



Report of:	Meeting	Date
Councillor Lynn Walmsley, Lead Member for Older People	Council	7 July 2022

Periodic report - Lead Member for Older People

1. Purpose of Report

- 1.1** To update the Council on some of the activities I have been involved in over the last year as Lead Member for Older People.

2. Summary of Activity

- 2.1** A summary of activity is included relating to the following issues:

- Review of services that Wyre Council provide to older people, and;
- Creating a winter checklist for older people.

3. Questions and Comments

- 3.1** I will respond to any questions or comments on the contents of my report or on any other issues relating to older people in Wyre.

Financial and legal implications	
Finance	None arising directly from this report
Legal	None arising directly from this report

Other risks/implications: checklist

If there are significant implications arising from this report on any issues marked with a ✓ below, the report author will have consulted with the appropriate specialist officers on those implications and addressed them in the body of the report. There are no significant implications arising directly from this report, for those issues marked with a x.

risks/implications	✓ / x
community safety	x
equality and diversity	x
sustainability	x
health and safety	x

risks/implications	✓ / x
asset management	x
climate change	x
ICT	x
data protection	x

Processing Personal Data

In addition to considering data protection along with the other risks/ implications, the report author will need to decide if a 'privacy impact assessment (PIA)' is also required. If the decision(s) recommended in this report will result in the collection and processing of personal data for the first time (i.e. purchase of a new system, a new working arrangement with a third party) a PIA will need to have been completed and signed off by Data Protection Officer before the decision is taken in compliance with the Data Protection Act 2018.

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List of background papers:		
name of document	date	where available for inspection
None		

List of appendices

Appendix 1 – Periodic Update Summary

Periodic Update Summary

Lead Member for Older People: Progress Update – June 2022

As Lead member for older people I have started to review services provided by Wyre Council which impact on older people in order to fully understand what Wyre Council can offer. It is important to point out that owing to the Covid-19 pandemic and the government restrictions it has been difficult to engage with older people, because they are classed as vulnerable.

As we start to recover from Covid-19 many of the services provided by the council are all aimed at improving the well-being of older people and encouraging the following behaviours.

Be active - Regular physical activity is proven to improve your physical and mental health. With a range of guided walks and cycles, our activities offer lots of opportunities to get active! Even those with busy schedules can take advantage of our beautiful open spaces by heading out on a walk, jog or cycle.

Take notice - Heightened awareness, sometimes known as mindfulness, can enhance your self-understanding and change the way you feel about life. Visit our stunning countryside or sprawling coastline and take some time to simply enjoy the moment and the environment around you.

Learn - Continued learning enhances self-esteem. From gardening clubs and conservation days, to art sessions and craft days, there are so many opportunities to learn something new and develop new skills.

Give - Research has shown that committing an act of kindness once a week is associated with an increase in wellbeing.

The following provides a summary of all the work currently being undertaken by Wyre Council to assist older people.

Community Engagement Team - Covid Recovery Projects

Covid-19 has had a significant impact on our older residents.

Therefore following our Covid-19 community hub work during 2020 and 2021 and from working closely with our local communities, groups and residents, the Active Lives and Community Engagement Team have identified a number of projects that would be beneficial to residents in Wyre including older people.

These projects will help to tackle key issues such as social isolation, support for people with long term conditions (including long-Covid) and will help improve motivation and self-confidence. All of these areas have been identified as key issues/support areas for people post Covid-19.

The projects proposed will include gentle mobility/physical activity classes for people with long-term medical conditions (including long-Covid). The outcomes of the sessions would be an increase in physical activity levels of people who are currently inactive, improved health and wellbeing of the participants, better social connection and improved quality of life.

Other projects proposed include accessible arts projects and community dance classes for people with disabilities and those with long term conditions such as Parkinson's disease, MS and stroke. Referrals into the projects would come from NHS social prescribers, GP and other health professionals and by self-referral. These activities are planned for delivery over the coming months.

Housing for Older People

Adapting older peoples' homes

The housing team administer the Disabled Facilities Grant scheme which makes homes more suitable for living in and enables older people to live more independently. The care and repair and handyperson team works with clients to keep them safe by avoiding slips and trips as far as possible and they undertake minor repairs to properties for which there is a small cost.

Assisted collection – Waste bin collection

Older people may qualify for an assisted collection service if they have mobility or health problems and there is no one else in the home who can put the bins out.

An application form must be completed and if the application is successful your address will be added to our assisted collections list and shared with contractors. A home visit may be required to confirm your circumstances.

On your normal collection day the crew will collect the bin or sack, empty it and return it to where they found it.

Cosy Homes in Lancashire (CHiL)

CHiL is a partnership of the 15 Local Authorities in Lancashire, offering residents in the region access to free first time central heating, gas connections, affordable heating solutions, energy advice and support on a range of money saving energy measures to help you keep warm and save money.

Rhea Energy manage the CHiL scheme and the Administration Hub on behalf of the Lancashire Local Authorities.

The Lancashire Authorities have recently secured Green Homes Grant (Home Upgrade Grant) from Central Government which is available to owner-occupiers and tenants and will cover the cost of larger insulation measures and renewable heating technologies. It is only available to properties which do not have gas central heating at the present time.

View the full range of energy measures available via the following link
<https://www.chil.uk.com/>

Planning for sufficient suitable homes for older people

The Council are also encouraging the building of suitable homes for older people as part of the planning process.

