



**Excellent Ageing**

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## Excellent Ageing Work Programme October 2014

### Joint Health and Wellbeing Strategy Theme 2 – Health and Wellbeing of Older People

ACTIVITY What do you want to achieve?	SMART TASK What are the key actions to achieve the outcome?	COMPLETION AND/OR REVIEW DATE	Who is leading?	SUPPORTING ORGANISATIONS	Project Status R.A.G	QUARTERLY UPDATE AND/OR ACTION REQUIRED
<b>Excellent Ageing Outcome 1: "I Want to Be Active"</b>						
<b>Promote participation of older people in physical activity programmes</b>	To promote older people's participation in existing schemes in each district area such as Healthy Walks, Outdoor Gyms, 50+ Classes and the Vitality Scheme.	On-going programme	Public Health, District Councils and Lincolnshire Sport  Lisa Cumberworth (manager of Health Trainers), Teresa Batty (Public Health), Sarah Clarke	District Councils (Health Trainers/ Leisure) / Vitality /Public Health's Health Improvement Team/Health Network Coordinators and Lincolnshire Sport	<b>Green</b>	Community Engagement event held in Boston to promote Cook4Life, Health Trainers, Growing Schemes and Health Walks.  Vitality classes in Boston provided with new venues to increase numbers and sustainability.  Work completed with Health Network



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			(Lincolnshire Sport)			<p>Coordinator (Public Health) and Boston United in the Community to promote 50 years + exercise sessions.</p> <p>United in the Community-Keep moving over 50s fitness established (Boston United)</p>
<b>Support and respond to national standards/ strategies for physical activity in older adults</b>	Develop action plan to deliver on objectives of the AVONet report " <i>Promoting physical activity in older adults: A guide for local decision makers</i> ", NICE Physical Activity standards in line with East Midlands Later Life Forum/Age Action Alliance action plans. Respond to the results of the consultation on new national report 'Everybody Active, Every Day'.	Meet with key partners and agree action plan by end of November 14	Lincolnshire Sport/District Councils/ Public health	Public Health's Health Improvement Team / Lincolnshire Sport / East Midlands Later Life Forum / Age Action Alliance	<b>Amber</b>	<p>Next EMLLF 23<sup>rd</sup> October to decide on regional actions.</p> <p>Lincolnshire Sport actioning the recommendations of Everybody Active Every Day.</p>



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Excellent Ageing Outcome 2: “I Want to Be Healthy”						
<b>Support the delivery of Mental Health Promotion Strategy</b>	Add to the action plan of the Mental Health Promotion Strategy for actions for older people. Understand the wider action plans to deliver the recommendations from the NICE review of mental health needs of older people in care homes.	Consultation for comments by end of August	Jennifer Waller-Brown (Public Health)	Pam Channa (Public Health), Lincs Partnership Foundation Trust, SHINE network	<b>Amber</b>	Mental Health Promotion Strategy to be published
<b>Support campaign to reduce pressure ulcer incidence</b>	Lincoln University Student Led Conference 'Stop the Pressure' – follow pledges from Excellent Ageing partners to reduce the incidence of pressure ulcers in community settings and hospitals.	Follow up actions in August 2014	Trevor Simpson Lincoln University	Adult Care Workforce Development Team	<b>Red</b>	Progress needs to be checked
<b>Support the review of the Falls Prevention Service/integration to Wellbeing Service</b>	Complete JSNA refresh of Falls pages	By end of April	Sarah Stringer	Beverley Manson – Age UK Lindsey, Eloise Thompson/Heather Charles East CCG	<b>Green</b>	JSNA refresh completed October 2014
	Lincoln City – Falls Prevention in Social Housing project	TBC	Simon Walters		<b>Amber</b>	Scoping meeting held 5 <sup>th</sup> June. Progress to



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			(Lincoln City Council)/ West CCG			be checked.
	Work with the Boston Enhanced Falls Service evaluation.	By end of July	Sarah Stringer, Eloise Thompson, East CCG	Alex Newton Wellbeing Service	<b>Amber</b>	SS and ET to meet in October to review Falls Services and the Wellbeing Service
<b>Sexual Health Promotion / Support</b>	Promotion of sexual health support, awareness and testing for the over 50s.	To be agreed	Sarah Stringer/Sara Brine (Public Health)		<b>Red</b>	Awaiting LCC council decisions on pursuing public health messages given.
<b>Nutrition / Food standards for older people</b>	Plan for 2014-15 to explore how work already completed with Lincolnshire schools re Catering Mark could be rolled out to residential care/hospitals and wider promotion and awareness of good eating/balanced diets. Promote Malnutrition Taskforce findings.	Conference organised for 8 <sup>th</sup> December	Sarah Chaudhary (Public Health)/ District Councils/ Food and Growing Providers	Phil Garner	<b>Green</b>	Community Engagement event held between Boston Borough Council and Age UK Boston and South Holland summer 2014 to promote local growing schemes, Master Gardeners and allotments.



