

Healthy Active Aging Brackley

Delivered by South Northants Volunteer Bureau

A community engagement project for Older People to look at their thoughts, wishes and barriers, to enable them to live their best lives

A selection of comments from 100 respondents

THE GOOD

'I'm young at heart'.
I'm all there up top it's just my legs that let me down.
Would you like to learn something new Always

THE BAD

I hope someone visits me, I get lonely.
Just waiting to die.
Lost my son last year, struggled, live alone.

THE CURIOUS

Would you like to learn something new - 'how to mend pavements'.
Do you have support 'My Friends have died, I visit them in the cemetery'
Would you like to learn something new 'I can't be taught'
Feeling Optimistic – One day at a time at my age (91) !!

A Connect Northamptonshire Project

Funded by a National Lottery Health Inequalities grant



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1. Purpose

This project aims to create an approach to reducing Health Inequalities that activates and utilises the capability and capacity of people and communities with the support and services of health, social care and public health organisations from all sectors where needed. This pilot is based around Brackley and the Rural South LAP area.

The project aims support those of Northamptonshire's Integrated Care Strategy and Older Peoples Thematic Group (OPTG)'Optic report'ⁱ, Northamptonshire Sportⁱⁱ and is working with the local LAP to build a model that has relevance and value.

2. Summary

We identified an approach to use for the project called Asset Based Community Development, ABCD, recommended in the NICE guidelinesⁱⁱⁱ and the 14 'Ageing Better'^{iv} projects and adapted the 'Theory of change' model from the Well London. (Appendix 4) We utilised the WHO 'Age Friendly communities'^v four step cycle (World Health Organisation)

To support this approach a questionnaire (Appendix1) was created to engage people and gather input based on an adapted version of the brief Older Peoples Quality of Life^{vi} (OPQOL) and the brief Warwick-Edinburgh Mental Wellbeing Scales - WEMWBS^{vii}.

We gathered 103 responses from people across 6 cohorts and venues during June and July 2024, with follow up engagement during August and September to feedback, affirm and discuss the collated responses, and agree possible actions. A summary document of all responses was created, Healthy Active Aging Brackley (Appendix 7).

The responses identified activity people wished to do to become more physically, socially and cognitively engaged and barriers that prevented them. This led to a number of actions taking place, during the project, as well as planned and proposed actions.

Across all cohorts the top physical activities people wanted to do were more walking, exercise classes and swimming, and for social and cognitive engagement café style socialising, getting out and about and meeting people.

The main barriers were isolation, an individual's social and family support, lack of knowledge of activities, lack of transport, physical health issues and confidence.

Responses to WEBWEMS showed most people felt optimistic and useful only some of the time, most felt able to make decisions and think clearly often or most of the time. Responses to OPQOL showed most people felt healthy enough to get out and about, were independent, felt safe where they lived and had enough money to pay for bills and activities (though some did not), a significant number stated they did not have good social support networks, and many wanted to do more activities even if already busy.

The following actions were undertaken following secondary engagement.

3. Actions

In discussion with respondents and community activity organisers we looked for opportunities for actions that could be done immediately and in the short term to ensure people felt we had listened, understood and intended to make a tangible difference.

Using the feedback the Saints Community Project (SCP) at Brackley Town Football Club organised two day trips and used the responses to support a successful application to the National League Trust for 25k.

This will be used over the year for things such as

- Brackley's Walking Football team, for seniors, offering gentle cardiovascular and mobility training sessions.
- "Singing with singers," a local brass band and choirs to encourage singing.
- Cultural "party days" featuring food, music, and colours, from other countries, aimed at broadening horizons for attendees who have never travelled abroad.
- Healthcare professionals leading cooking and shopping sessions to emphasise basic nutrition and value for money.
- A trained professional to assist with adult literacy.
- Regular visits from Police or Trading Standards to raise awareness about current and emerging scams.

Our partner, Northamptonshire Sport, has scheduled an initial 'Otago' class of chair-based activities to promote mobility and balance at the SCP and people have been directed to a similar class that has just started at the W.I. Hall in Brackley. They will also deliver a taster 'Move It' session for people with dementia and their carers.

Although dancing as an activity had a small initial response from respondents from various cohorts, it was highlighted in the feedback at the reengagement stage, and two options are being followed up, both using a model led by volunteers.

The Asset Map of 120 community activities and resources in and around the South Rural LAP area, was gathered by SNVB as a means of communicating what is available to local people and partners and will be added to as a 'live' document. (Appendices 6)

The Asset Map activity produced the Activities in Brackley 2024 which was shared with all cohorts, across communities, with partners and the South Rural LAP. Many people stated they had not been aware of what was available and the range of activity at the local Leisure Centre particularly in relation to swimming.

Walking and Socialising was a top response for what people would want to do and loneliness and isolation (social and geographic) often mentioned as issues.

To address this a Befriending proposal is being developed which would include phone calls and face to face as well as local walks, buddy walks to support those isolated and regular coffee mornings and events in the style of WNC 'Chatty Cafés'.

Healthy Active Aging

The existing Happy@Home befriending service is being promoted as an option for those feeling isolated for those who identified as being isolated and needing someone to talk to.

To enable more community activity a proposal is being developed to have two funds available, one to provide for startup costs to 'buy in' activity, with members attending paying a contribution. The startup period would have funding available for a short time with the intention that the activity becomes self-sustaining. (the majority of respondents indicated they had sufficient funds, but this model allows access for all).

The second fund would be for community led activity or groups to start up, with the same aim of self-sustainability, using a model operating in Leeds called 'Hey Neighbour' <https://www.heyneighbour.org.uk/> and following the community led model used in this project and guidelines that cover good practice (Appendices 2 & 3)

A joint Healthy Active Aging Steering group (HAASG) was formed during the development and delivery of the project led by Northamptonshire Sport who launched their Active Lifestyles Strategy. The group brought together Public Health, with whom the project liaised since inception, and VIN, the project sponsor, and has been joined by WNC community leads, LAP leads, a GP from a PCN (surgery group) and Older Peoples organisation from the VCSE to provide input, coordination and a forward plan.

This group has acted as a sounding board to enable the project to develop additional proposals and is planning a co-ordinated bid to enable development of the model.

A number of people identified they would like the opportunity to volunteer and SNVB provide a volunteer brokerage to offer opportunities to which people can apply. In addition SNVB has, in partnership with VIN sources funding to support volunteering across West Northants as part of the Integrated Care Network.

Acronyms

VIN Voluntary Impact Northamptonshire
WNC West Northants Council
LAP Local Area Partnership
PCN Primary Care Network
VCSE Voluntary Community and Social Enterprise

4. Approach/Principles

The project aimed to build on the strengths and assets of individuals, community networks and activities and community organisations to create a model that can be replicated. The identification of barriers in this approach and addressing them is a key part of enabling people to take action and to be active, healthy and live their best life.

We utilised the WHO 'Age Friendly communities'^{viii} four step cycle

1. Understanding local assets and needs
2. Listening carefully to older people to understand their perspectives and aspirations
3. Deciding on priorities
4. Delivering agreed actions, and evaluating impact

We reviewed the 14 'Ageing Better'^{ix} projects (we talked to 6- see Appendix 5) that ran between 2015-2022 , and the ACRE Good Neighbour scheme, to identify what worked well and to provide practical knowledge and expertise. We have stayed in touch with the network of support set up following on from these projects to use their expertise.

The identified and recommended approach we used is called Asset Based Community Development – ABCD, which is recommended in the NICE guidelines for community engagement^x. We also adapted the 'Theory of change' model from the Well London/Well communities framework approach CSEAD, 'Community & Stakeholder Engagement, Asset and system mapping and co- Design. (see below & Appendix 4)

This project did not have the significant resources of the Aging Better projects and WHO, and we recognise that, with the level of demand for health and care, our model now and for the future needs to be sustainable, add capacity and promote prevention.

The model therefore seeks to activate the resources of the individual and community, align with existing available community support, and work with services and support in the statutory, not for profit and business sectors.

We have worked and are working with Public Health to ensure the project is relevant to improved health and wellbeing, enabling local people to have increased independence, resilience to adversity, engagement in social activities, be socially connected^{xi} , and enjoying life in good health.

From a strategic perspective, we have ensured that our work aligns with the Integrated Care Networks 'Live Your Best Life'^{xii} aims (e.g. Ambition 3: Opportunities to be fit, well, and independent) and the WHO 8 domains identified to underpin their 'Age Friendly communities' approach.

5. Enabling Activity – in brief (following the WHO four step cycle)

1. Understanding local assets and needs

Asset mapping is a key starting point when using ABCD, and for local LAPs, and we started an asset map for the Brackley area and added to this through our engagement questionnaire, which we used to guide our conversations with local people to understand their wants, needs and barriers.

2. Listening carefully to older people to understand their perspectives and aspirations

The questionnaire (Appendices 1 & 1a) we created is bespoke for this project using the Brief Older Peoples Quality of Life^{xiii} (OPQOL) questionnaire as a start point adapting questions to the purpose of this project, the audience and informal engagement method we used.

We have used the OPQOL questions relating to health and community engagement and taken some out that have a mental health aspect as we also used the brief version of The Warwick-Edinburgh Mental Wellbeing Scales - WEMWBS^{xiv}.

We identified opportunities to engage with communities through the Asset Mapping, knowledge of communities and existing connections SNVB has within communities and used established relationships to enable invites to community events and locations.

These locations were attended in person by the project team

- The Saints community Project (SCP) based at Brackley Town football club and is entirely volunteer-run and attracts over 100 attendees each week. (32 responses received)
- W.I. Hall – The WI group meets every Monday in Brackley, with around 50 attendees. (17 responses came from this group).
- Kings Sutton Coffee morning - This session had around 25 attendees, most of whom appeared to be in good health. The group, managed by volunteers known as “Community Champions,” has been instrumental in helping isolated members of the community feel more connected through their proactive efforts and enthusiasm. (8 responses)

Responses from across the rural areas and villages came through the database of members of the Brackley Area Volunteer Car Scheme – BAVCS. People were asked if they would like to take part in the project and contacted over the phone for a one to one discussion and the form filled out on their behalf.

- Brackley Area Volunteer Car Scheme (BVSC) users are supported with car transport to medical and hospital appointments as they generally cannot drive and have no other means to get transport to ensure they attend appointments. The scheme operates across the Brackley and South Rural LAP area. (22 responses)

The remaining two cohorts of respondents were from

- Springfield Surgery Brackley. The questionnaire was made available at the reception desk of the Springfield surgery to their patients who were over 65, in early July, (16 completed and returned the questionnaire).
- Grand Union Housing Group– Bridgewater House This facility has 29 flats for residents in a housing block, the questionnaire was left out for residents. (4 responses)

(2 responses did not fit the parameters of the project but were taken into consideration when looking at support, actions and options)

3. Deciding on priorities

The responses were collated, and data anonymised. This was fed back and discussed to ensure it reflected what the respondents had intended, and to give the opportunity for further input and discussion and to discuss, sense check and agree priorities.

We identified community leads, activators and champions who may want to take a lead in their communities to support the project and to get new activity underway, some of which have started or are scheduled.

The Asset Map work and the collated Activities in Brackley 2024 document were made available, where appropriate directing people to existing activities with which they could engage, and shared with partner organisations to disseminate and add.

As part of community engagement we did come across those in difficulty or crisis and acted, with their permission and agreement, to refer people to partner organisations..

4. Delivering agreed actions, and evaluating impact

We went back to each of the venues and cohorts with whom we engaged to feedback their collated responses, discuss with them what we had gathered, potential actions and next steps. This allowed for an understanding, gathering of information and to share what was going on currently that they could access.

We liaised with community leads and organisers of community groups to communicate what we were doing, what we had found, sense check our information and actions and in some cases worked together to utilise the feedback to take action. In the community this has led to a successful application for £25,000 to support activity as described in 'Summary - Actions' at the start of this report and additional Day Trips taking 70 people.

Community Leads, activators and champions have helped the project to be relevant, increase reach into communities, and we will use them to support an approach to promote health and wellbeing using techniques such as those found in Live Longer Better^{xv} and Action for Happiness^{xvi}.

Prevention and health messages will be developed with Public Health to enable people to identify positive actions for their health and wellbeing and for people with health conditions to manage and maintain their independence to live their best life.

Public Health in partnership with the HAASG group has engaged with the 'Live Longer Better' organisation, led by Sir Muir Grey, to support the development of our approach to supporting older people in the county. Live Longer Better has a national presence and similar mission as both this project and the HAASG group.

To monitor our impact, the questionnaire was adapted to ask what people have done additionally, and how they feel comparatively, to the start of the project (Appendix 9).

We are seeking funding to give some activity start-up funding, where possible, using a model that works well in Leeds called Hey Neighbour^{xvii} which gives small grants to individuals and unincorporated groups as well as to charities. Well Northants is a local example of giving small grants to charities, but we will look to use a simple application, approval process by local community panels and monitoring used by Hey Neighbour.

Broader examples of larger scale system changes that may follow initial work like this can be found in Birmingham, Leeds and Torbay where this building of community capacity and resilience is now part of their Integrated Care system.

6. Theory of Change (see Appendix 4)

To underpin our principles and approach we have developed a theory of change model based on that identified by Well London^{xviii} and 'the Well Communities framework approach', which been adapted to reflect a number of factors.

The resources we have available lends our model towards community action and building capacity, networks and resilience with less supported interventions by a team with resources as used in the Ageing Better and Well London projects.

In our model the 'interventions' step in the 'Theory of Change' has been changed to an intervention for referrals, support, guidance for those with more immediate need and do not have equality of access. Also included are interventions to link/signpost those with resources to support which they may not have had knowledge or access.

The model for change includes provision of guidance and referrals which would need to be developed in partnership with the Integrated Care System, to ensure it supports self-care, independence and intervention where necessary, identifying those with greatest need, least access who need support to manage their health and wellbeing and prevent any deterioration.

For this project we have liaised with the Social Prescribers to provide this type of focussed support.

The model adaptations were supported and adjusted with input from Well London.

The model in development

A significant change in direction, such as has taken place in Birmingham with Social Care and Leeds where their Older Peoples forum is supported by the City Council, followed on from their Ageing Better projects and we hope this project adds some local knowledge and expertise that may be useful to our ICN partners.

We may need to look at a prevention model which utilises and aligns the capacity of the community and the VCSE sector, gets local businesses more engaged, active in their communities and their staff to themselves be proactive in their health and pre-retirement health awareness and encourages healthy active aging generally.

Embedding this model into the LAP's and ICN future plans would require an ongoing version of the model to have some resources for a framework to support the model as is the case in Birmingham, Leeds and Torbay, to increase the provision of some of the supporting activity, services and guidance from the not for profit sector to expand capacity, meet the gaps and keep people engaged and active.

7. Summary of responses_(from Healthy Active Aging Brackley –Appendix 7)

Full collated responses, additional comments from respondents and initial areas to discuss for each cohort can be found in Appendix 8

Saints Community Project (34 responses)

Respondents stated they would like to participate in more exercise and physical activities including walking, swimming and dancing

They would like to attend more social events, groups and clubs including:

- More like Saints Community Project and Chatty Cafes
- Planned days out/trips
- More social clubs to meet new people
- Evening bingo, Photography, Gardening & Pottery

They would like to learn something new and suggested new exercise/activities including Crochet, Art, Computers, Poetry & Croquet

They advised that their mobility, lack of confidence, information, resources and finances prevent them from doing more. Uneven paths were mentioned frequently as preventing community members from accessing services due to the risk of falling over.

