



Wellbeing in Later Life Programme (WeLL) Flash Report October 2021

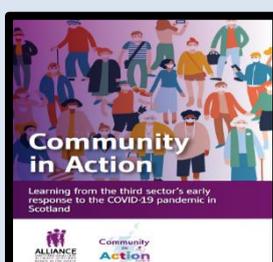
WeLL Co-Lab 1 brought together 40 people from across Scotland as a virtual learning network on age friendly communities and wellbeing in later life. WeLL is supported by a small grant from Life Changes Trust and by an advisory group of national partners.



Anne Hendry, [IFIC Scotland Director](#), Arlene Crockett, Director of Evidence & Influencing, [Life Changes Trust](#) and Caroline Clark, Co-ordinator for the [Scottish Older People's Assembly](#) (SOPA) welcomed all to the discovery programme that runs from October 2021 to April 2022. Arlene outlined Life Changes Trust's support for Dementia Friendly Communities and welcomed WeLL's contribution to the legacy from this work. Caroline highlighted SOPA's joint [Campaign](#) with Age Scotland for every Scottish local authority to appoint a Councillor as an Older People's Champion to amplify the voices of older people in local communities.

Anne highlighted the inspiring story of [Age Friendly Ireland](#) presented by their CEO at a Round Table event in 2020. The report, recording and slides from that event can be accessed [here](#). Our shared ambition for an Age Friendly Scotland supports the priorities for the UN Decade for Healthy Ageing 2021 – 2031 <https://www.decadeofhealthyageing.org>

- ❖ changing how we think, feel and act towards age and ageing;
- ❖ developing communities in ways that foster the abilities of older people;
- ❖ delivering person centred integrated care and primary health services responsive to older people; and
- ❖ providing older people who need it with access to long-term care.



Mandy Andrew, Associate Director, Health and Social Care Alliance Scotland, explained the WeLL programme will build on the learning from Dementia Friendly Communities, from the Compassionate Communities Active Learning Programme, and on the many examples of community led action and Third sector support in response to the pandemic as described in the [Community in Action](#) learning report.

Dementia Friendly Communities:

Councillor Elaine Thornton-Nicol, Scottish Borders Council Older People's Champion, hosted a conversation with Judy Ewer, Dementia Friendly Aberfeldy, and Sue Northrop, Dementia Friendly East Lothian. Janette Barrie shared a short video featuring Aberfeldy's Dementia Friendly cinema and sensory garden.

Start by talking with people who have lived experiences and their carers in your community and actively listen. It grows from there

This is not always about money – it's supporting communities to do it themselves. Christie in Action!

Mobilising the community was key. For example, the community cinema and sensory garden brought people of all ages together. Next steps are compassionate support for carers and for people with mental health needs

The power of conversations! Ted's vision was creating places to meet where everyone is equal. Now we are developing meeting centres in hubs for local people - like a school and a community centre.

You can read about many inspiring examples of Dementia Friendly Communities in the evidence and learning resources published by Life Changes Trust, available [here](#). The evaluation report by the Dementia Centre, Hammond Care can be accessed [here](#).

Compassionate Communities

Councillor Robert Moran, Inverclyde Council Older People's Champion talked with Alison Bunce, Compassionate Inverclyde, and Penny Halliday, Compassionate Wigtownshire, Dumfries and Galloway about their experience in developing compassionate communities.

It's really important that the story is the community's story. Be very clear how this is different to an organisation setting up things that sound the same but don't feel the same.

Compassionate Inverclyde is a social movement built on relationships, supporting a sense of place and community through various ways, including back homes boxes, No one dies alone and High 5 programmes. It is now part of a wider community initiative, Inverclyde Cares.

You can read the evaluation of Compassionate Inverclyde at

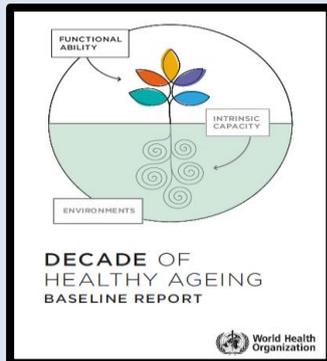
<https://ardgowanhospice.org.uk/how-we-can-help/compassionate-inverclyde/>

Resources from the Compassionate Communities Active Learning Programme can be accessed [here](#).



Ways to Wellbeing

Compassionate Inverclyde's High 5 programme was based on the New Economics Foundation's 2008 report for Foresight's Mental Capital and Wellbeing project. This identified five steps we can all take to improve personal wellbeing: [Five Ways to Mental Wellbeing](#). We added Eat Well alongside Keep Active – are there other elements to add?