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						County Food Conference organised – one focus is on older people’s nutrition.
	Follow up with Home Improvement Agency idea for Home Gardens and link to Master Gardeners/Market Gardens/Allotments Programmes.	To be agreed	Paul Drury/Sarah Chaudhary		<b>Red</b>	No update on HIA bid to Armed Forces Community Covenant
<b>Dementia Strategy</b>	Coordinate Dementia Strategy action plan responses and provide feedback to EA partner organisations	Launched May 2014 – five year strategy	Sarah Stringer with Dementia Officers Group	Colin Warren /Paul Herniman (Adult Care)	<b>Green</b>	Multi-agency dementia officers group meets monthly to keep the Dementia Strategy Action Plan on plan.
	Develop a Dementia Action Alliance in each district area by March 2015. Partner organisations to train at least one Dementia Friends Champion to conduct awareness raising sessions with staff / Work to progress the creation of	Check progress on DAA and Dementia Friends sessions by end of	Health Network Coordinators with district council health and wellbeing	Lincoln University (dementia friendly Lincoln – conference planned for early 2015). Dementia SW	<b>Green</b>	Lincoln, South Lincolnshire DAA’s established. West Lindsey DAA first meeting took place September 2014. East Lindsey DAA now



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	Dementia Friendly communities to take place in Bourne (2014) and Lincoln (2015)	March 2015.	leads	(dementia friendly Bourne already well underway)		at scoping stage. Boston Borough Council and South Holland District Councils now members of South Lincs DAA and have included Dementia in their HW Strategy & rolling out Dementia Friends sessions for staff including sheltered housing staff and councillors.
<b>Sensory Impairments in the Elderly</b>	Work with eye health group on a campaign to raise the profile of eye health in the elderly. To investigate social prescribing offer made by SENSE for older people with sensory impairment		Public Health/SILCS/ South Lincolnshire Blind Society		<b>Red</b>	SS to follow up what the group will be working on and the potential of using the social prescribing model.
<b>Excellent Ageing Outcome 3: “I Want to Put Something Back into the Community”</b>						
<b>Develop opportunities</b>	Develop the specification for the older people’s strand of the multi-agency Involvement Project	May – Dec 2014	Rob Hewis (Public	All agency consultation and	<b>Amber</b>	‘Involving Lincs’ invited to discuss



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<b>for Excellent Ageing Partnership to consult, engage, involve and coproduce with older people</b>	to set up a “People’s Partnership”. Mapping of community involvement groups/support stakeholder engagement day.	Go live from April 2015	Health)	engagement leads		proposals to become a host body for the People’s Partnership. Workshops held to bring together ideas for specifications.
	Recruit independent older people as representatives to participate in Excellent Ageing Advisory meetings.	From September meeting		Association of Lincolnshire Senior Fora	<b>Green</b>	Senior Forums leads to attend meetings held in their area. Louth Seniors’ lead participated in the September meeting.
<b>Connect to the Community Advisors team as community hubs are developed</b>	Promote new community hubs that offer services for older people. Feed into the asset mapping process.	May 2014-16	Paul Drury and Community Advisers team (Public Health)	Supported by the multi-agency Community Hubs Steering Group	<b>Green</b>	Tracy Parr has supported Pennygate GP Practice to develop a community hub which includes support for people with dementia and exploring the possibility of meal provisions for older



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						people with Evergreen Care Trust. Paul Drury to provide county wide update at the EA Advisory Group in November.
<b>Support the redevelopment of and coproduction of services with the Association of Lincolnshire Senior Fora</b>	Organise ALSF meetings, action plan and agree/issue Senior Forum grants.  Work with districts and VCS/CVS in areas with no Senior Forum to support the development of groups.	By end of June	Association of Lincolnshire Senior Fora leads	Sarah Stringer	<b>Green</b>	Existing groups set up. Action plan leads under development. 4 of the 6 eligible grants paid and ALSF Constitution and action plan agreed. Further groups to be developed in West Lindsey/Boston/Skegness. Boston being targeted first due to interest from a local community group to become a Senior Forum.
<b>Support and</b>	Attend quarterly EMLLF meetings in Leicester. Provide updates of	Ongoing	Association	Sarah Stringer/	<b>Green</b>	ALSF members now