Respondents advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about
AGREED they do have family and friends to rely upon should they be required
STRONGLY AGREE that they are healthy enough to have their independence
STRONGLY AGREE that they feel safe where they live
AGREE that they have enough money to pay for bills and activities

They FEEL OPTIMISTIC about the future SOME OF THE TIME
They OFTEN FEEL useful, relaxed and are able to deal with problems well
They are able to think clearly, feel close to other people and able to make up their own mind about things ALL OF THE TIME

Brackley Area Volunteer Car Scheme (22 responses)

Respondents stated they would like to get out more and participate in exercise or physical activities

They would like to attend more social events, groups and clubs including:

- Meet new people
- Day trips
- Feel “belonged” or have something to “look forward to”
- Support groups

They would like to learn something new and suggested new exercise/activities including

- Computer skills
- History group

Healthy Active Aging

- Pavement action group
- Drop in cafe

They advised that their mobility, carer responsibilities and lack of confidence prevent them from doing more.

Brackley Volunteer Car Service members advised us that they:

AGREE that they are healthy enough to get out and about
STRONGLY AGREE they do have family and friends to rely upon should they be required
DISAGREE that they have enough social/leisure activities that they enjoy
STRONGLY AGREE that they are healthy enough to have their independence
STRONGLY AGREE that they feel safe where they live
STRONGLY AGREE that they have enough money to pay for bills and activities

FEEL OPTIMISTIC about the future SOME OF THE TIME
SOMETIMES FEEL useful and close to other people
They feel relaxed, able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

Kings Sutton Community group (8 responses)

Respondents stated they would like to get out more and participate in exercise or physical activities including walking and swimming

They would like to attend more social events, groups and clubs including:

- Day trips
- History group
- Support group

They advised that their lack of local resource knowledge, limited mobility, confidence and caring responsibilities prevent them from doing more.

Kings Sutton community members advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about
AGREE that they have family and friends to rely upon should they be required
AGREE that they have enough social/leisure activities that they enjoy
STRONGLY AGREE that they are healthy enough to have their independence, that they feel safe where they live and that they have enough money to pay for bills and activities.

FEEL OPTIMISTIC about the future, USEFUL and close to other people OFTEN
FEEL RELAXED, are able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

W.I Hall (17 responses)

Healthy Active Aging

Respondents stated they would like to get out more and participate in exercise or physical activities (even though many of them were 'very busy')

They would like to attend more social events, groups and clubs including socialising, getting out more and dancing.

They wanted to learn something new such as a History Group, a Life group, telling Life Stories.

They advised that uneven or blocked paths, lack of bus connections, health and access issues as well as caring responsibilities prevent them from doing more and wanted to feel safer going out on pavements and pathways.

Brackley WI members advised us that they:

STRONGLY AGREE/AGREE that they are healthy enough to get out and about
Most AGREE that they have family and friends to rely upon should they be required
Neither AGREE or DISAGREE that they have enough social/leisure activities that they enjoy
STRONGLY AGREE that they are healthy enough to have their independence, that they feel safe where they live and that they have enough money to pay for bills and activities.

FEEL OPTIMISTIC about the future SOME OF THE TIME

They feel useful and close to people SOME OF THE TIME

OFTEN feel relaxed

They are able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

Springfield Surgery (16 responses)

Respondents stated they would like to participate in more exercise and physical activities including: Walking, dance classes, Qi Gong, Swimming, Bowls and cycling

They would like to attend more social events, groups and clubs including:

- Dance
- Bowling
- Reading
- Sport

They would like to learn something new and suggested new exercise/activities including:

- Italian & Spanish
- Learn the piano
- Gardening
- Computer skills
- Bowling

They advised that their mobility and lack of confidence prevent them from doing more.

Springfield Surgery patients advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about
AGREE they do have family and friends to rely upon should they be required
AGREE that they have enough social/leisure activities that they enjoy
STRONGLY AGREE that they are healthy enough to have their independence
STRONGLY AGREE that they feel safe where they live
STRONGLY AGREE that they have enough money to pay for bills and activities

FEEL OPTIMISTIC about the future SOME OF THE TIME
OFTEN FEEL useful, relaxed, are able to think clearly and deal with problems well
They feel close to other people and able to make up their own mind about things ALL OF THE TIME

Bridgewater House (4 responses)

Respondents stated they are unable to participate in any activities or exercise as they are too poorly and the furthest they can go is the communal garden.

They would like to attend more social events, groups and clubs including:

- Film night
- Fish and Chip evening
- Quiz

They advised that their limited mobility prevent them from doing more.

Bridgewater House residents advised us that they:

NEITHER AGREE OR DISAGREE that they are healthy enough to get out and about STRONGLY AGREE that they have family and friends to rely upon should they be required
AGREE that they have enough social/leisure activities that they enjoy
NEITHER AGREE OR DISAGREE that they are healthy enough to have their independence
STRONGLY AGREE that they feel safe where they live and that they have enough money to pay for bills and activities.

FEEL OPTIMISTIC about the future,
USEFUL and RELAXED SOME OF THE TIME
They are able to deal with problems well, think clearly, able to make their own minds up about things and feel close to other people ALL OF THE TIME

8. Actions following engagement

The following 10 points were distilled from our engagement to cover the major areas for action to make sure there was a focus and activity in the short and medium term and a plan for the work started by the project to continue. These were discussed by the Healthy Active Aging Steering Group partners to provide a collective basis for the work done to date to continue.

Next Steps – from the HAA Brackley work	Current progress and action
1. Initial Actions arising from Community Conversations/ABCD a. Exercise – Walking, Nsport Otago & Steady Steps’, Dance Group b. Social Activity – chatty Café style and ‘Walking Bus’ to Meet and Chat. c. Befriending model – (eg SERVE/Age UK/Voluntary action Oundle) d. Saving Stories- local recording of people’s stories (shared with local schools/people) e. Other activity 2. Utilise the HAASG as the partnership and action vehicle 3. Promote and recommend the model of Community Engagement and Asset Building tested and proofed under this project 4. Develop local expertise, in particular what has worked well and enabled community engagement (VCSE) local lead with established community knowledge, links and community support delivery. 5. Utilise the LAP as the focal point to enable the model and ICN alignment 6. Refocus and bolster resources,	Otago, Move It and Dance group in progress Proposal outline below Proposal with Befriending see below & promote Happy@Home (to BACVS members in particular) Applied for funding for gathering ‘Life Stories’ (SERVE model) Day Trips organised by SCP & £25k National League Trust funding for new activities. Swimming - referrals to Leisure centre Sir Muir Grey support & ‘Dementia’ organisations Through HAASG & OPTG HAASG proposal being discussed with the National Lottery Ongoing discussion through HAASG and with LAP leads Potentially start with Chatty Café’s, WNC walks, Well Northants, Public

a. existing resources across all partners refocussed around the model of building community activity and assets. b. Seek funding to provide a framework to support the inception of engagement and initial activity -currently a HAASG focus. c. Develop local community assets and expertise, identifying leads and community driven priorities to develop local activity groups, social and support networks.	Health, LAP(ICN) and OPTG members HAASG proposal being discussed with the National Lottery As above and working with the LAP to adopt the model and in proposal below Shared and promoted across Brackley area.
7. Share the SNVB Community Asset Map with the LAP for them to act as the point of knowledge. The Mapped assets listed to point to resources and assets rather than replicating all details to minimise errors and need to update twice.	SNVB to continue to update
8. Messaging- develop communications around Healthy Active Aging- Public Health messaging delivered through the networks, activity and VCSE support organisations to promote available information and services and personal wellbeing.	Key Health messages from Public Health, ICN, Live Longer Better and others!!
9. Arrange VCSE support event to promote their engagement with local people – eg Carers, Age UK, Alzheimer’s and ICN partners etc, and other locations as appropriate.	Follow up on available dates with groups and venues
10. Work with partners to develop a community transport model to enable healthy activity, social interaction, building networks and to reduce isolation	WNC has offered to convene a Community Transport forum

Actions to support Next steps

The following options for local activity to access funding would follow these principles

- Any proposal would utilise the methodology of engagement used in the Healthy Active Aging Brackley project to identify the wishes of the community and to give real evidence that any activity is something local people would want to do.

- The Questionnaire would also be used once the proposal is up and running to measure the difference it has made in the engagement and activity levels and in the wellbeing, quality of life and mental health of local people.
- A local 'committee' would review proposals to ensure the applications are for local people and reflect their wishes, have followed the process and to provide knowledge of veracity and delivery. (see Leeds 'Hey Neighbour' model)
- Any activity would be funded on the basis of becoming self-funding after 6- 10 weeks.
- These are intended to be contributory activities where attendees may pay per session/membership or both (ideally a model that allows for those less able to pay, to attend, as are operated elsewhere)
- Funding would be provided to support start-up costs and as off-set funds against activities while they gather momentum and attendance until they reach a self-sustaining level or prove to be non-viable.

OPTION 1

Classes, activities that can be brought in to get people more physically active, socially and cognitively engaged.

This may often be a teacher/instructor led activity and could be from a private, public or not for profit source but could also be a new start up activity from any of those sources.

OPTION 2

Start up or expansion of an activity from an informal group or individual that wants to get involved in an activity, regular social event or hobby to involve a significant number of people or to get more people involved.

This option could use the Leeds Hey Neighbour forms (Appendix 3) and format and would need to follow the set of good practice guidelines developed by the Healthy Active Aging project.(Appendix 2)

BEFRIENDING

A study of befriending schemes by The Mercers Company, funded by Earl of Northampton's Charity, identified that the benefits of the schemes fall into several different categories:

- A meaningful relationship
- Awakening interests
- Loneliness and social connection
- Maintaining independence and function

- Benefits for the volunteer

In addition the core purpose of befriending, schemes acted as an early warning for issues around health, wellbeing and independence, and a route through the befriending support organisation to refer and ensure issues were dealt with at an early stage before they became significant or a crisis.

However the study found that none of the schemes had a good measure of impact or demonstrating a difference around isolation. Using the adapted version of the questionnaire may provide a means to measure and identify impact.

Proposed range of activity

One to one befriending

- Phone befriending
- Face to face befriending

Befriending Activities

- Befriending events
- Regular Befriending 'Chatty Café's' style (could be local in each parish)
- Befriending Walks (also called Buddy Walks where people are 'paired')

Befriending walks and cafes could be combined to encourage walking, with the length of walk and buddies, enabling people of differing levels of ability. Existing local expertise from Happy@ Home, Befriending.co.uk, Age UK Telephone Befriending service, SERVE, Good Neighbours and others would be used and blended to enable the service.

Initial Action

Promote Happy @Home who do support some people around Brackley already and may have some existing capacity (there are waiting lists in other befriending style services).

An initial small scale expansion of Happy@Home activity could focus on promoting small local volunteer led befriending in local villages around Brackley.

Utilise HAA Brackley engagements to identify those who need befriending (Befriendees) particularly in BAVCS and volunteer befrienders in the different cohorts who stated they wanted to volunteer.

9. Background research- some more detail

Asset Based Community Development ABCD

This approach was used by all the 14 Ageing Better projects and from their summary report^{xix} the key message was that working with community assets means being people focused, building on positives and strengths and finding ways for the community to work together.

A similar approach is used in Social Care in many locations using the 3 Conversations (3Cs)^{xx} a strengths-based approach to providing services that work collaboratively with people seeking support. This approach sets out to recognise the strengths in individuals, those around them, and their communities, rather than on what is lacking.

The Ageing Better projects in Torbay, Birmingham, Leeds, Sheffield and Manchester (Appendix 5 notes) talked about this being a process of giving people time to engage and of going into areas to existing activity and events but also setting up in locations and allowing people to come to them.

All the projects did have significant resources in funding and staff, often termed community connectors, who went out and about and talk to people over a long period of time and stayed engaged to support people to start activities and connect people with similar interests.

Recognising the scale of our project required us to build a model which is less of a wrap around and can be replicated without the significant resources required for the Aging Better projects.

Asset Mapping

The Ageing Better summary report states that it was important to think about the assets present in a community in its broadest possible sense. This covers the skills, knowledge and interests of individuals but also includes wider community assets within the voluntary and community sector as well local businesses.

SNVB had started collating an asset map and have run projects in and around Brackley for a number of years thus have a good knowledge of local assets and activity.

Partner organisations such as those in the Older Peoples Thematic Group (OPTG), which includes two Housing Associations have added to this asset map which has been shared with the LAP to broaden knowledge of what is around and gain their input.

Questionnaire (Appendix 1) (and measuring impact)

None of the engagement options from the Aging Better programmes were available to review though the smallest version was reported to have 15-30 questions and required a great deal of additional information. The projects had a bespoke database and staff to collect, collate and enter data as this was required by the National Lottery to meet their criteria and inform an academic review of Ageing Better.

A review of available health and care related questionnaires currently in use was undertaken but all deemed too onerous to facilitate a conversation and could disengage anyone faced with multiple questions and requests for personal information.

A Questionnaire designed for this project is based on the OPQOL-BRIEF^{xxi} questionnaire (Older Peoples Quality of Life) which has 13 questions, 6 have been kept in the same format

and others changed to open questions asking people what they want to do and what stops them doing more to pick up on gaps and barriers, plus asking what they already do, which we will add to the asset map. The questions fit on one side of A4.

To measure peoples' health and wellbeing, a short version of the Warwick-Edinburgh Mental Wellbeing Scale^{xxii} is appended to the main questionnaire. The additional 7 questions are in a tick box format.

To measure the progress and impact of the project, the questionnaire forms the basis with the addition of a 'better, same or worse' option, to be used comparatively and, to measure progress.

Community Activators and Community Champions

Working with local people was a key component of the Ageing Better strengths based approach which necessarily involved building on community assets.

The exact method varied between Ageing Better areas, some made explicit use of the Asset Based Community Development (ABCD) model. This follows closely the principles and practices developed by the ABCD Institute and is based on the work of John Kretzmann and John McKnight. This approach involves a constant cycle of discovering strengths, mapping and mobilising the community.

Other areas adopted community development principles (encouraging people to come together and take action on the things that matter to them) and asset mapping (identifying the assets and strengths in a community).

Regardless of the model used, all 14 Ageing Better areas applied the following principles when working with community assets:

- People focused – delivery is led by people. At the heart of the delivery is the principle of always looking to build on “what is strong not wrong”.
- Community led - people involved in the work are “asked” not “told” what they would like to get involved in or deliver. So delivery and activity happen in a “bottom up” not “top down” way.
- Relationship driven – people in a community working together. This way of working incorporates principles of co-facilitation and co-design, and it starts and builds upon the existing resources.

A positive to arise from the Lockdowns in 2020 was that communities mobilised themselves and self-started activities and support, such as the work that has now become SNVB Towfood Community Larder operating in a number of locations across the south of the county. Started by one person and their own car, it now has over 200 members each week, 40 volunteers and delivers to those unable to get to the Larders.

