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| Report on | Ageing Well – Age Friendly Framework |
| Date of Meeting | 13 th April 2021 |
| Reporting Officer | Fiona McClements |

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| Is this report restricted for confidential business? | Yes | |
| If 'Yes', confirm below the exempt information category relied upon | No | X |

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| 1.0 | Purpose of Report |
| 1.1 | To update members of the ongoing work around Age Friendly Communities and associated Networks across the Mid Ulster District Council Area and request financial support to be associated with the Age Friendly NI award next year if requested and agreed by all 11 Councils. |
| 2.0 | Background |
| 2.1 | In Northern Ireland, the Active Ageing Strategy is one of the Northern Ireland Executive's key strategies to address the ageing of our population. It's vision is one of Northern Ireland being an Age Friendly region in which people, as they get older, are valued and supported to live actively to their fullest potential; with their rights respected and their dignity protected. |
| 2.2 | <p>"Age Friendly" is a framework developed by the World Health Organisation (WHO) to enable the development of Age Friendly communities. An Age-Friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people and things which are important to them. It also helps people stay healthy and active even at the oldest ages. The framework outlines 8 thematic areas which should be considered. These are:</p> <ul style="list-style-type: none"> • Civic Participation & Employment; • Communication & Information; • Social Participation; • Outdoor Space & Buildings; • Transportation; • Respect & Social Inclusion; • Housing; • Community Support & Health Services |
| 3.0 | Main Report |
| 3.1 | Members will be aware that the work on an Age Friendly initiative has been progressed through the existing Community Planning partnerships structures, Health and Wellbeing Thematic Subgroup and the appointment of an Age Friendly Co-ordinator. |

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| 3.2 | <p>In line with the targets set out by the PHA, the Age Friendly Coordinator work is ongoing in order to develop an Age Friendly Charter, Strategy & Plan for the District. An update of ongoing work is detailed below:</p> <p><u>Proposed options for Age Friendly Alliance</u></p> |
| 3.3 | <p>In order to ensure the Council is in the process of gaining Age Friendly status an Age Friendly Alliance is to be established with relevant partners across the Council. An Age Friendly Alliance will help raise awareness and interest in the Age Friendly agenda and engagement of local people across the Council area. The alliance will use a co-production and consultation process to develop an Age Friendly Strategy and the development of a 3-year action plan to meet the needs and aspirations of older people in Mid Ulster.</p> |
| 3.4 | <p>Various models have been reviewed to gauge how different councils have structured organisations such as Council, Health, Housing, Transport, Older People's Network and Community Planning structures into a Strategic Alliance. It is proposed that existing structures should be used rather than create new groupings. This can be raised for discussion at the existing Community Planning Partnership's Health and Wellbeing Thematic Subgroup (Ageing Well Strategic Group). This grouping has already led to the "Mid Ulster Ageing Well - Provision of Services across Mid Ulster" contract which commenced in January 2018 and is now starting a second contract period. Partners include the Northern Health & Social Care Trust, Southern Health & Social Care Trust, HSCB, Public Health Agency, Mid Ulster PCSP, Northern Ireland Housing Executive, Sport NI and NIFRS. By engaging existing stakeholders and including additional relevant partners, the Age Friendly Coordinator will provide the fundamental link between Community Planning, Mid Ulster Seniors Network, Mid Ulster Disability Forum, Age Friendly Network and Age NI and others to promote and embrace existing Age Friendly Practice and help develop an Age Friendly Strategy and the development of a 3-year action plan to meet the needs and aspirations of older people in Mid Ulster.</p> <p><u>Asset Mapping/Baseline</u></p> |
| 3.5 | <p>Work is ongoing to establish a baseline by scoping and mapping current Age Friendly provision/assets, identifying gaps and assessing against the WHO Age Friendly criteria, with the analysis of current statistics and available data. Links with community/voluntary/statutory organisations are currently being used to map Age Friendly assets across the council locality.</p> |
| 3.6 | <p>The next step is expected to be the creation of an Age Friendly survey to conduct a participatory assessment of the age friendliness across Mid Ulster. Findings from the surveys and consultations will help the partners to develop an Age Friendly Strategy and the development of a 3-year action plan to meet the needs and aspirations of older people in Mid Ulster.</p> |
| 3.7 | <p>There has been ongoing work liaising with other Council departments and relevant Agencies. The Age Friendly Coordinator liaises and engages with older people's groups/forums in this process including working with Mid Ulster</p> |

