

Healthy Ageing Collaborative Network News June 2023

Welcome

Welcome to the Healthy Ageing Collaborative Network Newsletter.

As part of the Network, you will receive updates about the work of the Collaborative and will have an opportunity to share your views and be involved with projects, where you have capacity.

As a member of the Network, we hope that you will champion the Collaborative and share insight about the barriers and enablers to social connectedness for older people.

Our aims - a reminder

To improve the emotional, social, cognitive, and mental wellbeing of older people, especially thinking about the lack of social contact because of the pandemic and to support local communities to be innovative in their approach to ageing well in Bucks.

We're working together to develop and deliver local 'test and learn' projects to improve the health and wellbeing of older adults across Bucks, focusing on loneliness, isolation, and sense of purpose. For example, things which encourage social interaction, volunteering, mindfulness, and intergenerational activity.

Update from our Steering Group

Co-chaired by the council and Age UK Bucks, the steering group recently held its third meeting, to share information and consider where we should focus our resources.

Two issues are currently being explored, and we'd love to hear your thoughts about...

<u>Intergenerational activity</u> – which can provide positive benefits for young people, adults, and older people. We're interested in existing activity, and whether there are opportunities to test and learn from new projects or approaches. Digital inclusion and digital literacy – the current support for older adults with access, skills, and confidence, and whether we can help to fill any gaps.

We welcome your thoughts on these issues, whether that's about the experience of people you're working with, or information about support you know of.

Member Spotlight

In each newsletter we'd like to share something about members of the Collaborative and our wider network. In this edition we introduce...

Heart of Bucks Community Foundation

Heart of Bucks is one of the largest funders in the county,



and part of a network of 47 community foundations across the UK. In the last 3 years they have awarded over £5m to hundreds of not-forprofit groups that are helping to improve the lives of people in Buckinghamshire. (Visit <u>Home - Heart</u> <u>of Bucks Community Foundation</u> for more information about available grant funding).

In addition to their grant giving Heart of Bucks have launched a series of insight reports called 'Buckinghamshire: Uncovered'. These reports highlight the challenges faced in our county by delving into the data and statistics, as well as personal anecdotes and stories.

Last month the Foundation published its 'Ageing Population' report, which highlights future challenges, and showcases opportunities within our communities that empower the lives of our older population. Visit the website to read the report: <u>https://lnkd.in/eVGksNby</u>

A webinar was also held to discuss the issues raised, which is available to watch on YouTube: <u>https://lnkd.in/evNJbBEW</u>

Healthy Ageing Collaborative

Your views on Ageing Well in Bucks

The Buckinghamshire Age Friendly Partnership is developing a new Healthy Ageing strategy to help people living and working in Buckinghamshire live healthy and happy lives for longer.

The Strategy sets out <u>eight key priority areas</u> to support our residents as they grow older. We would like to understand what matters most and how we can better support local communities to age well in Buckinghamshire.

We want to hear from people aged 40 and over who live or work in Buckinghamshire. You can share your views via our online survey at www.buckinghamshire.gov.uk/ageing-well or



complete and return <u>a printed</u> <u>version of the survey</u> by midnight on **Monday 17 July**.

Please encourage as many people as possible to take part.

We're also available to run focus groups to discuss the survey questions (anytime Mon-Fri prior to July 17th). If you are interested in this for your group(s) please contact <u>irzam.malik@buckinghamshire.gov.uk</u>

An Introduction to Age Friendly Communities - webinar

Buckinghamshire has recently joined the Network of Age Friendly Communities. If you would like to find out more about this initiative please visit the <u>Centre for Ageing Better website</u> or consider attending their 1-hour webinar providing an introduction to Age-friendly Communities.

The next webinar will take place on **16 August**. Visit <u>this website</u> to book your place.

You may be interested in ...

Bucks Online Directory

The <u>Buckinghamshire Online Directory</u> provides information on activities, groups, and support services available for adults in Buckinghamshire.

If you would like your services/activity added to the directory just register for a community user account to enter and manage your information, or contact <u>communities@buckinghamshire.gov.uk</u>

We'd love to hear from you

Please contact Izzy by email at irzam.malik@buckinghamshire.gov.uk with:

- Any comments, insight, or ideas about the priorities for the Collaborative.
- We're particularly interested to hear about existing work or gaps in provision in the following areas:
 - o digital inclusion
 - o intergenerational activity
- Any plans to mark the international Day of Older Persons on 1st October 2023 (or if you're interested in being involved)
- Ideas for new ways we can work together to improve the wellbeing of older people.
- And your thoughts on what information might be of interest to you.