SNVB are aware of many of the people who are active in their communities and will step up to lead activity. This provided a good starting point in identifying Community Activators and

Community Champions who could support the project and to this we will add more as people self-identify as we engage communities.

Prevention and health messages

There are key aims, objectives and messages that the ICN have in their strategy and specific information and messages from Public Health, with whom we are working in partnership to develop and utilise in this project.

These messages would be for anyone 50 plus, as prevention and preparation for older age needs to start as physical and mental health become more of a concern as people grow older. Building networks, interests and activity before retirement builds resilience individually and collectively, promotes self-help and independence, and builds community connections and support to help reduce the impact on future services.

One option we have looked at is the work done by Alzheimer's Research UK who identified 14 factors^{xxiii} affecting brain health and developed an online Big Brain Check in^{xxiv} that people can use to engage in how to improve their brain health.

Research at Exeter University using their 30,000 active participants undertook a real-life study of the impact on brain health during lockdown, which is a good way to demonstrate to people the impact of negative factors and conversely what to change.

Activity Start Up

The Ageing Better projects identified that working with community assets will involve reaching people and supporting them to take action. Micro-funding, resources and supporting people to establish groups were key parts of supporting this to happen.

Community assets include wider programmes and local businesses who can often provide additional support to help make activity happen on the ground.

Some funding to support community led activities, new groups, building capacity was a part of the projects reviewed elsewhere and continues in Leeds, Torbay and Birmingham and a local model can be found the Well Northants community grants.

A model in Leeds called Hey Neighbour <https://www.heyneighbour.org.uk/> which gives small grants to individuals and unincorporated groups as well as to charities. Leeds Hey Neighbour application and agreement, Appendix 3.

Appendix 1 Questionnaire (OPQOL based)

We would like to help you be fit healthy, independent and live for more years to be active, do the things you would like to do and know where to get, and perhaps give, support and help in your community. First we would like to know about you and what you want, anonymously if you wish

Are you: Male or Female

Healthy Active Aging

Age Range: 50-60 61-65 66-70 71-75 76-80 81-85 86-90 91-95 96-100
100+

Tell us would you like to do more -Exercise or physical activities

What would you like to do

What do you do currently

Social events, groups, clubs or interests

What would you like to do

What do you do currently

Would you like to learn something new

Would you like to volunteer

Would you be interested in joining an activity, join or be part of starting a new group if so what-

What stops you doing more –

And how are you currently

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	☐	☐	☐	☐	☐
Family, friends or neighbours can help me if needed	☐	☐	☐	☐	☐
I have enough social or leisure activities/ hobbies that I enjoy doing	☐	☐	☐	☐	☐
I am healthy enough to have my independence	☐	☐	☐	☐	☐
I feel safe where I live	☐	☐	☐	☐	☐
I have enough money to pay for bills and Activities	☐	☐	☐	☐	☐

(questions an extract based on OPQOL brief)

Appendix 1a Questionnaire (WEMWEBS)

Short Warwick Edinburgh Mental Wellbeing Scale (S) WEMWBS

Below are some statements about feelings and thoughts.

Please select the answer that best describes your experience of each over the last 2 weeks.

	<i>None of the Time</i>	<i>Rarely</i>	<i>Some of the Time</i>	<i>Often</i>	<i>All of the Time</i>
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) © University of Warwick 2006, all rights reserved.

Appendix 2 Principles for grants in the community (activating communities)

Good Practice for informal community groups and individuals leading activities

Groups and Organisations registered as Charities, limited companies or any other formal legal structure are governed and overseen by the legal framework under which they are formed. For informal groups or people getting together for activities and interests, and who we wish to encourage, find support or to give a financial contribution, the following may help in people to protect themselves and their members.

The following may seem overly detailed, but they are aimed to follow the law or generally accepted principles, and keep everyone safe, make sure everyone feels involved and informed and if anything does go wrong that good practice has been followed, and everyone as informed and dealt with as fairly as possible.

Handling people's information

The following provides security and reassurance for all parties and follows the principles generally found in law¹

1. The ownership of a person's details and data remains their own
2. Any persons contact details, or other information is handled in a clear, fair and transparent manner.
3. It is collected and used for the agreed and specified, explicit and legitimate purposes and not for any other purpose unless further agreement is sought.
4. Only the necessary information is collected for the purpose.
5. Any information kept is accurate and, where necessary, kept up to date and every reasonable step must be taken to ensure that personal data that is inaccurate, is erased or rectified without delay.
6. Personal and identifying data is kept no longer than is necessary for the purposes for which it is collected and removed if requested by the person to whom the data refers.
7. Information is kept so it ensures appropriate security of the personal data, including protection against unauthorised or unlawful processing and against accidental loss, destruction or damage.

Handling money

Be transparent with all parties contributing money or for any money or resources used to support an activity or group

1. Have two people at least, one to handle any funds and resources and one to keep a record. (preferably people who are not related or best friends)
2. Keep a simple record and report everything regularly to all involved and share on a regular basis or as requested.
3. Agree what funding and resources are used for any activity and keep to an agreed plan, any changes must be collectively agreed by all involved, not a small group.

¹ https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/data-protection-principles/a-guide-to-the-data-protection-principles/#the_principles

4. Any personal or out of pocket expenses must be agreed beforehand. An exception for short notice decisions should involve at least three people, agreed and appointed beforehand, excluding the group lead or person claiming spending the funds.

Good Governance/

Based on general principles for people working in the community (the Nolan Principles²)

1. Act solely in terms of what is in the interest of your community.
2. Be accountable to members of your group and community for decisions and actions and be open to the scrutiny necessary to ensure this.
3. Act and take decisions in an open and transparent manner
4. Avoid acting or take decisions in order to gain financial or other material benefits for themselves, their family, or their friends. Declare and resolve any interests and relationships or placing themselves under any obligation to people or organisations that might try inappropriately to influence them.
5. Act and take decisions impartially, fairly and on merit, using the best evidence and without discrimination or bias.
6. Be honest and truthful.
7. Exhibit these principles in your own behaviour and actively promote and support these principles and be willing to challenge poor behaviour wherever it occurs.

Any group should allow open discussion, make sure everyone is allowed and able to speak, while recognising everyone is different and has different opinions, and that compromise will often be needed, to reach a collective decision. Groups should avoid key decisions or leaders being exclusive or made up from just family or close friends to allow a broad collection of experience, knowledge and views.

Groups should be open to anyone who wants to join and make accommodation to enable this to happen.

Risk assessment

It is good practice to consider any risks and to show that you have considered them and taken any action to minimise them – this is considerate and responsible for anyone taking part (and yourself) and also shows you have thought about what could happen and acted responsibly even if the unexpected does occur.

The following is based on what the Health and Safety Executive³ suggest

1. Identify the hazards
2. Decide who might be harmed,
3. Evaluate the risks and decide on precautions.
4. Make a note and any action taken.
5. Review your assessment and actions as and when an update is necessary or on a regular basis every few months at minimum.

² <https://www.good-governance.org.uk/publications/insights/the-nolan-principles>

³ <https://www.hse.gov.uk/simple-health-safety/risk/>

Appendix 3 Hey Neighbour application and agreement

Hey Neighbour Application Form

Please complete all the questions in the form, if there are gaps or we need more information, we will contact you by phone or email.

If you need some help to fill in this form, please contact DD, Hey Neighbour Project Manager:

Call / text / WhatsApp:

Email:

Your Name

Email

Phone Number

Are you part of an organisation? (It is also OK to apply as an individual)

If so, which one?

Does your organisation receive less than £50,000 per year?

*Sorry, you can't apply if you get more than £50,000 each year.

How much are you applying for?

Are you doing this in Leeds?

Where in Leeds?

Tell us about your idea. What will you do?

Who will you be helping with this grant?

How does your idea bring people together? How does it help or support them?

Approximately how many people will take part in your idea?

Your budget - What will you be spending the money on? E.g. venue hire, materials. equipment, volunteer expenses

What does 'being a good neighbour' mean to you?

Dear

Healthy Active Aging

Grant no: HN

Grant name: HEY NEIGHBOUR

I am pleased to advise you that the panel of Hey Neighbour on behalf of Forum Central have agreed to make a one-off grant of £500 towards the/your project.

As with all our grants we ask you to agree a number of conditions:

- The grant is conditional on it being used for the purpose for which it was awarded. If at any time this is not possible, please let us know immediately. In such a case we would aim to be sympathetic, but the Trustees will reserve the right to require you to return that part of the grant which cannot be used for its intended purpose.
- The grant is conditional on your agreement to provide the Trustees with a report when the work for which the grant was awarded has been completed and, to assist us in capturing pictures and evidence of delivery for our promotional materials and wider campaign.
- You agree that your application and any further information provided can be kept in our filing system (in paper and/or electronic form). Details of your application and any subsequent information will be recorded on our computer system, together with details of any subsequent correspondence and/or grants awarded. We may disclose your personal information as necessary to third parties who supply goods or services to applicants as part of the grant making process or similar. We may disclose your information to third parties where necessary to comply with applicable laws and regulations and/or for the purposes of obtaining professional advice (e.g. legal advice).

Please confirm your acceptance of the conditions signing below and returning by email.

Payment will be made within 14 working days of the receipt of this signed agreement. Please supply us with your bank details below.

Banks Account Name

Sort Code

Account Number

Your sincerely,

Signed on and behalf of Leeds Older Peoples Forum CIO

I confirm acceptance of the above grant conditions

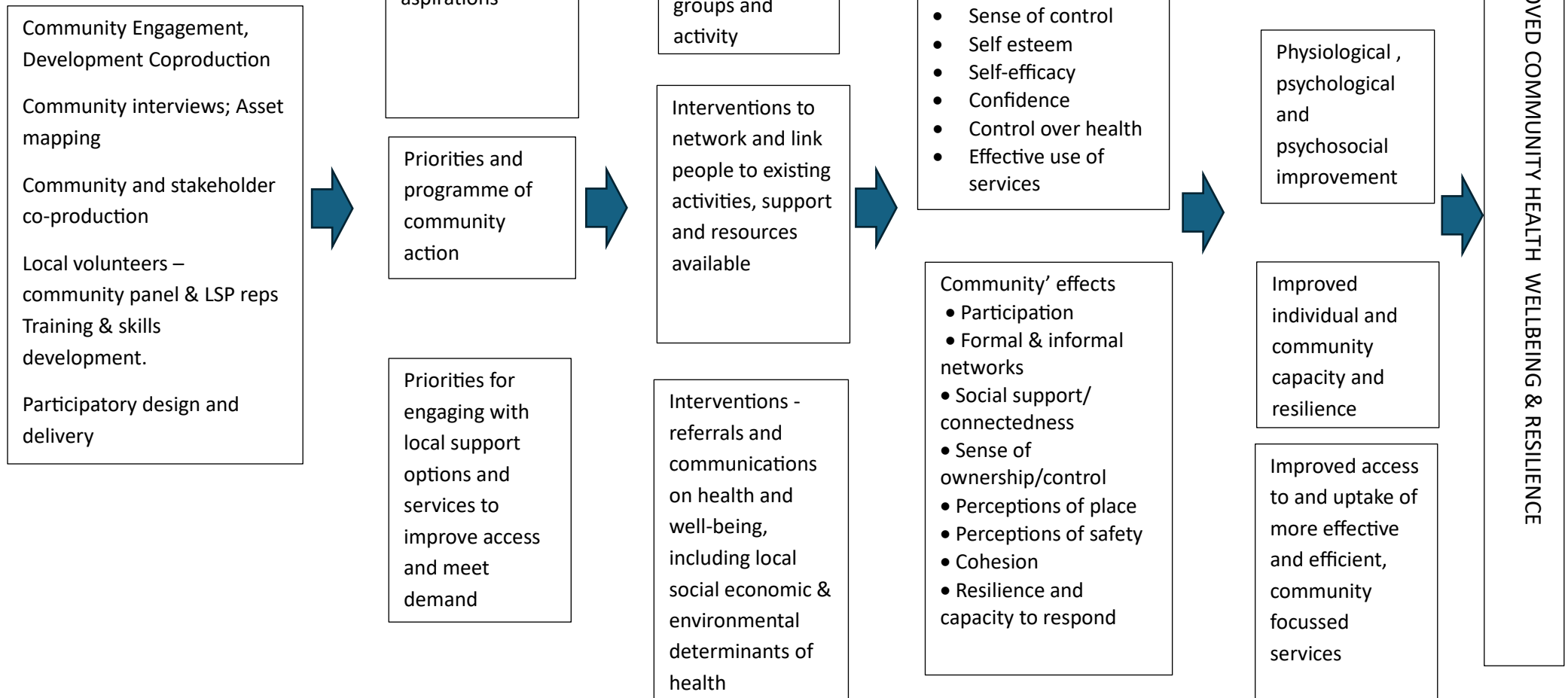
Signed on and behalf of Applicant by
Date

Appendix 4

Theory of

Change

(adapted version from
<http://www.welllondon.org.uk/>)



Appendix 5 Contacts and conversation with Ageing Better projects

Leeds Neighbourhood Networks <https://www.opforum.org.uk/projects-and-campaigns/neighbourhood-networks/>

There are 34 Neighbourhood Networks which together serve the whole Leeds City Council area. They aim to meet local needs and provide services, activities and opportunities that older people want, including:

- information and advice
- advocacy
- activities to improve health and wellbeing
- social opportunities and social activities

Initial project was funded by the national lottery, now Neighbourhood Networks are commissioned by Leeds City Council to:

- reduce social isolation and loneliness
- increase the contribution and involvement of older people
- increase choice and control
- enhance health and wellbeing.

The Leeds 'Hey Neighbour'⁴ scheme gives grants of upto £500 to individuals and upto £1500 to charities to undertake activity or events that benefit the community and involve new people. The application form is simple, goes before a panel of local people and has a basic agreement to utilise the funds, report or return unused funds. So far there are no cases of misused funding or inappropriate use. The funds available are around £20,000, 10 grants to individuals and 10 to organisations, it has been upto 3 times oversubscribed. Activity is mapped and areas underrepresented are targeted for future engagement and activity.

Torbay www.torbaycommunities.com/awt-legacy

The Torbay programme has an ongoing older people's forum which is a legacy from their Aging Better programme. Torbay Assembly was set up to oversee proposals for activity and a forum for the over 50's. <https://torbayassembly.com/about-the-assembly/>

Community connectors and funding to support community activity is also available through Torbay Communities run by the council.

The ABCD approach involved community connectors going out into the community to engage people in conversations using open questions and each connector had an allocated allowance to support activity and new activity based on these conversations and connecting people who had similar wishes and interests. This activated people and built their confidence and built on the energy people had to do what interested them.

The initial engagement in Torbay utilised a travelling lounge set up in parks, streets and car parks where community connectors engaged with local people. Each Community Connector. They collected and linked up people keen on doing things and getting active and had a budget to utilise to seed fund activity and groups.

⁴ <https://www.heyneighbour.org.uk/>

Simon Sherbersky <https://www.spindl-cic.co.uk/> was a speaker at the recent Northamptonshire Sport event at the University of Northampton and one of the Mentors available to support ABCD and community engagement as part of a network of mentors coming out of the Aging Better programmes.