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| | <p>Loneliness Network, Mid Ulster Disability Forum and Mid Ulster Seniors Network. Links have also been created with Mid Ulster Agewell, Linking Generations NI and NHSCT Community Navigator.</p> <p><u>Mid Ulster Loneliness Network</u></p> |
| 3.8 | <p>Through collaboration with others, the Northern Health Trust are leading on the Loneliness Network for the Mid Ulster area. Although the Loneliness Network is for all ages, the Age Friendly Coordinator being involved with the Network helps MUDC drive the 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 integrated response to mental health and wellbeing. The loneliness network along with MUDC have contributed to the following to date:</p> <p><u>Activities Programme</u></p> |
| 3.9 | <p>Each organisation listed below received up to £300 for their projects:</p> <ul style="list-style-type: none"> • Praxis - Application was for a therapeutic garden enlisting volunteers from the befriending scheme to help. • Mid Ulster Volunteer Centre - Key aim is to reduce loneliness and isolation through offering a range of socially distanced activities. • Mid Ulster Victims Empowerment - The project they have chosen is to provide large piece jigsaws, puzzle books, word search books and art and crafts activity packs to members. They will be able to extend this through other funding that they have received. • Agewell - The project involves giving each client a calendar with a pocket in front of it where they could insert their appointment letters and write reminder dates on the calendar. These calendars were sourced locally. They are hoping to print seven hundred which will be distributed to all their members. • Cookstown and Western Shores Area Network - Weekly click and collect. People are connected via phone call, WhatsApp group or zoom call. They then find out if people need signposted to any other services. <p><u>Slow cookers update</u></p> |
| 3.10 | <p>Following the five above mentioned applications there was £1,488 left in the budget. It was proposed that this would be spent on a slow cooker programme through the loneliness network with “Make a change” officers from MUDC facilitating the applications. This initiative provides participants with a slow cooker starter kit which includes the basic items to enable the use of a slow cooker to be experienced and embedded within the home. Support and encouragement is provided through regular and timely phone calls / contact which also allows further guidance and reassurance to be offered. The primary benefit of the initiative is improved knowledge and skills to create nutritious and healthy meals on a low budget resulting in a sustained lifestyle change.</p> |

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| | <p><u>Activity packs update</u></p> <p>3.11 Items for activity packs were purchased for older and young people. Items for the packs have arrived and discussions for distribution to members of the network have taken place.</p> <p>The older people's packs consist of</p> <ul style="list-style-type: none"> • A puzzle • A wordsearch book • Greeting cards of beauty spots in the MUDC area • 6 stamps <p>The younger people's packs consist of</p> <ul style="list-style-type: none"> • A £5 coffee voucher • Notebook • Pen • Water bottle • Small hand sanitiser <p><u>Care homes</u></p> <p>3.12 Links have been made with care homes in order to help residents keep active during the Covid 19 pandemic. One of the resources is a Move with Mary DVD. The exercise sessions cater for every level of capability, ranging from simple seated stretches, to balance, strength and gentle aerobic exercises suited to older people. The resources have been developed in partnership to support the work of the Northern Ireland Frailty Network, Age Friendly Network NI, care homes and Age Sector Networks delivering locally for the benefit of older people. There is also a booklet, 'Keeping Well at Home' which compliments this resource. Care homes have been making links with the Age Friendly Co-ordinator to receive the resources.</p> <p><u>The way forward</u></p> <p>3.13 It has been proposed at a loneliness steering group meeting about the idea of a "chatty bench" or a "buddy bench". The bench could potentially have a plaque/sign on it to signify it was a "chatty/buddy" bench. The purpose of the benches would be that they serve as a place where people can go and sit and don't mind others sitting for a chat as well. The benches would hopefully in turn help to tackle loneliness and support positive mental health within the community or just someone who wishes to chat. During these times it is as important as ever that we look after our mental health. Covid-19 restrictions currently allow us to exercise for walks and parks are open. With benches currently in place throughout the district, social distancing and safety precautions should be put in place to keep people safe and would be fully considered. It is paramount that service users are mindful of the Covid-19 regulations when stopping for a chat. It is the responsibility of all that the Covid-19 regulations are adhered to and should be promoted by all including the Loneliness Network.</p> |
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Linking Generations NI (LGNI)

