



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...

[Intergenerational activity](#) – 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-for-profit groups that are helping to improve the lives of people in Buckinghamshire. (Visit [Home - Heart of Bucks Community Foundation](#) 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: <https://lnkd.in/eVGksNby>

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