Simon recommended using organisations for ABCD training such as Nurture Development⁵, an ABCD institute, and reading Hilary Cottam Radical Help⁶ and the relationships foundation⁷

Birmingham - Aging Better in Birmingham <https://www.bvsc.org/ageingbetter>

The initial project over 6 years has now become an embedded model. Mainly due to the switch in strategy by Social Services with a Prevention First approach approved in 2019 <https://www.bvsc.org/neighbourhood-network-schemes-in-birmingham>

BVSC (Birmingham Voluntary Service Council) is a main contact point and the 'Prevention and communities' grants programme managed by them for VCSE sector organisations for delivery of support services and activity that aligns with the Prevention First <https://www.bvsc.org/prevention-and-communities-grants>. Public Health also contribute to fund the VCSE work under the Prevention First approach.

Small community grants are available for constituted and unconstituted organisations and groups to start up and undertake activity that builds community networks, capacity that helps people engage, be active and manage their own health

In Birmingham the switch in strategy by Social Services with a Prevention First approach approved in 2019⁸, uses the 3 conversations approach mentioned above⁹. BVSC (Birmingham Voluntary Service Council) manages funding coming from Social Care, the 'Prevention and communities' grants programme which is for VCSE sector organisations to deliver support services and activity that aligns with Prevention First <https://www.bvsc.org/prevention-and-communities-grants>. Public Health also contribute to fund the VCSE work under the Prevention First approach.

Small community grants are available for constituted and unconstituted organisations and groups to start up and undertake activity that builds community networks, capacity that helps people engage, be active and manage their own health

Well London <http://www.welllondon.org.uk/4/about-well-london.html>
and report [Well London Phase 2 Participant Outcomes \(7\).pdf](#)

One conversation around the Well London Theory of Change model and subsequent exchange of emails to gather input on the changes made for this project.

Manchester <https://www.gmcvo.org.uk/resources-ambition-ageing-programme>

⁵ <https://www.nurturedevelopment.org/>

⁶ <https://www.hilarycottam.com/radical-help/>

⁷ <https://relationshipsfoundation.org/our-story/>

⁸ <https://www.bvsc.org/neighbourhood-network-schemes-in-birmingham>

⁹ <https://birmingham.connecttosupport.org/adult-social-care/starting-with-a-conversation/>

No visible legacy apart from some ongoing activities that were set up during the programmes lifetime although there are many documents available on line. Similar to other programmes the community were engaged through community connectors who supported members in communities to undertake activities and set up new activities.

Funding was provided to support people undertaking activity or initiating activity for their communities, with a panel to assess applications, training for panel members and support for applicants. Funding was given to individuals and unconstituted groups.

Key learnings were stated as taking a targeted approach to engaging with people and communities to avoid exacerbating inequality of engagement with an equalities board to oversee.

Sheffield <https://agefriendlysheffield.org.uk/about-age-friendly-sheffield/who-are-age-better-in-sheffield/>

Sheffield had similar comments to the above and recommended Nurture Development and joining the ABCD network and the practitioner's hub.

They had good links with their Social Prescribers and Social Workers to support those in crisis or needed more intensive support.

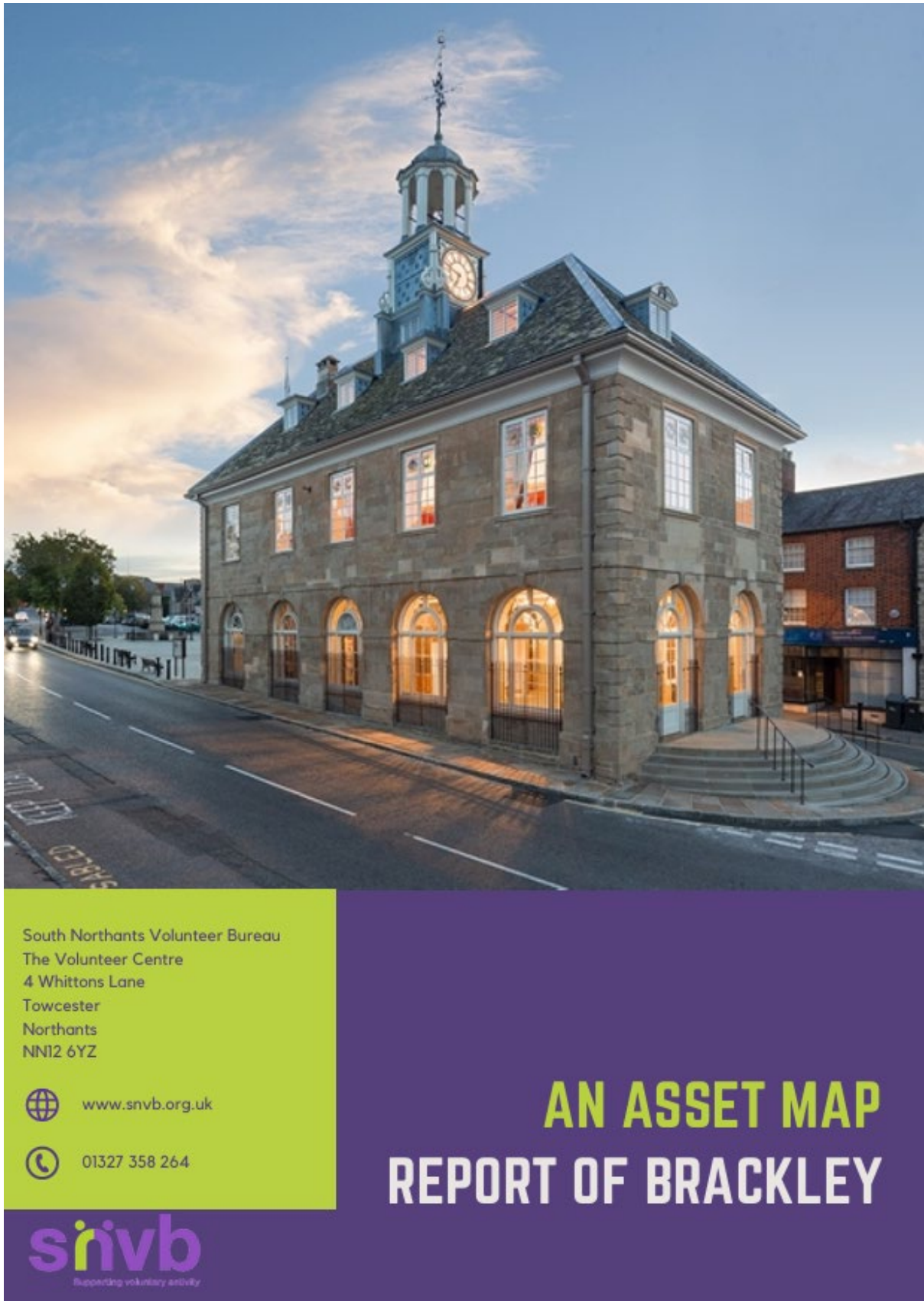
All the above were initially funded by National Lottery and had significant resource and capacity as part of their delivery models, including academic/external review.

Healthy Active Aging

Appendix 6 Activities Mapped in and around Brackley

Day	Frequency	Time	Location	Event	Contact	Phone Number	Email
Monday	1st of the month		Army Reserve Centre, Banbury	Brackley Breathe Easy Group	Jenni	07813 46827	
Monday	Weekly	1900	Brackley & District Bowling Club	Mixed Triples League	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Monday	Weekly	0630-0725, 1209-1315, 1505-1550	Brackley Leisure Centre	Lane Swimming		01280 701787	
Monday	Weekly	0915-1000	Brackley Leisure Centre	Boxfit		01280 701787	
Monday	Weekly	1125-1210	Brackley Leisure Centre	Pilates		01280 701787	
Monday	Weekly	1215-1315	Brackley Leisure Centre	Vinyasa Yoga		01280 701787	
Monday	Weekly	1715-1800	Brackley Leisure Centre	Legs, Bums and Tums		01280 701787	
Monday	2nd every month	1400-1600	Brackley Library	Knit & Natter	Sue Sharps	01280 703455	
Monday	Weekly	1000-1400	Brackley Stitching Kitchen		Hannah Thompson	01280 811802	hannah@stitchingkitchen.co.uk
Monday	Weekly	1930	Brackley WI Hall	Brackley WI 50+	Mrs Walker	01280 701295	brackleywi@gmail.com
Monday	Weekly	1930-2100	Croughton Village Hall	Short mat bowls	Pete	01604 811888	
Monday	Weekly	0900-1100	Evenley Village Hall	Pilates	Frances	01280 702964	
Monday	Weekly	1930-2200	Evenley Village Hall	WI		01604 646055	
Monday	Weekly	1700-1900	Farthinghoe Village Hall	Ballet		07900 590808	
Monday	Weekly	1930-2030	Farthinghoe Village Hall	Table Tennis		07900 590808	
Monday	Weekly	1030-1230	Greatworth Village Hall	Open Doors	Richard or Lynda Eeles	01295 714991	
Monday	Weekly	0930-1215	Greens Norton Community Centre	50+	Jenny Griffiths		jenngriff@yahoo.com
Monday	Weekly	0930-1200	Greens Norton Community Centre	Singing for the Brain	Gordon Baxter		gordon.baxter@chchemists.org.uk
Monday	Weekly	1400-1500	Greens Norton Community Centre	Tai Chi	Paul Carter		crommordragentouch@gmail.com
Monday	Weekly	1330-1630	Kings Sutton Village Hall	Kings Sutton Bridge Club	Ken Langdon	07850 610999	
Monday	Weekly	1000-1200	Tingewick Village Hall	60+ table tennis	June Fessey	01280 848704	
Monday	Weekly	1930-2030	Tingewick Village Hall	Line Dancing	Beverly Maggs	07724 121790	
Monday	mid May to Mid Aug	1900-2100	Walking group meet outside village pub at 7pm	Helmdon Health Walks			
Tuesday	Weekly	1930-2230	Brackley Baptist Church	Brackley Jubilee Choir	Nick Perry	01280 706652	
Tuesday	Weekly	1400	Brackley & District Bowling Club	Roll up	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Tuesday	Weekly	1915-2115	Brackley Baptist Church	Brackley Jubilee Choir	Karen Leoniak	07730 461492	
Tuesday	Weekly	0900-0950, 1235-1330	Brackley Leisure Centre	Aqua Aerobics		01280 701787	
Tuesday	Weekly	0830-1135, 1330-1515	Brackley Leisure Centre	Lane Swimming		01280 701787	
Tuesday	Weekly	1500-1610, 1715-1845	Brackley Leisure Centre	Hatha Yoga		01280 701787	
Tuesday	Weekly	0930-1130	Brackley Medical Centre	Chatty Café	Sandra Easton	01280 843887	
Tuesday	1st of the month	1900	Brackley Rugby Club	British Royal Legion	Ian Noakes		brackley.secretary@bt.com
Tuesday	Weekly	0900-1100	Croughton Reading Rooms	Coffee Morning		01869 810094	
Tuesday	Weekly	1930-2230	Egerton Hall, Brackley	Brackley & District Table Top Gamers Club			franknewolds@hotmail.com
Tuesday	Weekly	1700-1830	Egerton Hall, Brackley	Acoustic Percussion			acousticpercussiongroup@gmail.com
Tuesday	Weekly	1030	Evenley Village Hall	Chair Yoga	Frances	01280 702964	
Tuesday	2nd of the month	1200-1330	Evenley Village Hall	Soup Kitchen	Joyce Stevens	01280 702861	
Tuesday	last of the month	1300-1500	Evenley Village Hall	Card Craft Class	Jenny McCormac	01280 702861	
Tuesday	Weekly	1000-1200	Farthinghoe Village Hall	Art Session		07900 590808	
Tuesday	Weekly	1230-1500	Farthinghoe Village Hall	Pilates		07900 590808	
Tuesday	2nd of month	1900	Greatworth Primary School	Greatworth Gardening group	Jenny	01295 712546	
Tuesday	Weekly	1330-1530	Greens Norton Community Centre	Chronic Pain Clinic		07516 292621	
Tuesday	Weekly	1900-2000	Greens Norton Community Centre	Yoga		07516 292621	
Tuesday	Weekly	1000-1200	Helmdon Reading Room	Café	enquiries@helmdon.org.uk	07521 953972	
Tuesday	Weekly	1830	Packley Pear, Brackley	Chatty Café	Steve Hancock	01280 810174	
Tuesday	Weekly	1100-1430	Syrisham Village Hall	Ballet & Pilates		07952 400575	
Tuesday	Weekly	1900	The Chiquered Flag, Brackley	Bingo		01280 705796	
Wednesday	Weekly	1030	Brackley & District Bowling Club	Mens informal league	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Wednesday	Weekly	1400	Brackley & District Bowling Club	Ladies drawn pairs	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Wednesday	Weekly	1915-2125	Brackley Baptist Church	Brackley Male Voice Choir	Shawn Humphries		shumphries@gms.com
Wednesday	Weekly	0630-0900, 1450-1520	Brackley Leisure Centre	Lane Swimming		01280 701787	
Wednesday	Weekly	1115-1210	Brackley Leisure Centre	Steady Steps		01280 701787	
Wednesday	Weekly	1300-1400	Brackley Leisure Centre	Yin Yoga		01280 701787	
Wednesday	Weekly	1415-1545	Brackley Leisure Centre	Beginners Yoga		01280 701787	
Wednesday	Weekly	1000-1200	Brackley Medical Centre	Mind			enquiries@northamptonshiremind.org.uk
Wednesday	1st of the month	1930	Brackley Methodist Church	Brackley History Society	Karen Gees	01280 702837	brackleyhistorysociety@hotmail.com
Wednesday	Weekly	1000-1300	Brackley Town Football Club	Saems (Brackley) Community Trust	Kim Grantham		kim.grantham@btinternet.com
Wednesday	1st of the month	1200-1200	Brackley Town Hall	Brackley Cavers Support Group			
Wednesday	2nd of the month	1930-1230	Croughton Village Hall	WI		07548 254806	
Wednesday	Weekly	0930-1015	Evenley Village Hall	WI	Diane	01280 702964	
Wednesday	Weekly	1030-1115	Evenley Village Hall	Tai Chi	Frances	01280 702964	
Wednesday	Weekly	1000-2145	Evenley Village Hall	Bridge Club	Jose Golding	01280 702964	
Wednesday	Weekly	1930	Greatworth Methodist Hall	Ladies group	Joyce Scott	01295 262602	
Wednesday	Weekly	1000-1200	Greens Norton Community Centre	Craft			
Wednesday	Weekly	1930-2030	Greens Norton Community Centre	Fitness	Steven Dean		steven dean92@hotmail.com
Wednesday	Weekly	0930-1130	Greens Norton Community Centre	Pilates	Lisa Wiles		lisa.wiles@googlemail.com
Wednesday	Weekly	1200-1400	Helmdon Church	Helmdon Jigaw Club			
Wednesday	Weekly	1430-1630	Kings Sutton Village Hall	50+	Keith Moses	07548 266733	
Wednesday	last of the month	1930-2130	Kings Sutton Village Hall	Kings Sutton Gardening Club	David Laughran	07531 509222	
Wednesday	2nd of the month	1900	Kings Sutton Village Hall	Kings Sutton Film Society			
Wednesday	Weekly	1430-1630	Syrisham Village Hall	Gardening Club		07952 400575	
Wednesday	Weekly	1000-1200	Tingewick Village Hall	60+ table tennis	June Fessey	01280 848704	
Wednesday	1st of the month	1945	Tingewick Village Hall	Historical Society	Jane Bradford	01280 848392	
Thursday	Weekly	1030	Brackley & District Bowling Club	Roll up	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Thursday	Weekly	1400	Brackley & District Bowling Club	Mixed drawn triples league	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Thursday	3rd of the month	0930-1200	Brackley Baptist Church	Brackley District USA	Jane Whitby	01280 8484976	brackleybowlsclub21@outlook.com
Thursday	last of the month	2030	Brackley European Association	Old Fire Station Community Space	Anita Robbins	01295 712388	members.brackleyeas@gmail.com
Thursday	Weekly	0630-0900, 1205-1255	Brackley Leisure Centre	Lane Swimming		01280 701787	
Thursday	Weekly	1015-1145	Brackley Leisure Centre	Hatha Yoga		01280 701787	
Thursday	4th of the month	1400	Brackley Methodist Church	Community Cinema Club			
Thursday	Weekly	1930-1230	Brackley Old Fire Station Café	Chatty Café Brackley	Jon Haslam	01280 700797	chris@brackleyyouthfc.com
Thursday	Weekly	1900	Brackley Rugby Union Football Club	Walking Rugby	Chris Pute		chris@brackleyyouthfc.com
Thursday	Weekly	0900-0945	Brackley Rugby Union Football Club	Health & Wellbeing Pilates & Yoga	Rob Caputo	07770 608199	rob@brackleyyouthfc.co.uk
Thursday	Weekly	1000-1400	Brackley Stitching Kitchen		Hannah Thompson	01280 811802	hannah@stitchingkitchen.co.uk
Thursday	Weekly	2030	Brackley Town Hall	Brackley Morris Men		07787 449210	brackleymorris@gmail.com
Thursday	Weekly	1100-1300	Croughton Tea Rooms	Knit and Natter	Stephan Farneyhough	01609 810094	
Thursday	Weekly	0730-0830	Evenley Village Hall	Pilates		01280 703400	
Thursday	Weekly	0830-0930	Evenley Village Hall	Challenge Parkinsons Classes		01280 703400	
Thursday	Weekly	1900-2100	Evenley Village Hall	Tai Chi	Frances	01280 702964	
Thursday	1st & 3rd of the month	1400-1600	Farthinghoe Village Hall	USA Spanish		07900 590808	
Thursday	2nd of the month	1400-1600	Farthinghoe Village Hall	Victorian Literature		07900 590808	
Thursday	Weekly	1900-2100	Farthinghoe Village Hall	Ballroom	John	01280 840288	
Thursday	2nd & 4th of the month	1030	Greatworth Methodist Hall	Art Group	Lynda Eeles	01295 734091	
Thursday	Weekly	1000-1200	Greens Norton Community Centre	50+	Jenny Griffiths		jenngriff@yahoo.com
Thursday	Weekly	1400-1500	Greens Norton Community Centre	Yoga	Michelle Stans		yogawithmichelle@btv.co.uk
Thursday	3rd of the month	0930-1400	Greens Norton Community Centre	Northampton Carers	Jenny Osborne		jenny@northamptonshirecarers.org
Thursday	Weekly	1345-1500	Helmdon Health Walks	Walking group meet at Reading Room, Walk for 3 miles	Roger Miles	07521 953972	enquiries@helmdon.org.uk
Thursday	Weekly	1400-1600	Kings Sutton Village Hall	Sequence Dancing	Tony Carney	01295 810131	
Thursday	Weekly	1030-1230	Syrisham Village Hall	Coffee morning		07952 400575	
Thursday	Weekly	1400-1600	Syrisham Village Hall	Bowls		07952 400575	
Thursday	Weekly	0900-0950	Tingewick Village Hall	Boys Tone	Joanne Tyrrell	07851 032316	
Thursday	Weekly	1000-1100	Tingewick Village Hall	Pilates	Joanne Tyrrell	07851 032316	
Thursday	Weekly	1330-1500	Tingewick Village Hall	Bingo	June Fessey	01280 848704	
Thursday	Weekly	1815-1900	Tingewick Village Hall	Fitness	Sharon Collinson	07702 063900	
Friday	Weekly	2000	Brackley and District Band Club		Nick Wilson	07737 677009	brackleyband@gmail.com
Friday	Weekly	1400	Brackley & District Bowling Club	Mixed team entry pairs	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Friday	Weekly	1900	Brackley & District Bowling Club	Mixed team entry triples league	Karen Hilder	01280 702525	brackleybowlsclub21@outlook.com
Friday	Weekly	1030-1200	Brackley Leisure Centre	Brackley Walking Netball		01280 701787	
Friday	Weekly	0630-0855, 1505-1550	Brackley Leisure Centre	Lane Swimming		01280 701787	
Friday	Weekly	1030-1200	Brackley Leisure Centre	Walking Netball		01280 701787	
Friday	Weekly	1415-1500	Brackley Leisure Centre	Virtual Shyam		01280 701787	
Friday	Weekly	1515-1615	Brackley Leisure Centre	Virtual Bodybalance		01280 701787	
Friday	Weekly	1200-1600	Brackley Lounge Bar	Coffee & Cards	Jenny McCormac		jenny@jennymccormac.co.uk
Friday	Weekly	1000-1400	Brackley Stitching Kitchen		Hannah Thompson	01280 811802	hannah@stitchingkitchen.co.uk
Friday	Weekly	1030-1130	Brackley Town Football Club	Walking Football	Andy Thompson	01280 704077	andythompson@brackleytownfc.co.uk
Friday	Weekly	1000-1130	Evenley Village Hall	Yoga	Michelle	01280 703400	
Friday	Weekly	1530-1630	Evenley Village Hall	Table Tennis		01280 703400	linda@pacerpacer.co.uk
Friday	Weekly	0930-1030	Farthinghoe Village Hall	Pilates	Wendy Hancock	01295 711345	
Friday	2nd of the month	1330-1630	Greens Norton Community Centre	Sew & Sews	Carole Harrington		rahani.h@gmail.com
Friday	last of the month	1930	Helmdon Reading Room	Film Night		07521 953972	enquiries@helmdon.org.uk
Friday	Weekly	1000-1200	Kings Sutton Village Hall	Coffee Morning	Liz	07801 541962	