WHO frames wellbeing in later life as the outcome from how we develop and maintain 5 domains of functional ability.

Ability to....

- ❖ meet basic needs to ensure an adequate standard of living
- ❖ learn, grow and make decisions
- ❖ be mobile and participate
- ❖ build and maintain relationships
- ❖ contribute to society

These 5 functional abilities are the result of Healthy Ageing - the complex interaction between our physical, sensory, vitality and psychological capacities and the environment we live in.

So places, spaces, relationships and communities have a big impact on how we develop and maintain the functional ability that enables wellbeing in later life.

The community and friends are the stalk and leaves and the ground that the flowers grow in

In breakout sessions, participants considered:

- ❖ What enables older people to live well in your area?
- ❖ What gets in the way of older people living their best lives?
- ❖ What would you like to share?



Tom [Kitwood's Flower](#) places Love at the centre of five petals representing what people with dementia needs to achieve wellbeing: identity, attachment, inclusion, occupation, comfort.

Another perspective on Healthy Ageing is the [Five Pillars of Ageing Well](#)
The British Psychological Society suggests some ideas to make a difference – read their tips [here](#)

*Seniors Together in South Lanarkshire recently ran a successful Pension credit Campaign
Men's Sheds have restarted safely and some are now mobile
We should raise the profile of telephone befriending support like The Sliverline*

We are now connected to more people through use of digital. Connecting Scotland has had a positive impact for many. Access to Movement snacks and mindfulness online

***See 5 things, hear 4 things, touch 3 things, smell 2 things, taste 1 thing,
and put your bare feet on the grass!***

Participants were invited to identify their aims and suggest future topics of interest.

Can we align disparate projects so that we are not duplicating? – let's not be precious!

Potential to herald resources, build connections and raise the profiles of the range of work being done.

Lift digital connection between people

Social isolation is a key thing to tackle particularly in rural communities – transport matters

Reach out and support Veterans

It's time to reinvigorate our Seniors Forums

Find ways to continue to connect with nature indoors over winter



Older People's Champions Councillor Cathy Fullerton, City of Edinburgh Council, and Councillor Jimmy Miller, North Ayrshire Council, concluded the Co-lab session. We are delighted to collaborate with the network of Older People Champions. Their leadership will amplify the voices of older people in communities across Scotland.

They urged us to be bold in our aspirations and to make sure the work of this collective network gets coverage and shared messages are heard at the highest levels to achieve political/societal change. Older people must sit shoulder to shoulder with decision makers and people designing services.

It is great to see connections being formed already with participants offering to share experience and buddy on specific initiatives. We will continue to learn together and explore how to co-create age friendly compassionate communities that enable older people to live their best lives. All future sessions will continue to be virtual.

Co-Lab Sessions	Conversation Cafes	Themes
	November 18	Connect
	December 9	Keep Active / Eat Well
Co-Lab 2: 25 January 2022	January 12	Take Notice
	February 16	Give
	March 16	Keep Learning
Co-Lab 3: 30 March 2022	April 14	Reflections

Presentations and flash reports from each of these sessions will be available at

https://integratedcarefoundation.org/ific_hub/ific-scotland-programmes

Two forthcoming international Webinars will extend networking beyond Scotland on the topics of Healthy Homes, Places and Spaces (Dec 15) and Wellbeing in Later Life (27 April 2022). You can register for these webinars [here](#)

Communities and Organisations represented

Dementia Friendly Aberfeldy
Perth and Kinross Council
Compassionate Wigtownshire, Dumfries and Galloway
Dementia Friendly East Lothian
Scottish Borders Council
Scottish Borders HSCP
Aberdeen HSCP
Stay well stay connected Aberdeen
Westhill Aberdeenshire
Stirlingshire Voluntary Enterprise/ CTSI
Inverclyde Council
Inverclyde CVS
Compassionate Inverclyde
Learning in Later Life
City of Edinburgh Council
Older and Active
Voluntary Action South Lanarkshire
South Lanarkshire Seniors Together
Voluntary Action South Ayrshire
East Ayrshire Council
North Ayrshire Council
Scottish Older People's Assembly
Iriss
Health and Social Care Alliance Scotland
IFIC Scotland
UWS
Life Changes Trust
Age Scotland

To discuss the WeLL Programme or get involved contact

Mandy.Andrew@alliance-scotland.org.uk