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<b>connection to regional and national older people's groups</b>	good practice from Lincolnshire. Share good practice examples with regional partners.		of Lincolnshire Senior Fora leads	East Midlands Later Life Forum		attending regional meetings
	Excellent Ageing is a member of the Age Action Alliance and is responding through the EMLLF to influence and contribute good practice from Lincolnshire into national decision making. Support ALSF representatives to attend the UK Advisory Forum on Ageing (UKAFA) in 2015.	Ongoing	Association of Lincolnshire Senior Fora leads	Age Action Alliance	<b>Red</b>	Once a regular attendance at EMLLF is made votes to send members to the AAA meetings can be made.
	Capture for newsletter and Twitter national good practice, new initiatives, consultations e.g. Age Action Alliance, Later Life member newsletters to promote in Lincolnshire.	Ongoing	Sarah Stringer with JHWS theme leads		<b>Green</b>	Good practice reported to Health and Wellbeing Board informal sessions to debate future priorities.
<b>Celebrate and highlight local older people who are contributing</b>	Work with partners on Inspiring Communities initiatives, with LALC on parish council contributions, celebration of Good Citizens Awards	Ongoing	Sarah Stringer with JHWS theme leads	West Lindsey Matthew Broughton, Paul Drury (for LALC), Mark Stoneham for Good Citizens	<b>Red</b>	



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positively in their communities				Awards		
<b>Support for locality community groups</b>	Lincoln: Establish a route for the work of Lincoln City Council Neighbourhood Teams, St Giles' Elders, Citizen's Panel to contribute to/promote Excellent Ageing. Excellent Ageing articles to be added to Your Lincoln, Tenants Newsletters, Lincoln City website, City People intranet.		Lincoln City Neighbourhood Team Leads/Pat Jukes (City of Lincoln)		<b>Amber</b>	Progress to be checked
<b>German Exchange Visit</b>	Organise an exchange visit of older people from Lincolnshire to Germany (and vice versa).	By end of July	Sarah Stringer/Nigel Horner (Lincoln University)	Lincoln University and Potsdam University	<b>Red</b>	No progress on establishing a link. However Ageing Better Big Lottery bid will be establishing European connections to compare trends in loneliness/social isolation.
<b>Excellent Ageing Outcome 4: 'I Want to be Able to Afford My Life and Understand My Options'</b>						
<b>Support and</b>	Support Lincoln City Council in the delivery of the Anti-Poverty	Begin support on action plan	Lincoln City Council Simon		<b>Amber</b>	Conference and needs analysis completed.



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<p><b>promote initiatives the alleviate poverty.</b></p>	<p>Strategy (actions for older people) and future annual conferences. Particular focus on link up of agencies providing Financial Advice/locality community centres.</p>	<p>from June 2014. Progress conference for Feb 2015</p>	<p>Walters</p>			
	<p>Support actions developed by the multi-agency Financial Inclusion Steering Group which affect older people.</p>	<p>To be agreed</p>	<p>Financial Inclusion Steering Group</p>	<p>Lynne Faulder/Steve Ward (Trading Standards), Lisa Loy and Samantha Hardy (Public Health). JHWS Wider determinants groups</p>	<p><b>Green</b></p>	<p>October is the Older People's Month of Action - an initiative of the England Illegal Money Lending Team. <a href="http://www.birmingham.gov.uk/stoploansharks">http://www.birmingham.gov.uk/stoploansharks</a> Promotion made to EA Advisory Group contacts and wider database. Boston Borough are seeking to expand the Fit 4 Your Future project to cover private sector accommodation, introduce</p>