Appendix 6a Brackley Asset Mapping Report



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EXECUTIVE SUMMARY

INTRODUCTION

Asset mapping provides information about the strengths and resources of a community and can help uncover solutions. Once community strengths and resources are inventoried and depicted, you can more easily think about how to build on these assets to address community needs.

(Center for Health Research and Policy, University of California)

At the core of this definition is a focus on community assets and resources rather than shortcomings. The primary objective of any neighbourhood asset mapping endeavor is to cultivate an understanding of community potential by evaluating existing capabilities.

A community asset or resource encompasses anything that enhances the well-being of the community. These assets may include:

- The skills and talents of community members.
- Physical structures or locations, such as schools, hospitals, churches, libraries, recreation centers, or social clubs.
- Businesses that contribute to job creation and support the local economy.
- Citizen associations, like Neighbourhood Watch groups.
- Local private, public, and non-profit institutions or organisations.

The assets targeted for mapping extended beyond conventional services aimed at older individuals, such as lunch clubs. Instead, we identified a broader spectrum of organisations, clubs, and activities where older individuals could participate or volunteer, some of which may not be explicitly geared toward older demographics.

The primary objective of the asset mapping findings was to facilitate an understanding of existing services so that we could develop a community strategy that would connect older individuals with both established and newly formed services and activities. A secondary goal was to share this information on the LAP website, contingent upon obtaining permission from any new groups to be included.

WHAT IS NEIGHBOURHOOD ASSET MAPPING?

Asset mapping identifies the strengths and resources within a community, helping to uncover solutions to local challenges. By cataloging and visualising these community assets on a map, it becomes easier to leverage them in addressing community needs (Center for Health Research and Policy, University of California).

This approach emphasizes community strengths and resources, rather than focusing on deficits. The core aim of neighbourhood asset mapping is to understand a community's potential by evaluating its existing capacities. A community asset or resource includes anything that enhances quality of life, such as:

The skills and talents of community members

Physical spaces like schools, hospitals, churches, libraries, recreational centers, or social clubs

Local businesses that create jobs and boost the economy

Citizen associations, such as Neighbourhood Watch groups

Private, public, and non-profit institutions

This approach is increasingly being adopted in the UK, often with the active participation of local residents.

The asset mapping we undertook went beyond traditional services aimed at older adults, such as lunch clubs. We chose to map a wider range of organisations, clubs, and activities where older individuals might engage, either as attendees or volunteers, even if they weren't specifically designed for this age group.

The primary goal of these asset mapping findings was to gain an understanding of existing services, providing a foundation for a community development strategy that connects older individuals with both current and future services and activities.

STRATEGY

The majority of the exploration into specific community resources took place between August and late October 2023. In Spring 2024, SNVB was selected to lead the pilot project, "Health Inequalities in the Older Population." Through asset mapping and community conversations, we gathered and documented the perspectives of community members, particularly in relation to older adults. The goal was to supplement the insights we had already collected, further enhancing the asset mapping process.

Recognising the importance of early intervention in preventing costly outcomes, we remain committed to fostering partnerships between the Voluntary and Community Sector, Health and Social Care, and other public sector bodies. By drawing on the expertise and experience of knowledgeable individuals, we aim to create a meaningful and sustainable impact.

We understand that embracing a collaborative learning approach will lead to a more responsive and proactive strategy, reducing the demand on adult social care services while promoting an age-friendly community.

FINDINGS

SNVB conducted thorough research on local clubs and activities, organising the collected data into a comprehensive spreadsheet. Once the project was completed, the data underwent careful review, and any community assets deemed unsuitable for public sharing were removed. In particular, some individuals were recognised as key assets within their communities. A summarised version of this information, in the form of a document, will be shared to provide valuable support to those in need.

In total, SNVB identified 185 community assets, ranging from traditional resources like churches and service providers to more niche organisations such as gardening clubs, as well as local cafes and individuals known for their contributions. During this process, several community gaps emerged, including issues like inadequate public transportation and a general shortage of resources and facilities. Older residents frequently addressed these deficiencies by accessing services across county lines.

In addition to the tangible outcomes, SNVB developed essential skills in asset mapping, including investigative networking, fostering collaboration, adopting an asset-based community approach, and proficient report writing. One significant finding was the arbitrary nature of ward and neighbourhood partnership boundaries, a sentiment shared by many community groups and older residents.

CONCLUSION

The asset mapping project has yielded favorable results across various aspects:

- A comprehensive document detailing the assets within Brackley.
- A significant new insight into the efficient service delivery and the utilisation of assets by residents
- Skill enhancement and knowledge acquisition for SNVB
- Strengthening of cohesion

INTRODUCING THE NEIGHBOURHOOD ASSET MAPPING OF BRACKLEY

The main objective of Brackley Healthy Active Ageing is to reduce social isolation and loneliness while promoting the healthiest and most active lifestyles for community members. Several community members have expressed concerns about the comparatively limited awareness of local assets in Brackley, especially when compared to other areas within West Northants Council.

GEOGRAPHY

Brackley is a market town and civil parish in West Northamptonshire, England, bordering Oxfordshire and Buckinghamshire, 19 miles (31 km) from Oxford and 22 miles (35 km) from Northampton. Historically a market town based on the wool and lace trade, it was built on the intersecting trade routes between London, Birmingham, the Midlands, Cambridge and Oxford. Brackley is close to Silverstone and home to the Mercedes AMG Petronas F1 Team. Brackley Town Council is made up of 16 Councillors, from Brackley's four wards – North, South, East and West. Councillors are elected every four years to represent their particular wards.

DEMOGRAPHICS

In West Northamptonshire, the population size has increased by 13.5%, from around 375,100 in 2011 to 425,700 in 2021. This is higher than the overall increase for England (6.6%). Overall, in England, there has been an increase of 20.1% in people aged 65 years and over. In West Northamptonshire there has been an increase of 30.3% in people aged 65 years and over.

EXISTING COMMUNITY FACILITIES

Brackley offers several community facilities that cater to a wide range of needs.

The public library, located near Waitrose supermarket, provides convenient access and parking. In addition to hosting a weekly knitting club, the library has expressed the potential to support coffee mornings for older residents.

There are active community spaces throughout the town, which could host a variety of activities appealing to all age groups, including those over 60. These spaces are easily accessible, located near bus stops, and offer convenient access.

The town centre features a shopping area with free parking, as well as numerous coffee shops and restaurants.

The Town Hall regularly hosts charity coffee mornings and could serve as a hub for various community activities.

The Town Park, situated on Brackley High Street, is a walled green space next to the Old Fire Station Community Room and Café. It features trees, picnic benches, and playground equipment for children aged 0-12.

St. James' Lake provides five acres of fully accessible natural beauty, popular for walking, running, dog exercise, and picnicking. The park is equipped with outdoor gym equipment for those aged 14 and up.

Additionally, the Brackley & District Angling Club operates at the lake, with local permits available for fishing.



EMERGING ISSUES

The town would benefit from greater engagement with minority communities, improved facilities, and an expansion of activities that serve the entire community. However, simply cataloging community assets doesn't eliminate the ongoing need for external resources or the need to improve internal distribution systems to ensure equitable access for those in need.

It is important to identify new individuals with fresh ideas and a passion for enhancing the delivery of services without overwhelming those already working hard to improve the local environment.

With gaps in service provision, it is essential to capture evolving relationships among residents, associations, and institutions. Efforts to improve the system should address shortcomings in critical services, such as transportation, to ensure access for everyone in need.

Additionally, current asset recognition focuses largely on active users. There is an urgent need to develop strategies to reach and support those who are socially isolated and not engaged with available services. Many individuals may be "falling through the cracks" due to social, physical, or financial barriers, and stronger referral pathways and better communication between services are essential to ensure all voices are heard.

The cost-of-living crisis has forced many family members back to work, leaving older adults with less support. A significant portion of the elderly population has relocated to assist family members or been moved closer to them, often resulting in disconnection from familiar surroundings and a lack of support in adapting to new areas.

As a result, the community faces fragmentation, with many residents lacking the roots, support, and meaningful social connections they need.

KEY FINDINGS

The key findings revealed the following:

There is significant variation in the availability and quality of information, making it difficult to locate services or find sufficient details about them.

A wide range of strong community assets exists.

Transport in and around Brackley is reliable and affordable. Services like Ability Bus and BVCS provide essential accessible transport, enabling community members to attend social events and medical appointments.

While services are plentiful in both towns and villages, they don't always align with the population's needs, highlighting the importance of collaboration among service providers for a more integrated approach.

Investing in community assets is crucial for continuing to provide preventive support and promoting independence, allowing residents to live their best lives in West Northamptonshire.

The report notes that community assets are often seen as a vital first point of contact for residents, many of whom would be unsure where to turn without them.

Other notable findings include:

Technology: It can be both a barrier and a valuable tool for breaking down those barriers.