Policy HP2 of the Local Plan adopted in 2019 requires that:

1. New housing development will be required to widen the choice of housing types available in Wyre.
2. Proposed developments should provide an appropriate mix in terms of size, type, tenure of housing, to meet identified housing need and local market demand that accords with the most up-to-date Strategic Housing Market Assessment and Rural Affordable Housing Needs Survey.
3. In order to help meet the needs of an ageing population and people with restricted mobility, at least 20% of dwellings within developments of 20 dwellings and above should be of a design suitable or adaptable for older people and people with restricted mobility. Where housing for older people and people with restricted mobility is provided as part of a Wyre Local Plan (2011 – 2031) larger scheme, this should, where appropriate, be located within the scheme in the most accessible location for services and facilities.

Communication with Older People

Wyre Council's website advises residents of the services available, there is not a specific section on the website for older people, however there are a number of service area pages containing activities for all ages and they include some activities that are ideal for older people to participate in. The website can be accessed via the following link. <https://www.wyre.gov.uk/>

FYi Directory -Within the Community, Leisure and Health section of the Council's website, you can access the FYi directory, this directory provides contact details for a raft of services available in the Wyre area. <https://www.fyidirectory.co.uk/>

This directory is overseen by NHS Blackpool, Wyre and Fylde CCG and a review of the information is currently being undertaken to ensure it is up to date supported by the council's Active Lives and Community Engagement Team.

Wellbeing Activities Currently Offered

The following activities are aimed at encouraging socialisation as isolation was a known risk factor before the Covid Pandemic for older people, which has increased over the last two years, and these activities form part of the recovery plan.

Reminiscing - Just Reminiscing is an example of a range of activities supported by the Active Lives and Community Engagement Team to support and engage older people in Wyre. A table full of curious objects from days gone by are used to engage and bring back memories. Objects include replica tickets from pop concerts of the

1970s, knitting patterns of the 50s, scrapbooks of the decades to thumb through, the odd flat iron and old industrial

Tea Dances at Marine Hall - These are another example of very popular and well attended activities coordinated by the council and attended by older residents.

Older people are invited to attend Marine Hall's beautiful ballroom for the regular tea dance. It's a great way to try something new, or you can just sit and enjoy the music and watch the dancing, no previous dance experience is necessary.

Harmony and Health Singing Groups

Singing is a great way to connect with others and have fun, so older people are invited to meet some new friends and sing songs they love at singing groups across Wyre. There's no experience necessary and everyone is welcome, There are groups accessible at Marine Hall, Thornton Little Theatre, Garstang United Reformed Church and Hambleton Village Hall.

Fun arts – is another activity ideal for older people which is a dementia friendly activity led by an experienced instructor and is suitable for those living with dementia and their carers. There are sessions held at Garstang and Knott End Libraries on a Thursday and Monday respectively.

Wyre Council has a Great Outdoors Programme

A key part of staying healthy as you age is keeping active and there is a full programme outdoor activities that can be accessed via the following link.

www.wyre.gov.uk/greatoutdoors

Many of the well-being walks, cycling and activities promoted would be suitable for 'older people' to start on their fitness journey, the activities below are eminently suitable for older people

Tramper Service

Unfortunately some older people have restricted mobility but they can still explore the countryside by hiring a Tramper for free - the all-terrain electric vehicle. Designed for people with differing abilities to access the countryside, the Tramper can handle stones, mud, wet grass and rough ground, offering you exploration without boundaries.

Gardening club at Fleetwood Memorial Park

Take part in a range of gardening activities with our volunteers who have a shared interest in growing plants, flowers and vegetables. No experience is necessary. Just turn up!

Cottam Hall Community Garden

This has previously been used by Blackpool and Fylde Community College. However Poulton in Bloom have recently taken it on and are in the process of setting up a community gardening club. Volunteers of all ages and backgrounds are welcome. This particular garden makes use of a number of raised beds which lend itself to older people volunteering.

Wyre Wheels

Wyre Wheels is a fun accessible cycle project for older people, those with disabilities or needing confidence to cycle. This cycling programme offers participants the opportunity to ride adapted bicycles including trikes, side-by-sides, hand bikes, quad and wheelchair bikes.

Volunteering

Volunteering is a great way for older people to keep physically and mentally active, make friendships and feel a sense of achievement. You can volunteer for as little or as much time as you want, it's that simple.

You can apply to become a volunteer using the following link

<https://www.wyre.gov.uk/homepage/84/volunteering>.

Many of the volunteering roles offered are suitable for an older person.

Volunteer role - Befriending and Mentoring

Isolation is a particular concern for older people and therefore this role can benefit both the volunteer and the person they are supporting.

Lancashire County Council are always looking for volunteers to support vulnerable adults who are socially isolated and living within local communities.

Volunteering opportunities may include:

- experience towards a career in health and social care
- experience to supplement your education/training
- the opportunity to meet new people
- the prospect to make a positive impact to the lives of others
- the chance to make a difference in your community

An older person could be supporting other older people, an adult with a learning disability or physical disability, people with sensory loss (sight, hearing or both), people with mental health conditions and unpaid carers.

They can choose to be a friendly face by visiting them at home for a chat, taking them out for a walk or drive, assisting them to attend local activities or supporting them to achieve goals.

Their actions could have a significant and positive impact on someone's life and at the same time increase their own self-worth.

Apply today

- email: lccvolunteering@lancashire.gov.uk
- telephone: 01772 531323

Future Work

I intend to develop a winter checklist and monitor the review of the FYi Directory currently being undertaken.