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						complementary programmes, enhance quality of private sector housing and improve availability of affordable homes.
	Organise hosting of DWP Energy Action Workshops and Money Matters Workshops.	To be agreed	East Midlands Later Life Forum/ Association of Lincolnshire Senior Fora		<b>Red</b>	Awaiting guidance from EMLLF. SS to speak to Dave Bowskill.
<b>Promote employment opportunities for older people</b>	Develop action plan for a Healthy Ageing Workforce, Second Careers, and positives of older people's contributions. DWP Fuller Working Lives document	Fuller working lives published June. Action plan timescales to be developed.	DWP / financial Inclusion Steering Group / District Councils		<b>Amber</b>	Action plan to be developed – link to JHWS theme 5 working group required. SS circulated the analysis of Fuller Working Lives provided by DWP
<b>Excellent Ageing Outcome 5: "I Want to Feel Safe"</b>						
<b>Support for Crime</b>	Promote further talks and training opportunities being		Police/ Trading Standards /		<b>Green</b>	Talks are ongoing



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<b>Reduction Schemes</b>	offered through the Operation REPEAT - Reinforcing Elderly Person's Education at All Times with Senior Fora and community groups.		Community Lincs / Think Jessica Campaign			
<b>Ensure safeguarding of older people is a priority</b>	University of Lincoln conference (April 2014) included discussions on older people's safeguarding, digital abuse, financial abuse. <a href="http://www.behindcloseddoors.blog.lincoln.ac.uk">www.behindcloseddoors.blog.lincoln.ac.uk</a>		Lincoln University/LCC Safeguarding leads		<b>Red</b>	Public Health - Health Needs Assessment on domestic violence – progress to be checked. Safeguarding conference outcomes to be followed up.
<b>Support the development of Prisoner Health campaigns for older prisoners</b>	Excellent Ageing to work alongside leads working with Lincoln Prison to improve the safety, health and wellbeing of the prison population of which a small but continuous rolling number are aged over 50 years.	Excellent Ageing Advisory group to consider September.	Ania Lada (Public Health) /Lincoln Prison/ Public Health England/Department of Justice	Adult Care	<b>Amber</b>	Ania Lada reported progress at September Advisory Group. Statistics on older prisoner population to be provided and for partners to follow up. Care Act responsibilities being taken forward by Adult Care colleagues.



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<b>Support for Lincolnshire Fire and Rescue in the roll out of their projects to older people</b>	Fit as a Firefighter campaign and MECC (Making Every Contact Count) training.		Paul Mead/Debbie Robinson/Teresa Batty/Lisa Cumberworth/	East Lindsey DC	<b>Amber</b>	National guidance on fitness levels to be produced this year. MECC being undertaken by ELDC staff and potentially in Neighbourhood Team in Skegness and Coast
	Help to promote the <i>Do It Yourself Home Safety Checks</i> and the ' <i>It's that Easy</i> ' (fire, smoking, alcohol, online safety, transport safety, carbon monoxide awareness) through older people's community groups/use of old Children's Services REAL bus. Lincoln City Council promotion within social housing/promotion of mister units. Link to Falls Prevention and Dementia Strategies.		Fire and Rescue teams. Responders to Warmth and Wellbeing services/ LHAC Neighbourhood Teams(Public Health contract)	Heidi Rider NKDC	<b>Amber</b>	SS to progress check with Fire and Rescue colleagues.
	Promote sharing of data on risk stratification with Neighbourhood Teams – patients, tenants who are vulnerable. Use learning from	To be developed	Paul Mead/Debbie Robinson		<b>Red</b>	SS to follow up with Fire and Rescue colleagues



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	Cheshire and Liverpool areas who shared Age UK, Health, DWP, fire and Rescue data to facilitate targeted prevention at household level.					
<b>Excellent Ageing Outcome 6: “I Want to Have Relationships and Not be Lonely”</b>						
<b>Talk, Eat, Drink (TED) in East Lindsey - Ageing Better, Big Lottery Bid</b>	Complete project planning stage for this project by 22 <sup>nd</sup> December 2014	Oct- Dec – project planning phase (asset mapping, governance, comms etc)	Community Lincs	East Lindsey DC Louth Seniors' Forum East CCG LCC PH and Adult Care	<b>Green</b>	Big Lottery have confirmed East Lindsey have been awarded funding. Project planning stage until Christmas 2014 – go live from April 2015
<b>Local response to the Campaign to End Loneliness</b>	Workshop with HWBB to feed into TED in East Lindsey Asset Mapping process.  Write back to the Campaign to End Loneliness to confirm local priorities.  Develop our local JSNA evidence base and JHWS actions.	By end of Dec	Sarah Stringer		<b>Amber</b>	District health and wellbeing groups to consider actions. Linked actions in Mental Health Promotion Strategy.