Knowledge: Empowering people with the information they need and showing them where to find it is essential.

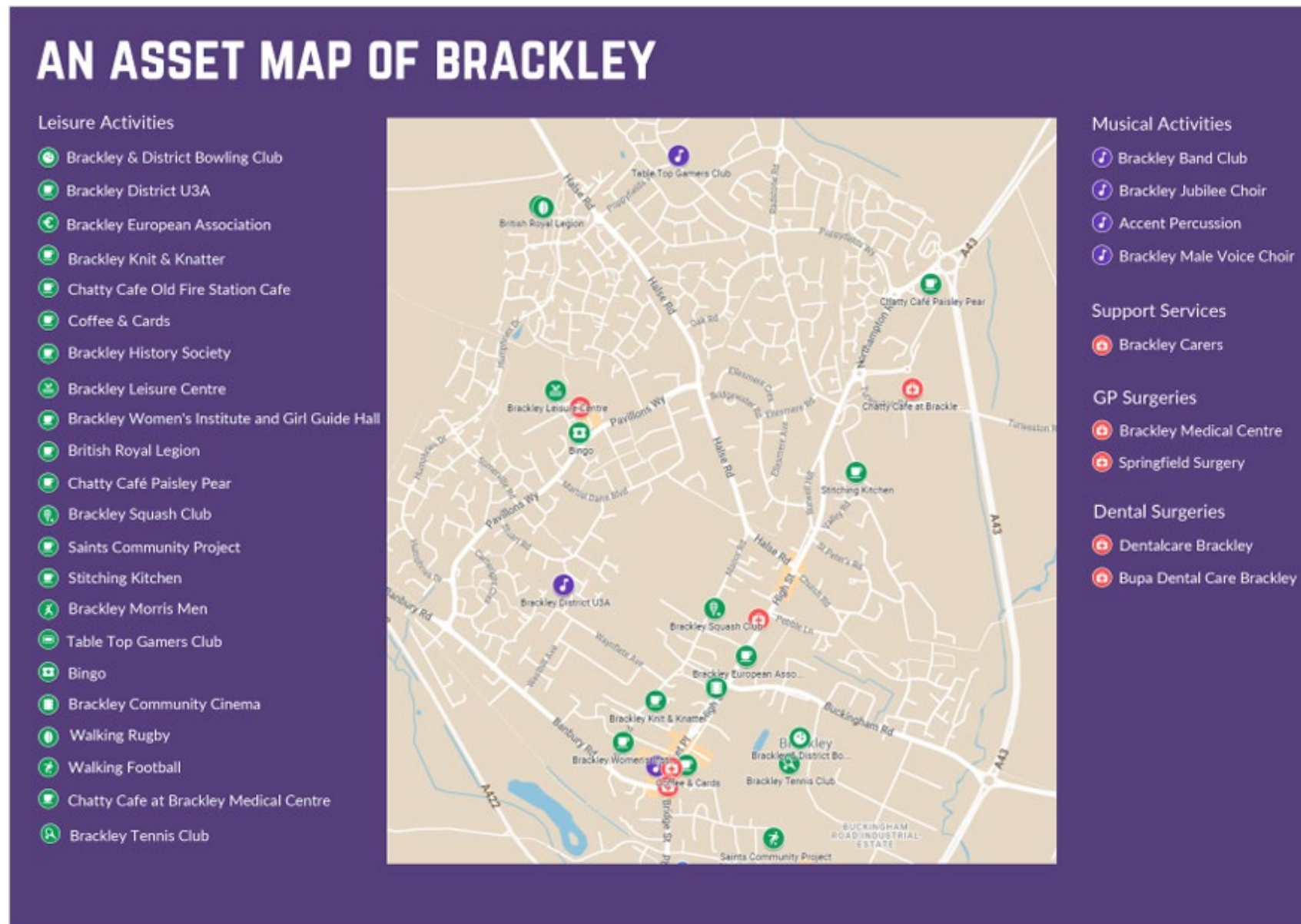
Localisation: There is no "one size fits all" solution; local neighbourhood knowledge is crucial for planning services that meet actual needs.

Community Assets: While there are many assets, are they the right ones, and are they in the right locations? It's important to ensure services align with local needs.

Community Ownership: Communities should be given the opportunity and support to create and manage their own resources.

Time: Community assets need time to develop and cannot be expected to work immediately.

Overall, the report highlights the positive impact that community assets have on the residents of Brackley. There is a strong desire among locals to have a say in what services are available to them. These assets contribute to overall well-being, strengthen community resilience against social and economic challenges, and foster a sense of identity.



Appendix 7 Healthy Active Aging in Brackley -feedback to communities



South Northants Volunteer Bureau
The Volunteer Centre
4 Whittons Lane
Towcester
Northants
NN12 6YZ



www.snvb.org.uk



01327 358 264



HEALTHY ACTIVE AGING PROJECT IN BRACKLEY

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PROGRESS REPORT

This progress report provides an update on the pilot project 'Health Inequalities in Brackley' undertaken by South Northants Volunteer Bureau (SNVB) as part of the Connect Northamptonshire strategy.

The project aligns with the strategy of the Older Peoples Thematic Group (OPTG) of the VCSE Assembly, as published in their OPTIC report.

The project has achieved immediate success in joining up with the Northamptonshire Sport led Healthy Active Ageing and provided a focus for the Healthy Active Aging Strategy Group (HAASG), which includes Public Health, LAP lead for Rural South, three of the OPTG members (Age UK, Nsport, SNVB and Acre), a PCN GP and WNC community leads.

The project builds on work already done by SNVB in mapping community assets, described below and its existing community support work, links, knowledge and relationships, which have facilitated and enabled the project.

The project has developed a model to build on these assets and expand the range of physical, social and cognitive activity and assets using an approach known as ABCD (Asset Based Community Development) and CSEAD (Community and Stakeholder Engagement in needs Assessment and Design).

PROJECT APPROACH

The project aims to support those of Northamptonshire's Integrated Care Strategy and Older Peoples Thematic Group 'Optic report' and others such as Northamptonshire Sport and build a model in partnership with the local LAP.

We will utilise the WHO 'Age Friendly communities' four step cycle

1. Understanding local assets and needs
2. Listening carefully to older people to understand their perspectives and aspirations
3. Deciding on strategic priorities
4. Delivering agreed actions, and evaluating impact

We have reviewed the 14 'Aging Better' projects (we talked to 6) that ran between 2015-2022, and the ACRE Good Neighbour scheme, to review what worked well and to provide practical knowledge and expertise.

The identified and recommended approach we will use is called Asset Based Community Development ABCD which is recommended in the NICE guidelines for community engagement. We also adapted the 'Theory of change' model from the Well London/Well communities framework approach CSEAD, 'Community & Stakeholder Engagement, Asset and system mapping and co- Design.

This project does not have the significant resources of the Aging Better projects and WHO, and we recognise that, with the level of demand for health and care, our model now and for the future needs to be sustainable, add capacity and promote prevention.

Our model will therefore seek to activate the resources of the individual and community, align with existing available community support, and work with services and support in the statutory and not for profit partners.

The questionnaire created is bespoke for this project using the Brief Older Peoples Quality of Life questionnaire as a start point adapting questions to the purpose of this project, the audience and informal engagement method we will be using. We have used the OPQOL questions relating to health and community engagement and taken some out that have a mental health aspect as we will be using the brief version of The Warwick-Edinburgh Mental Wellbeing Scales - WEMWBS.

COMMUNITY CONVERSATIONS

WHAT WE DID

We undertook six community conversations and had 100 written responses to our questionnaire from the engagements at the Saints Community Project, WI Hall and through Springfield GP Surgery in Brackley, Kings Sutton community centre, some residents living in Bridgewater House which is a Grand Union Housing property and from a cross section of people across rural South Northants through the Brackley Volunteer Car Service.

In Brackley, the conversations were hosted at The Saints Community Project and the Women's Institute (WI).

The Saints Community Project is entirely volunteer-run and attracts over 100 attendees each week. The WI group meets every Monday in Brackley, with around 50 attendees.

We also attended a drop-in coffee morning in Kings Sutton, a small village north of Brackley. This session had around 25 attendees, most of whom appeared to be in good health. The group, managed by volunteers known as "Community Champions," has been instrumental in helping isolated members of the community feel more connected through their proactive efforts and enthusiasm.

Recognising that not everyone is able to attend community groups, we also reached out to some of the most isolated and vulnerable individuals who rely on the Brackley Area Volunteer Car Service. Their feedback was notably similar to those who participated in the community groups, as reflected in the report.

A Questionnaire designed for this project is based on the OPQOL-BRIEF questionnaire (Older Peoples Quality of Life) which has 13 questions, 6 have been kept in the same format and others changed to open questions asking people what they want to do and what stops them doing more to pick up on gaps and barriers, plus asking what they already do, which we will add to the asset map. The questions fit on one side of A4.

Taking into account the Public Health interest in measuring progress in peoples' health and wellbeing, a short version of the Warwick-Edinburgh Mental Wellbeing Scale is appended to the main questionnaire. The additional 7 questions are in a tick box format.

To add some rigour to the progress and impact of the project, the questions will be used with the addition of a 'better or worse' option to be used comparatively and, to measure progress, open questions asking what has changed in activities undertaken by people and how their Wellbeing compares over the time of the project. The questionnaire (see appendix I and II) in this format would also give reassurance to the Integrated Care Network members that the model adds value in prevention, engagement and resilience building.

The connections and knowledge that SNVB has, will be used to initiate engagement through known local activity, centres and partners such as the Social Prescribers, Housing Associations and others to increase the reach of the project.

SNVB run the Brackley car service that already supports many of those who have health conditions and are isolated or need additional support to get out and about and this route will promote the project to car scheme members for them to decide if they are interested in the project, but also make them aware of community activities, support and services.

Alongside the asset map we will collate information on support and services from all sectors and liaise with Social Prescribers and local organisations for those in crisis or needing more support.

WHAT WE LEARNT

THE SAINTS COMMUNITY PROJECT

The Saints Community Project runs every Wednesday from 10am at the clubhouse, The Venue which is based at Brackley Town Football Club. The Project aims to offer friendship, companionship, and a break from isolation to members of the local community. For a nominal sum, those who attend can have unlimited tea and coffee (with cake!), plus the option of a subsidised home-cooked lunch. With regular event days, such as bingo sessions, fundraising and entertainment, the Project is proving extremely popular.

THEY SAID...

They would like to participate in more exercise and physical activities including: walking, swimming and dancing

They would like to attend more social events, groups and clubs including:

More like Saints Community project

Chatty Cafes

Planned days out/trips

More social clubs to meet new people

Evening bingo, Photography, Gardening & Pottery

They would like to learn something new and suggested new exercise/activities including: Crochet, Art, Computers, Poetry & Croquet

They advised that their mobility, lack of confidence, information, resources and finances prevent them from doing more. Specifically uneven paths were mentioned frequently as preventing community members from accessing services due to the risk of falling over increasing.

The Saints Community Project advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about

AGREED they do have family and friends to rely upon should they be required

STRONGLY AGREE that they are healthy enough to have their independence

STRONGLY AGREE that they feel safe where they live

AGREE that they have enough money to pay for bills and activities

They FEEL OPTIMISTIC about the future SOME OF THE TIME

They OFTEN FEEL useful, relaxed and are able to deal with problems well

They are able to think clearly, feel close to other people and able to make up their own mind about things ALL OF THE TIME

SPRINGFIELD SURGERY

Springfield Surgery is one of two local GP surgeries that operate in Brackley and serve 12, 000 patients. In July 2019 the Practice joined with Brackley Medical Centre, Towcester Medical Centre, Brook Health Centre to form the Brackley and Towcester Primary Care Network.

THEY SAID...

They would like to participate in more exercise and physical activities including; Walking, dance classes, Qi Gong, Swimming, Bowls and cycling

They would like to attend more social events, groups and clubs including:

- Dance
- Bowling
- Reading
- Sport

They would like to learn something new and suggested new exercise/activities including:

- Italian
- Spanish
- Learn the piano
- Gardening
- Computer skills
- Bowling

They advised that their mobility and lack of confidence prevent them from doing more.

Springfield Surgery patients advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about

AGREE they do have family and friends to rely upon should they be required

AGREE that they have enough social/leisure activities that they enjoy

STRONGLY AGREE that they are healthy enough to have their independence

STRONGLY AGREE that they feel safe where they live

STRONGLY AGREE that they have enough money to pay for bills and activities

They FEEL OPTIMISTIC about the future SOME OF THE TIME

They OFTEN FEEL useful, relaxed, are able to think clearly and deal with problems well

They feel close to other people and able to make up their own mind about things ALL OF THE TIME

BRACKLEY VOLUNTEER CAR SERVICE

Brackley Volunteer Car Service has over 500 members and transports its members to and from medical appointments and social support classes. Many members live outside of Brackley in the rurally isolated hamlets of Helmdon, Greatworth, Westbury, Syresham and Middleton Cheney. These members were contacted by BVCS to ensure that their voices were heard.

THEY SAID...

They would like to get out more and participate in exercise or physical activities

They would like to attend more social events, groups and clubs including:

Meet new people

Day trips

Feel "belonged" or have something to "look forward to"

Support groups

They would like to learn something new and suggested new exercise/activities including:

Computer skills

History group

Pavement action group

Drop in cafe

They advised that their health issues, carer responsibilities and lack of confidence prevent them from doing more.

Brackley Volunteer Car Service members advised us that they:

AGREE that they are healthy enough to get out and about

STRONGLY AGREE they do have family and friends to rely upon should they be required

DISAGREE that they have enough social/leisure activities that they enjoy

STRONGLY AGREE that they are healthy enough to have their independence

STRONGLY AGREE that they feel safe where they live

STRONGLY AGREE that they have enough money to pay for bills and activities

They FEEL OPTIMISTIC about the future SOME OF THE TIME

They SOMETIMES FEEL useful and close to other people

They feel relaxed, able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

BRACKLEY WI

Brackley WI a session on a Monday where 50 members attend.

THEY SAID...

They would like to get out more and participate in exercise or physical activities

They would like to attend more social events, groups and clubs including:

Socialising

Get out more

Dancing

They would like to learn something new and suggested new exercise/activities including:

History group

Life stories

Life Group

They advised that their uneven or blocked paths, lack of bus connections, health and access issues as well as caring responsibilities prevent them from doing more and wanted to feel safer going out on pavements and pathways.

Brackley WI members advised us that they:

STRONGLY AGREE/AGREE that they are healthy enough to get out and about

Most AGREE that they have family and friends to rely upon should they be required

Neither AGREE or DISAGREE that they have enough social/leisure activities that they enjoy

STRONGLY AGREE that they are healthy enough to have their independence, that they feel safe where they live and that they have enough money to pay for bills and activities.

They FEEL OPTIMISTIC about the future SOME OF THE TIME

They feel useful and close to people SOME OF THE TIME

They OFTEN feel relaxed

They are able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

KINGS SUTTON COMMUNITY MEMBERS

The Kings Sutton group was attended on Friday 28th June. The coffee mornings are held every Monday and Friday between 10-12 at the Millenium Hall in Kings Sutton. "Get yourself a bottomless cup and a stack of biscuits for only £1.50. Whilst you're here why not challenge your grey cells with the crossword & sudoko challenges and try your luck on the prize raffle".

