



Wellbeing in Later Life Programme (WeLL) Flash Report Thursday 18th November 2021

Participants and guest panellists explored different elements of Connectedness.

Alison Bunce from **Inverclyde Cares** incorporating **Compassionate Inverclyde** spoke about creating places where people can connect, share experiences and reduce social isolation and loneliness. Their first meeting hub initially had a focus on bereavement but quickly blossomed into a successful Friendship Hub open to all. It runs weekly, supported and managed by local people. Alison reminded us that trust and courage to let the community led are needed as organisations tend to want to control things.



Explore places for people to connect and meet and share experiences, as the benefits are almost immeasurable.

Janette Barrie and **Judy Ewer** from Aberfeldy highlighted the culture of kindness in Aberfeldy, amplified through people getting involved and volunteering with **Dementia Friendly Aberfeldy** with vibrant results. For example, the sensory garden and Aberfeldy cinema Dementia and family friendly screenings connect the community across generations. Lack of communication and not knowing was going on were the main themes that emerged through community events, open to all, organised by a local church. This resulted in the Upper Tay Churches Newsletter, available by email and delivered to homes in the area to support inclusion for all and minimise digital exclusion. The next steps are developing a directory that people can access to know what is happening in the area.

There is the continued need for a 'hybrid world' and choice: face to face, online, hard copies

Building a sense of community and connectedness through shared learning & networking

No matter what or if you have a concern a place to have a chat builds your networks

Fi Thomson, Community Worker Moray & Outside the Box described how the [Rural Wisdom](#) project is listening to the voices of older people and empowering them to lead change in rural communities across the UK.

RURAL WISDOM



2015 - 2016:
DEVELOPMENT

Momentum builds around work of the 3 project partners and on national initiatives in Wales. A test phase is complete in two local areas to test the approach and develop partnership links.



2017 - 2019:
STAGE ONE

The five year project begins. Stage one involves work with five local areas: Eaglesham, Highland Perthshire, North Angus, Leeswood and Milford Haven, as well as conversations with older people in more communities across the UK.



2019 - 2021:
STAGE TWO

Stage two commences and involves work in four additional areas: Burghead and Hopeman, The Scottish Borders, The Dale Peninsula and Holywell. Work is also done to feed into policy and practice developments.



2020 - 2022:
STAGE THREE

The project continues to support rural communities and contribute to local and national policy development. Shared learning methods are increased raising the profile of issues affecting older people in rural spaces.



BEYOND 2022:
ONGOING IMPACT

Rural communities continue to use what they have learned to develop local areas. Partner organisations use key learning in their wider work to ensure lasting change in rural communities across the UK.

- ⇒ ***How do we grow and bring others into the places and spaces?***
- ⇒ ***What's hidden?***
- ⇒ ***How do we connect with the less heard from voices?***
- ⇒ ***Many people connect by telephone for example telephone circles for veterans***

Connections are SO
vitaly important to
People

The flexible elements
of connectedness –
that's the important
stuff

South Lanarkshire Money Matters is supporting people around pension credit, attendance allowance and carers allowance – this is also supporting inclusion and connectedness

Outside the Box Digital Buddies project in Scottish Borders is building a digital element into all projects <https://otbds.org/introducing-borders-buddies/>

Clackmannanshire have a Techshare scheme. Donations of phones, tablets etc, are cleaned up and redistributed with the offer of 1:1 support. Also provide wifi for people who don't have a broadband or phone contract. Originally it was around employability but has grown. Ability Net also provides support for primarily older people to get online.

Aaron Slater, Digital Participation Manager, Scottish Council for Voluntary Organisations (SCVO) spoke about the aim of **Connecting Scotland** to get every citizen in Scotland online. The internet is an essential lifeline keeping us connected to friends and family, informed and entertained, and able to learn, work, shop and access health information and other public services.

<https://connecting.scot/>

Catriona Mason from Seniors Together South Lanarkshire described their collaborative approach to distribute devices to >75s.

Carmen Paputa-Dutu, Digital Health and Care National Lead at the Health and Social Care Alliance Scotland (ALLIANCE) explained her portfolio encompasses digital work on apps, tools and websites to stay well and healthy. She has explored what are the barriers for people to become digitally involved and confident and is now developing resources to help people connect with family, friends and communities.

<https://www.alliance-scotland.org.uk/digital/discover-digital/>

Chris Mackie, Digital Hub and ALISS Programme Manager at the ALLIANCE outlined the potential for ALISS (A Local Information System for Scotland) to support signposting and connecting with over 5,500 services that are registered on ALISS. The team are keen to engage with Well participants in the next phase of ALISS.

<https://www.alliance-scotland.org.uk/digital/aliss/>

Embrace those who are digitally included and provide support for those digitally excluded as this may be a choice.

Think about digital poverty too

Concluding our Well Café participants took a moment to reflect and share elements that support CONNECTEDNESS:



Resources

- ◆ Applying Human Rights Principles for Digital Health and Social Care
<https://www.alliance-scotland.org.uk/blog/news/>
- ◆ [Upper Tay Community Newsletter](#)
- ◆ [Dementia Friendly Meeting Places](#)

December 2021 Well Café: Keep Active and Eat Well

Thursday 9th December 2021 4 – 5.30pm via Zoom

Well Co-Lab report and flash reports are available at:

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