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Excellent Ageing Outcome 7: “I Want to be Able to Get Around Easily”						
<b>Transport Needs of Older People</b>	Excellent Ageing funded a Lincoln University researcher to conduct a review of the ‘Transport Needs of Older People’.	Update report required for November 2014 meeting	LCC Community Transport Team Elizabeth Hanger/Nina Lightfoot	Royal Voluntary Service	<b>Amber</b>	Excellent Ageing Advisory Group considered the report in June 2013 – update on progress required.
<b>Develop Dementia Friendly Communities</b>	Review the LCC Every Street Matters guidance for planning dementia friendly environments/older people friendly street furniture.		LCC Planning Department/ Alzheimer’s Society		<b>Green</b>	Work already underway in Bourne. Dementia Friendly Lincoln City Conference for 22nd April 2015 planned.
<b>Contribute to national review of Scooters and Powered Wheelchairs Safety</b>	A national review of Scooters/Powered Wheelchairs is being conducted – local Senior Fora have produced an information booklet for safe use of this transport with the Lincolnshire Road Safety Partnership.		Age Action Alliance. North Kesteven Seniors/ Association of Lincolnshire Senior Fora	Road Safety Partnership	<b>Green</b>	Sent to Russell Taylor Age Action Alliance
Excellent Ageing Outcome 8: “I Want the Right Help When I Need it From People I Trust”						
<b>Library Resources</b>	Reading Well campaign/ further develop this ‘books on prescription’ scheme.		Tarina Jones (Libraries)/ Pam Channa		<b>Amber</b>	Lincolnshire Libraries have purchased Dementia Reading Well





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			(Public Health)			material – to be circulated from November 2014.
	Support Human Library Events are being held to enable people to share their life experiences and to be 'borrowed as books'. Integrate with the VCS Skill Share (Drill Hall).		Tarina Jones (Libraries)/ Pam Channa (Public Health)		<b>Red</b>	SS to speak to VCS Lincoln re Skill Share and intergenerational links. No human library events planned currently.
<b>Community Pharmacy Campaigns</b>	Offer the opportunity to pass on advice and guidance to the public – a dementia awareness campaign, further campaigns on obesity, cancer planned.	March 2014 – evaluation June 2014	Kate Holley (Public Health)		<b>Green</b>	Pharmacy campaigns ongoing. Target older people where relevant.
<b>Excellent Ageing Outcome 9: "I Want to Live at Home For Longer"</b>						
<b>Support new services that promote independence of older people</b>	Support the promotion/development of the new Wellbeing Service.		Robin Bellamy/Alex Newton (Public Health)	East Lindsey DC, North Kesteven DC and Lincolnshire Independent Living partnership.	<b>Amber</b>	Bid to SIB Group was unsuccessful. Boston Borough and South Holland are working with Jayne Thomas regarding changes to First Contact and The Wellbeing Service so that partners have a clear understanding of



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						new referral routes.
<b>Support for Lincolnshire Carers and Young Carers Partnership</b>	Support for the Lincolnshire Carers Partnership Board (Public Health Advisor Role). Promotion of carers roadshows, support groups. Integration of carers prevention work in Neighbourhood Teams.		Peta Hill (LCYCP) Emma Krasinska (LCC Carers Lead)		<b>Green</b>	Boston Borough have promoted the migrant carers group via the HW network. Lincolnshire Carers Partnership bidding for Cabinet Office funding. LCYCP rep for EA group to be discussed at next meeting.
<b>Excellent Ageing Outcome 10: "I Want to Have Dignity at the End of My Life"</b>						
<b>Bereavement Care Leaflet</b>	A revised leaflet is being developed in partnership with the Carers Connect/Macmillan Palliative Carers Support Worker	Release Summer 2014	Carers Connect		<b>Red</b>	Leaflet now on hold – time and cost restrictions
<b>Develop more resources for promoting Advance Care Planning</b>	Planning My Future Care booklet/e-form design is being refreshed and contents updated – release date summer 2014.	Release Summer 2014	Pauline Mountain/Jennie Negus (All About Me)		<b>Red</b>	Leaflet now on hold – time and cost restrictions
<b>Dying Matters Campaign</b>	Lincoln City Crematorium Open Day	TBC	Simon Colburn		<b>Amber</b>	
	Boston's Butterfly Hospice joined forces with LCHS to secure a				<b>Amber</b>	



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	contract for six inpatient beds for seriously-ill people, following an analysis by LECCG that proved a need.					
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