THEY SAID...

They would like to get out more and participate in exercise or physical activities including walking and swimming

They would like to attend more social events, groups and clubs including:

Day trips

History group

Support group

They advised that their lack of local resource knowledge, limited mobility, confidence and caring responsibilities prevent them from doing more.

Kings Sutton community members advised us that they:

STRONGLY AGREE that they are healthy enough to get out and about

AGREE that they have family and friends to rely upon should they be required

AGREE that they have enough social/leisure activities that they enjoy

STRONGLY AGREE that they are healthy enough to have their independence, that they feel safe where they live and that they have enough money to pay for bills and activities.

They FEEL OPTIMISTIC about the future, USEFUL and close to other people OFTEN

They FEEL RELAXED, are able to deal with problems well, think clearly and able to make their own minds up about things ALL OF THE TIME

GRAND UNION HOUSING GROUP– BRIDGEWATER HOUSE

This facility has 29 flats for residents in a housing block, the questionnaire was left out for residents from whom we had 4 responses

THEY SAID...

They are unable to participate in any activities or exercise as they are too poorly and the furthest they can go is the communal garden.

They would like to attend more social events, groups and clubs including:

Film night

Fish and Chip evening

Quiz

They advised that their limited mobility prevent them from doing more.

Bridgewater House residents advised us that they:

NEITHER AGREE OR DISAGREE that they are healthy enough to get out and about
STRONGLY AGREE that they have family and friends to rely upon should they be required

AGREE that they have enough social/leisure activities that they enjoy

NEITHER AGREE OR DISAGREE that they are healthy enough to have their independence

STRONGLY AGREE that they feel safe where they live and that they have enough money to pay for bills and activities.

They FEEL OPTIMISTIC about the future, USEFUL and RELAXED SOME OF THE TIME

They are able to deal with problems well, think clearly, able to make their own minds up about things and feel close to other people ALL OF THE TIME

NEXT STEPS - RECOMMENDATIONS

1. Actions arising from Community Conversations/ABCD
 - a. Exercise – Walking, Nsport Otago & Steady Steps', Dance Group
 - b. Social Activity – chatty Café style and 'Walking Bus' to Meet and Chat.
 - c. Befriending model – (eg SERVE/Age UK/Voluntary action Oundle)
 - d. Saving Stories- local recording of people's stories (shared with local schools/people)
2. HAASG as a partnership and action vehicle
3. Promote and recommend the model of Community Engagement and Asset Building tested and proofed under this project
4. Develop local expertise, in particular what has worked well and enabled community engagement, which is the VCSE local lead with established community knowledge, links, relationships and community support delivery.
5. Utilise the LAP as the focal point to enable the model and ICN alignment
6. Refocus and bolster resources,
 - a. existing resources across all partners refocused around the model of building community activity and assets.
 - b. Seek funding to provide a framework to support the inception of engagement and initial activity -currently a HAASG focus.
 - c. Develop local community assets and expertise, identifying leads and community driven priorities to develop local activity groups, social and support networks.
7. Share the SNVB Community Asset Map with the LAP for them to act as the point of knowledge. The Mapped assets listed to point to resources and assets rather than replicating all details to minimise errors and need to update.
8. Messaging- develop communications around Healthy Active Aging- Public Health messaging delivered through the networks activity and VCSE support organisations to promote available information and services.
9. VCSE support initial event – Carers, Age UK, Alzheimer's and ICN partners
10. Work with partners to develop a community transport model to enable healthy activity, social interaction, building networks and to reduce isolation

Appendix 8 Collated responses to all Questionnaires

Review of Initial Responses to Engagement Questionnaire

103 responses to 6 engagement activities over a number of weeks in June and July 2024.

34 responses from people attending the weekly Brackley Town Saints Community Project (SCP), 30 completed and handed back to the project, 2 responses completed by the project team in conversation with members.

22 responses come from people who are members of the Brackley Area Volunteer Car scheme (BAVCS), called by phone and who were happy to complete the questionnaire over the phone with the project team member who has a dual role across the two SNVB projects.

17 responses are from those attending the W.I. Hall in Brackley and **8** responses were gathered when attending the Kings Sutton Community Hall coffee morning.

16 responses were from patients attending the Springfield surgery and **4** respondents came from the Grand Union facility, Bridgewater House. Neither of these groups were directly engaged by the project team or anyone else, so they do not have additional comments that were collated as a result of interactions

2 responses are from people with Learning Difficulties and are supported by SNVB as part of transporting them to Social Activity, including SCP and support elsewhere. Their responses reflect some specific needs, and these will be taken into account when engaging with the community on actions and activities.

Community Conversations

At the end of this document are the proposed areas on which we engaged with each of the cohorts with whom we have met.

Summaries

Noted below are the collated responses for each of the cohorts with whom we engaged, with their responses to the questions and the WEBWEMS brief questions, and additional comments we gathered in our conversations with people as they filled in or returned the forms.

The general feedback from these conversations were that there was a desire for additional activities, even from those who were doing a lot already, and that almost all were able to contribute to or manage a small amount of cost that this may incur.

Many had good support and networks, but a significant number did not and there were a number who were isolated geographically and socially but able cognitively.

The Saints Community Project (SCP)

“The Saints Community Project runs every Wednesday from 10am at our clubhouse, The Venue. The Project aims to offer friendship, companionship, and a break from isolation to members of the local community.

For a nominal sum, those who attend can have unlimited tea and coffee (with cake!), plus the option of a subsidised home-cooked lunch. With regular event days, such as bingo sessions, fundraising and entertainment, the Project is proving extremely popular.”

Summary of responses (not everyone answered every question)

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

- 14 responses wanted more exercise
- 5 responses wanted to do more walking
- 5 responses were for more swimming
- 3 responses named specific activity

What do you do currently

- 10 responses stated walking
- 4 responses stated swimming
- 4 responses stated exercise or classes
- 3 responses stated specific named activities
- 6 responses stated that they did Nothing/Not a lot or due to Carer/Mobility issue

Q. Social events, groups, clubs or interests

What would you like to do

- 4 responses wanted more community events to go to
- 3 responses wanted to just get out more
- 4 responses wanted ‘Trips’/days out or longer
- 9 responses were an eclectic mix of different named activities.

What do you do currently

- 17 responses stated activities around the SCP
- 7 responses stated going for coffee
- 4 responses stated family, friends and socialising
- 3 responses stated Bingo
- 17 other activities stated are mostly specific to the person
- 2 responses stated being Carers
- 2 responses stated nothing

Q. Would you like to learn something new

- 7 responses stated No
- 7 responses stated Yes or a positive
- 2 responses stated Crochet
- 3 responses stated different named activity

Q. Would you like to volunteer

- 9 responses stated No
- 1 responses stated Yes
- 3 responses stated a barrier to volunteering
- 2 stated already volunteering

Q. Would you be interested in joining an activity, join or be part of starting a new group if so what

Healthy Active Aging

8 responses stated Yes or a positive
5 responses stated No
3 responses stated a specific activity

Q. What stops you doing more

4 responses stated health related reasons
4 response stated lack of money
2 response stated lack of information (not on line)
1 response stated being a carer
1 response stated fear of falling due to uneven paths

Q. How are you currently - additional 'tick box' questions

How are you currently

(n=34)

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	14	7	6	3	3
Family, friends or neighbours can help me if needed	11	14	2	3	2
I have enough social or leisure activities/ hobbies that I enjoy doing	11	8	6	3	3
I am healthy enough to have my independence	16	11	3	2	2
I feel safe where I live	23	9	2		
I have enough money to pay for bills and Activities	12	9	4	6	2

Notes

Not everyone ticked every box,
Some ticked all the Strongly Agree, some ticked all the Agree
Enough money, below the 'Neither' box – Only just
Family and Friends – Not local. Friends have died I visit them in the cemetery

Commentary (and interpretation)

Most people felt healthy enough to get out and about, which may be reflective of the fact they were attending the SCP, *but also indicates that they may be able to do more activities. Though some would need to have support or some accommodation/needs to be addressed to facilitate.*

The majority are also healthy enough to be independent. *We would need to ensure there is knowledge of options for support available in the local area for those who need it or may need it in the future, whether from the community, community organisations or statutory partners depending on wishes and needs.*

Healthy Active Aging

Some people have little or no support in terms of family, friends and neighbours, *which may need some options to be looked at to ensure they have support, somewhere to go and a network.*

All state they felt safe, and the majority had enough money to pay for bills and activities. *This may indicate that many could pay for or contribute towards activities, though we may need a 'supported contribution' option such as used for the Towfood Larder, to ensure all feel able to take part. Also a method used by NSport providing 'top up' funds for exercise class deliverers.*

Most indicated they have enough activities/hobbies. *There was however a significant response in the previous set of questions to indicate people would do more even if answering 'strongly agree'.*

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

n=34	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	5	5	14	5	5
I've been feeling useful	2	4	8	12	8
I've been feeling relaxed	3	2	7	13	8
I've been dealing with problems well	3		10	14	7
I've been thinking clearly	2	1	6	10	15
I've been feeling close to other people	2		6	12	13
I've been able to make up my own mind about things	2		4	10	18

Notes

Not everyone ticked all of the boxes

One person on 'thinking clearly linked some of the time and often' (recorded as 'some')

One person marked 'make up my own mind in all of the time' and then scrubbed it out- so this was recorded as 'often'!!

Comments written on form

Optimistic -when I have things planned

Feeling useful - family

Commentary (and interpretation)

Optimism about the future was not strong with most indicating this was some of the time, rarely or none of the time. More responses were that people felt useful, thinking clearly and able to deal with problems and able to make decisions.

There is also perhaps a concern that in this engaged and active group the emotional wellbeing is overshadowed by the lack of optimism and a lack of feeling useful which needs to be an area for concern and action to ensure they feel valued, engaged and things they can look forward to.

Brackley Area Volunteer Car Scheme users responses w/c 17.06.24

Brackley Area Volunteer Car Scheme (BVSC) users are supported with car transport to medical and hospital appointments as they generally cannot drive and have no other means to get transport to ensure they attend appointments. The scheme operates across the Brackley area into villages around the south rural county area.

Users were called by the project and had a one to one discussion, and the form filled out on their behalf

Summary of responses (not everyone answered every question)(some had multiple items)

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

- 3 responses stated to get out more
- 3 responses stated to do exercise or activity
- 1 response stated 'be able to venture out without worrying about falling over on unsuitable paths'
- 1 response stated to do nothing

What do you do currently

- 6 responses stated walking
- 3 responses stated swimming
- 2 responded stated go out for medical appointments (one person stated - lost my son last year, struggled, live alone)
- 2 responses stated nothing due to caring responsibilities
- 3 response stated nothing (I worry I will fall over on uneven pavements) (just waiting to die)

Q. Social events, groups, clubs or interests

What would you like to do

- 21 responses stated to get out and meet people
- 7 responses stated day trips/days out
- 8 responses stated were to feel useful, to belong or have something to look forward to
- 3 responses stated needed support or lacked confidence

What do you do currently

- 8 responses stated nothing (I hope someone visits me, I get lonely) (not since my husband passed away)
- 7 responses stated attending the Saints Community project
- 4 responses stated attending Chatty Café or other organised club
- 5 responses were family and friends
- 2 responses were caring responsibilities
- 2 responses stated church and quiz

Q. Would you like to learn something new

- 15 responses stated No (2 due to age, 1 due to time)
- 4 responses were positive
- 3 responses stated an activity, computer, history group and 'how to mend pavements'.

Q. Would you like to volunteer

- 15 responses stated No (2 due to age 1 due to time)
- 2 responses were positive
- 2 responses stated they were limited by health

Q. Would you be interested in joining an activity, join or be part of starting a new group if so what

- 11 responses stated were positive

Healthy Active Aging

- 2 responses stated limitations due to health
- 3 responses mentioned specific activities, history, paths action group, drop in café
- 2 responses were for day trips
- 2 responses were for a carers support group

Q. What stops you doing more

- 6 responses stated health issues
- 4 responses stated caring responsibilities
- 4 responses stated issues with confidence or enthusiasm or will
- 2 responses stated that there was nothing available

Q. How are you currently - additional 'tick box' questions

How are you currently

n=22

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	7	9		2	4
Family, friends or neighbours can help me if needed	6	4	1	8	3
I have enough social or leisure activities/ hobbies that I enjoy doing			6	12	4
I am healthy enough to have my independence	11	8	1		2
I feel safe where I live	19	2			1
I have enough money to pay for bills and Activities	17	4	1		

Comments written on form

- Family and friends – no family x2 or not local x 4, too busy x 2 & if they are around
- Family and friends – I have no family, one friend who cares for me when she can. I get lonely
- Family and friends – only when they want something
- Family and friends – family are amazing and help me when they can
- Enough money - struggle at times especially during winter x 1, & bit of a struggle x 1
- Feel safe – Disagree -Prisoner in my own home, unstable paths

Commentary (and interpretation)

The majority of respondents state they are healthy and able to get out, though a significant number are not. *Options designed for the majority would need to have some thought for those needing additional support to get out and about.*

A fairly even split between those who have family, friends and neighbours and those who don't. *Support and networks would therefore be important to develop to enable & support this cohort.*

Healthy Active Aging

All have not enough social, leisure or activities. *Given the majority are in good health and are healthy and independent, we would need to identify the barriers and where support may be available and that any generally available organised groups and activities may be options, though Community Transport may be needed to enable and facilitate increased activity.*

All feel safe where they live and have enough money for bills and activities. *Arranging activities and events that may need to be paid for or have a contribution to ensure they are sustainable may not be a barrier for people to join in, with awareness of those who have money pressures.*

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

n=22	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	2	4	6	6	4
I've been feeling useful	2	5	6	4	5
I've been feeling relaxed	1	2	1	4	14
I've been dealing with problems well		2	1	1	18
I've been thinking clearly			1		21
I've been feeling close to other people	1	5	8		8
I've been able to make up my own mind about things					22

Comments written on form

I'm all there up top it's just my legs that let me down

At 91 I am very able bodied, active and independent

Feeling Optimistic – One day at a time at my age (91) !!

Feeling Optimistic - Not since my husband died x 2 & Nothing to look forward to

Feeling useful – Care for husband/wife x 2

Feeling relaxed – Always worried for Husband

Feeling close to other people – Lonely x 2

Commentary (and interpretation)

Very positive responses in the main around decision making, thinking clearly and dealing with problems. *This would seem to indicate good mental ability and cognition and being able to engage this cohort in a meaningful way to decide actions and options.*

A mixed response to 'feeling close' to people *is perhaps reflective of their less engaged situation, though the response to being relaxed for most may just indicate they are used to their situation, which could change if they become more engaged in activity.*

There is a mixed response to feeling useful and optimistic, *some in carers roles do feel useful, we may need to ask more in this area to define cohorts with caring responsibilities and those living alone, as our sample size grows in order to draw anything further.*

W. I. Hall Brackley

Coffee Morning attendees at Brackley Women's Institute and Girl Guide (WIGG) Hall on Manor Road (opposite Waitrose), Brackley WIGG Hall is a bookable venue for use by the general public. It aims to boost the community activities and groups offered to the people of Brackley.

