Friendly Communities - Where are we going? Panel speakers brought a unique perspective on leading the development of Age-friendly Communities at an international, national, regional and community level. They shared what progress has been made over the last 15 years since the concept was developed and their view on upcoming opportunities and challenges for the work. Speakers: - Thiago Héric de Sá: Technical Officer - Age-friendly Environment, World Health Organisation - Helena Herklots - Older Peoples Commissioner for Wales - Paul

3.4

	<p>McGarry - Head of Greater Manchester Ageing Hub - Eunice Campbell-Clark - Age-friendly Nottingham Steering Group member.</p> <ul style="list-style-type: none"> <li>Ageism Action Day and micro-grants launch in 2024, will see the launch of a national, public-facing campaign to tackle ageism. Applicable for community and voluntary sector to apply. <a href="https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities">https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities</a></li> </ul>
<b>4.0</b>	<b>Other Considerations</b>
<b>4.1</b>	<b>Financial, Human Resources &amp; Risk Implications</b>
	Financial: Costs covered by the Centre for Ageing Better UK
	Human: Officer time
	Risk Management: Considered in line with relevant Council Policies and Procedures.
<b>4.2</b>	<b>Screening &amp; Impact Assessments</b>
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A
<b>5.0</b>	<b>Recommendation(s)</b>
5.1	To note the contents of this report.
<b>6.0</b>	<b>Documents Attached &amp; References</b>
6.1	Appendix 1- State of Ageing 2023 Report.