3.14 Intergenerational work is part of the Age Friendly approach and is contained within the Health and Wellbeing Thematic Sub Group. Linking Generations Northern Ireland create opportunities for people of all ages to come together in lots of different places and for lots of different reasons. They believe that all generations have a role to play in their communities, can offer support, share skills, enjoy each other's company and have fun together. LGNI is funded by the Public Health Agency and the Lottery. They provide advice and support, develop and deliver training, offer funding opportunities, give opportunities for partnership i.e. proper linkages between organisations and provide Intergenerational resources. They will share these with anyone organising intergenerational events. The organisation held an Intergenerational Event in the Dungannon Office of Mid Ulster District Council on Thursday 16th January 2020. To support and promote intergenerational work LGNI have developed local intergenerational networks in every council area in Northern Ireland. On 27th January 2021 LGNI along with the Age Friendly Coordinator held a network event for Mid Ulster Council area. The networks are a place to meet, share and collaborate with people who are interested in an intergenerational approach to their work. The network event explored the following:

- Ideas for community connection
- Current challenges and barriers
- Opportunities for 2021

3.15 LGNI usually organise 2 face to face network meetings during the year. Due to Covid, zoom meetings were held to cover the whole of NI not just local council areas. Staff from LGNI also sit on individual council areas including Age Friendly/community planning/ local strategic alliances etc. to have an intergenerational influence. For those registered on the networks they send out information on funding or project opportunities and a newsletter usually goes out quarterly.

Age Friendly Network NI

3.16 An opportunity has arisen through a request from Business in the Community for Age-Friendly Belfast to sponsor an Age Award, the cost is £2000. Age-Friendly Belfast are keen to do this as they have been working closely with them and sit on their Age Advisory Steering Group, they are also keen to look at how they can tie their Age-Friendly Charter in with Age at Work Programme. As this is a regional award, Age-Friendly Belfast have suggested that it would be better for it to be branded Age Friendly NI, rather than Age-Friendly Belfast.

3.17 Belfast would be happy to pay for the award this year with a view to the cost maybe being split between the 11 council areas in future years and/or sponsoring partners.

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| | <u>Application to World Health Organisation for Age-friendly Cities and Communities</u> |
| 3.18 | Members will be aware that one of the targets set out by PHA is to join the WHO Global Network for Age-Friendly Cities and Communities. The above work outlined, contributes towards the criteria that has been set in order to submit a successful application to the organisation and receive status. The online application form further outlines the criteria to be met, https://www.who.int/ageing/application_form/en/ |
| 3.19 | In order to proceed with the application a letter from the Council and municipal administration is required indicating their commitment to the Network cycle of continual improvement. |
| 4.0 | Other Considerations |
| 4.1 | Financial, Human Resources & Risk Implications |
| | Financial: Cost of Age Friendly business award being split between the 11 council areas in future years and/or sponsoring partners for next year of approximately £200. |
| | Human: N/a |
| | Risk Management: N/a |
| 4.2 | Screening & Impact Assessments |
| | Equality & Good Relations Implications: N/a |
| | Rural Needs Implications: N/a |
| 5.0 | Recommendation(s) |
| 5.1 | To note the content of the report and support the financial contribution to the delivery of the Age Friendly Network NI as supported by all 11 Councils. |
| 6.0 | Documents Attached & References |
| | None |