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

- 5 responses stated to do more exercise and get out more
- 2 responses stated to do exercise or activity
- 2 responses were to do ballroom dancing
- 2 responses stated No
- 1 response stated to do more of everything

What do you do currently

- 9 responses stated walking
- 3 responses stated swimming
- 2 response stated gym or treadmill
- 1 responded stated country dancing and line dancing
- 1 response stated not a lot

Q. Social events, groups, clubs or interests

What would you like to do

- 6 responded stating Socialising
- 2 responses stated to get out more
- 2 responses stated more activities (indoor activities in the winter)
- 1 response stated history, life stories
- 1 response stated shopping
- 1 response stated Theatre group

What do you do currently

- 11 responses stated W.I.
- 4 responses stated U3A
- 5 responses stated History/History society
- 3 responses stated attending Chatty Café, SCP, friends
- 14 responses were named clubs, church, theatre groups, 50+, choir, bridge and more
- 2 responses were exercise activity
- 1 response stated shopping
- 1 response stated 'not a lot as unable to'

Q. Would you like to learn something new

- 8 responses stated Yes or similar
- 5 responses were No
- 1 response stated Ballroom dancing
- 1 response stated crochet

Q. Would you like to volunteer

- 7 responses stated already volunteer
- 7 responses stated No
- 2 response stated 'Not mobile enough or confident enough'
- 1 response stated Yes

Q. Would you be interested in joining an activity or be part of starting a new group if so what

Healthy Active Aging

5 responses stated Yes. One stating 'If I felt safer getting out'

6 responses stated specific activities, History group x 2, Life group x 2, teaching younger generation life skills

8 response stated No

Q. What stops you doing more

6 responses stated 'Scared to walk as paths blocked by overgrown hedges/ uneven paths' and 'Can't get around due to uneven paths, people parking on paths'

4 responses stated poor bus connections

2 responses stated health issues, arthritis and mobility

2 responses stated caring responsibilities

2 responses stated wheelchair access

2 responses stated knowing what's available and access to information on line

Additional comments noted the lack of local banking facilities, shops, need for and loss of local support for the blind, and request for a community hub similar to Buckingham!!

Q. How are you currently - additional 'tick box' questions

n=17	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	6	9	1	1	
Family, friends or neighbours can help me if needed	4	6	4	3	
I have enough social or leisure activities/ hobbies that I enjoy doing	3	4	7	3	
I am healthy enough to have my independence	11	5	1		
I feel safe where I live	9	6		1	1
I have enough money to pay for bills and Activities	14	3			

(questions an extract based on OPQOL brief)

Notes

Healthy enough -wheelchair user – carers help

Enough activities- cannot access due to wheelchair user

Feeling safe – paths are in disrepair/Fear of falling over

Commentary (and interpretation)

Most are healthy independent and have enough money, but although they do many activities, do not generally feel they have enough to do. *Solutions could involve paid for or a contribution towards sustainable options and getting them involved in existing activities elsewhere.*

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

n=17	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	2	1	9	4	1
I've been feeling useful	3	4	3	3	4
I've been feeling relaxed	1		3	10	3
I've been dealing with problems well	1		1	4	11
I've been thinking clearly	1		2	4	10
I've been feeling close to other people	1	4	6	2	4
I've been able to make up my own mind about things		1		3	13

Commentary (and interpretation)

Most are able to think clearly and make decisions, reflecting their independence stated above.

A spread across being optimistic and feeling useful *perhaps reflects their need to do more and give them a purpose around the desire stated to be involved in history and life groups.*

Not feeling close to other people has a spread across the range *which may suggest the group is a broad engagement and attendance of local people brought together under the WI banner and a reflection of their stated independence.*

Kings Sutton Coffee morning

The Kings Sutton group was attended on Friday 28th June. The coffee mornings are held every Midday and Friday between 10-12 at the Millenium Hall in Kings Sutton. "Get yourself a bottomless cup and a stack of biscuits for only £1.50. Whilst you're here why not challenge your grey cells with the crossword & sudoku challenges and try your luck on the prize raffle".

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

No replies under this question related to exercise or physical activity

What do you do currently

- 5 responses stated walking
- 2 responses stated walking to coffee mornings
- 3 responses stated swimming
- 2 response stated yoga
- 1 response stated not a lot as not very mobile

Q. Social events, groups, clubs or interests

What would you like to do

- 4 responded stating Day trips
- 2 responses stated meet people and have coffee
- 4 responses stated reminisce, talk about the old days, history, life stories
- 1 response stated support groups
- 1 response stated have a reason to get up

What do you do currently

- 3 responses stated coffee mornings.
- 2 responses stated meet with friends
- 2 responses were activities, for older people, Bridge
- 1 response stated medical appointments
- 3 responses stated not a lot or nothing stating, 'due to everything is online & not very mobile', 'Nothing as I care for my mum', and 'limited options'

Q. Would you like to learn something new

- 2 responses stated 'If it matched my interests'
- 3 responses were No
- 2 responses stated, 'I can't be taught' and 'I don't have time'

Q. Would you like to volunteer

- 3 responses stated already volunteer
- 5 responses stated No

Q. Would you be interested in joining an activity, join or be part of starting a new group if so what

- 2 responses stated 'If I knew others who were attending'
- 2 responses stated No
- 1 response stated 'Support group'

Q. What stops you doing more

- 5 responses stated knowing what's available and access to information on line
- 3 responses stated limited mobility
- 2 responses stated 'Not very confident'
- 2 responses stated 'caring responsibilities' and 'need more support 'Carer''

Q. How are you currently - additional 'tick box' questions n=8

Healthy Active Aging

How are you currently

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	5	2		1	
Family, friends or neighbours can help me if needed	1	4		3	
I have enough social or leisure activities/hobbies that I enjoy doing		1	5	2	
I am healthy enough to have my independence	6	1	1		
I feel safe where I live	8				
I have enough money to pay for bills and Activities	7		1		

Commentary (and interpretation)

Healthy, independent and mainly with enough money, *solutions could be as with some of the other cohorts above, paid for or contributory services and activities with barriers to address.*

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

n=8	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future		1		6	1
I've been feeling useful			1	4	3
I've been feeling relaxed		1		1	6
I've been dealing with problems well					8
I've been thinking clearly					8
I've been feeling close to other people		1	1	3	3
I've been able to make up my own mind about things					8

Commentary (and interpretation)

Generally the most positive group, *perhaps reflecting the village community setting and regular coffee morning and good range of community hall activities.*

Springfield Surgery Brackley

The questionnaire was made available at the reception desk of the Springfield surgery to their patients who were over 65, in early July, 16 of whom completed and returned the questionnaire.

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

4 responses stated walking

Healthy Active Aging

- 2 responses stated swimming
- 5 responses stated different types of exercise, gym, class or general
- 4 responses stated named activity, bowls, Cycling, Dance Classes
- 2 responses stated No

What do you do currently

- 12 responses stated Walking
- 3 responses stated Swimming or 'aqua'
- 4 responses stated classes Zumba Gold, Pilates, Yoga
- 7 responses stated exercise such as gym
- 2 responses stated gardening
- 3 responses stated a sporting activity
- 1 stated Nothing

Q. Social events, groups, clubs or interests

What would you like to do

- 3 responses stated friends, family
- 3 responses stated an activity
- 1 stated Reading
- 1 stated No

What do you do currently

- 2 responses stated Socialising with friends and family
- 3 responses stated clubs
- 4 responses stated an activity Bingo, Quiz night, Social Bridge x2
- 4 stated a volunteering activity
- 2 stated a sporting pastime – golf, tennis
- 3 responses stated a personal activity travel, read, cook, garden
- 1 response stated Retired
- 1 response stated Not a lot

Q. Would you like to learn something new

- 2 responses stated learning a language Italian x 2. Improving my Spanish
- 2 responses stated a new skill ,Play the piano, computer
- 2 responses positive Learn more about gardening and ?
- 3 responses stated No

Q. Would you like to volunteer

- 5 responses stated 'Already volunteer
- 4 responses stated a positive, Yes, depends, or a specific area
- 1 response stated No

Q. Would you be interested in joining an activity, join or be part of starting a new group

- 2 responses were positive, 'young at heart' and 'Not sure I could attend regularly'
- 2 responses stated No

Q. What stops you doing more

- 4 responses stated physical reasons
- 2 responses stated reasons of confidence
- 2 responses stated travel
- 1 response stated Scattered family

Q. How are you currently

Healthy Active Aging

n=16	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree
I am healthy enough to get out and about	9	5	2		
Family, friends or neighbours can help me if needed	5	5	5		1
I have enough social or leisure activities/ hobbies that I enjoy doing	5	5	4	2	
I am healthy enough to have my independence	12	1	2		1
I feel safe where I live	13	1	1		1
I have enough money to pay for bills and Activities	9	4	2		1

Notes

Family/friends – N/A recorded as 'Neither'

Comments

Money – at the moment, depends what happens with pensions (*winter fuel payments*)

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

n=16	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future			8	5	3
I've been feeling useful		1	6	6	3
I've been feeling relaxed			5	6	5
I've been dealing with problems well		1	3	9	3
I've been thinking clearly		1	1	11	3
I've been feeling close to other people			3	6	7
I've been able to make up my own mind about things		1	1	5	9

Notes

Thinking clearly – one ticked often and all – recorded as 'often'!! One person ticked the 'Rarely' box three times, who otherwise appeared 'busy', but stated wanted more friends!!

Grand Union Housing Group– Bridgewater House

This facility has 29 flats for residents in a housing block, the questionnaire was left out for residents from whom we had 4 responses

As there were only a few responses, the responses below are as transcribed

Healthy Active Aging

Q . Tell us would you like to do more -Exercise or physical activities

What would you like to do

No

No, too poorly

What do you do currently

Stroll around 'scheme' grounds

Do standing exercises at the Leisure Centre

Walking

Nothing

Q. Social events, groups, clubs or interests

What would you like to do

Film night

Fish and Chip evening

Quiz

What do you do currently

Lots of socialising

Church Coffee morning

Football club lunch

Coffee afternoons

Nothing, Used to go to Lounge, but no longer up to this

Q. Would you like to learn something new

No x 3

Q. Would you like to volunteer

No x 3

Q. Would you be interested in joining an activity, join or be part of starting a new group

Depends what it is

No x 2

Q. What stops you doing more –

Mobility

Q. How are you currently

GUHG n=4

I am healthy enough to get out
and about

Strongly Agree

Agree

Neither Agree
or Disagree

Disagree

Strongly
disagree

1

1

1

1

Healthy Active Aging

Family, friends or neighbours can help me if needed	3	1			
I have enough social or leisure activities/ hobbies that I enjoy doing	1	2			1
I am healthy enough to have my independence	1	1	1	1	
I feel safe where I live	3	1			
I have enough money to pay for bills and Activities	3	1			

(questions an extract based on OPQOL brief)

Notes

How are you currently - OK

Q. Short Warwick-Edinburgh Mental Wellbeing Scales

GUHG n=4	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1		1	1	1
I've been feeling useful	1		2		1
I've been feeling relaxed			2	1	1
I've been dealing with problems well			1	1	2
I've been thinking clearly				1	3
I've been feeling close to other people		1			3
I've been able to make up my own mind about things					4

Summary of potential areas for actions arising from each cohort and common themes

SCP members

Discussions with members to address commonly identified themes

- General Exercise, Swimming, Walking

Healthy Active Aging

- Share our local directory
- Support – Get local organisations to come in to discuss what they can offer
- Support – Liaise with the SCP team
 - What would they like to do in regard to the responses if anything
 - What additional support they may need to have access to for themselves and their members
- Direct referrals – link up people to existing groups/activity on stated areas of interest

BVSC members

Similar actions to the above, with an emphasis on support for carers to enable people to engage, and health issues that may need additional support.

- A significant response was around isolation and loneliness, which a befriending service and local support to get out and about may be a good option. Engage with the Social Prescribers, Age Well and Happy@Home to support people to get out and engage.
- Life stories project tie in & link up to local schools and local people

W.I. Hall. Brackley

Discussions with members – as above plus

- Direct referrals – link up people to existing groups/activity on stated areas of interest
- Support to access information about what's on and available
- Share our local directory
- Get local organisations to come in to discuss what they offer
- Support for carers
- Local Befriending
- Life stories project and link in to local schools
- Raise access issues, transport and support for those less mobile
- Local Hub & Banking access

Kings Sutton Coffee morning

To discuss with attendees - as above plus

- Direct referrals – link up people to existing groups/activity on stated areas of interest
- Options for day trips/transport
- Life Stories project – tie in with schools and telling local stories
- Support to access information about what's on and available
- Share our local directory
- Get local organisations to come in to discuss what they can offer
- Support for carers
- Local Befriending

Springfield Surgery, Brackley

To feedback to surgery and discuss

- Support to access information about what's on and available
- Share our local directory
- Exercise through NSport, Leisure Centre
- Support to engage and join groups (Social Prescribers)

Healthy Active Aging

- Promote volunteering opportunities or broker new options
- Access to advice on additional income sources, finances

Bridgewater House

To feedback and discuss

- Access to existing activities
- Discuss activities and support already available from CUHG
- Request Social Prescriber support to enable residents to get out and engage
- Happy@ Home befriending service to do a local event

Common Themes/Actions

1. Walking – could be a combined with local village activity walking to a coffee morning/link up with existing walking groups, WNC walking support
2. Exercise and more activity getting out – share asset directory & NSport & link up with existing groups/invite them in, work with Leisure centres to identify solutions, bring local classes to local community centres –gauge demand. Link up people to existing activity
3. Support and Befriending – Age UK, Carers, Alzheimer's/Parkinsons and others, and link up with WNC/social care sessions, social Prescribers, Age Well, Happy@Home.
4. Life stories, reminisce, - Serve project, local history groups, schools
5. Local Champions need to be identified – to be a lead and or local contact point
6. Transport as an enabler – to get people out to activities across the area
7. Enable those who wish to volunteer – direct to SNVB or use as leads for local activity

Appendix 9 Follow up Questionnaires

Over the last 3 months

Have you done more -Exercise or physical activities

Healthy Active Aging

Have you done more Social events, groups, clubs or interests

Have learned something new

Have you started volunteering

Have you joined a new group or done something new

And how are you currently

	Please Tick one of these					AND How does this compare to 3 months ago		
	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly disagree	Better	Same	Worse
I am healthy enough to get out and about								
Family, friends or neighbours can help me if needed								
I have enough social or leisure activities/ hobbies that I enjoy doing								
I am healthy enough to have my independence								
I feel safe where I live								
I have enough money to pay for bills and Activities								

(questions an extract based on OPQOL brief)

Healthy Active Aging

Short Warwick-Edinburgh Mental Wellbeing Scales – follow up questionnaire

	Please Tick one of these boxes					AND How does this compare to 3 months ago		
	None of the time	Rarely	Some of the time	Often	All of the time	Better	Same	Worse
I've been feeling optimistic about the future								
I've been feeling useful								
I've been feeling relaxed								
I've been dealing with problems well								
I've been thinking clearly								
I've been feeling close to other people								
I've been able to make up my own mind about things								

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