

MINUTES OF HILLINGDON'S OLDER PEOPLE'S ASSEMBLY

28 June 2016

Council Chamber, Civic Centre, Uxbridge

<p>1</p>	<p>Welcome</p> <p>Kim Markham-Jones welcomed everyone to the meeting and explained the purpose of the Older People's Assembly to new members, which is for the Council, its partners and residents to work together to improve services for older residents in Hillingdon.</p> <p>Cllr Puddifoot, the Older People's Champion, gave his apologies for the Assembly as he was required to be in attendance at the Health & Wellbeing Board.</p> <p>Kim advised the Assembly that photographs were being taken for an article about the Assembly that would be featured in Hillingdon People and gave attendees an opportunity to be excluded.</p> <p>Matters arising:</p> <p>A member of the Assembly requested a correction to the March minutes which stated '<i>residents aged 65 and over continue to enjoy free swimming classes...</i>,' and for clarification on this point.</p> <p>To clarify, Hillingdon residents aged over 65 are eligible for one free course of swimming lessons. Courses are subject to availability and courses are run at Hillingdon leisure centres throughout the year. Information can be found on the Council's website and in Hillingdon People.</p>
<p>2</p>	<p>Five Ways to Wellbeing - Julia Heggie, Senior Wellbeing Officer</p> <p>Julia Heggie, Senior Wellbeing Officer at the Council, gave a presentation about wellbeing, what it means, why it's important and what people can do themselves to improve their wellbeing.</p> <p>Attendees discussed what they felt the word 'wellbeing' meant to them. Responses were as follows:</p> <ul style="list-style-type: none">• Being able to go to places with other people;• Having opportunities to learn;• Contentment and good health;• Having connections with others (friends, family);• Being/living in pleasant surroundings and a nice environment;• Feeling contented, happy in your situation, not wishing you are somewhere else;• Being healthy - having good access to healthcare and feeling listened to;• Being active - physical health;• Being able to do things for yourself;

- Relaxation and stimulation (in Hillingdon there are lots of opportunities to get involved and learn);
- Feeling safe where you live and when you go out.

Julia advised that the definition of the word 'wellbeing' is 'feeling good and functioning well' and that it's important to understand all the factors that contribute to wellbeing. Our physical and psychological health, the support we have, our environment and our economic situations all have an impact on our ability to feel good and function well.

In Hillingdon, our libraries, green spaces, leisure centres and town centres are all places that can contribute to our overall wellbeing by providing us with opportunities to be active, take part in something and meet people. If we feel good we're more likely to take part in positive activities in our lives, for some people that could mean just taking a step out of their front door. If we have good relationships and a sense of belonging we feel good and that's why where we live and our town centres contribute greatly to our sense of wellbeing. Knowing what makes us feel good can also help us overcome life's difficulties.

The New Economics Foundation (NEF) has evidenced five key activities that can help us to improve our mental health and wellbeing. These are:

- Connect
- Be Active
- Take notice
- Keep learning
- Give

Connect: This means having good relationships with family, friends, colleagues and neighbours at home, work, school or in the local community. If people feel alone and isolated, they're more likely to experience depression. Evidence also suggests people are more likely to live longer if they have friends and a good social/support network. If someone feels connected this has a positive effect on their physical and mental wellbeing, they have increased feelings of happiness and self-worth, and they will have a greater sense of purpose and belonging.

Be Active: This is about finding something physical you enjoy such as walking, going to the gym, doing a chair based exercise, and building it in to your life on a regular basis. Being active makes us feel better. If we have good physical health we're more likely to feel better emotionally. Physical activity has also been proven to reduce the risk of cancer, heart disease and strokes, and it benefits mental health for people of all ages. For adults, the recommended amount of physical activity is 150 minutes per week.

Take notice: This means being aware of the world around you and what you're feeling, whether you are walking to work, eating lunch or talking to friends. How often do we stop and take notice of what's around us? Taking notice is about

focusing on what's happening in the here and now. It helps us to enjoy the world around us more, become more aware of our thoughts and feelings, and appreciate what matters.

Keep learning: This could be something as simple as learning to cook a new dish or challenging yourself to a crossword. It makes us feel good when we learn and helps improve and maintain our mental health and wellbeing by boosting self-confidence and resilience, giving a sense of purpose, connecting us with others and giving us a sense of accomplishment .

Give: It's common to think of volunteering but it could mean thanking someone, smiling or doing something nice for a friend or stranger. Giving to others makes you feel happier and satisfied about life, gives you a sense of purpose, is good for our mental wellbeing and creates stronger connections between people.

A member of the Assembly commented that these actions require people to make an effort. Julia responded that the key to the five ways to wellbeing is that the actions required are simple, small steps and changes that people should be able to achieve within their daily lives.

Julia finished her presentation by challenging the Assembly to think of one small action they could do and see how different they feel afterwards.

3 Wellbeing Activities in the Community - project in partnership (Age 4 All Wellbeing Service)

Peter O'Kali, Chief Executive Officer at Age UK Hillingdon, gave a presentation about the 'Age 4 All' project which is being delivered by Age UK Hillingdon, Hillingdon Carers, Hillingdon Mind, Harlington Hospice and DASH.

The project is funded by the NHS and Hillingdon CCG and is based on a project that took place last year for residents who were regularly presenting themselves at GP surgeries because they were alone and isolated. Volunteers were based at GP practices to encourage those people to attend activities in the borough, such as groups and clubs. The project worked very well and reduced the number of people attending GP surgeries.

No one activity suits everybody so this project covers a range of activities. This also includes activities that don't necessarily cost any or a lot of money. If there are individuals who want to do similar things, we will try and bring them together to develop new activities.

The project will again be basing volunteers at GP surgeries, and information will be made available by GPs. To ensure the project is a success, the project team are keen to know what activities people are interested in and what's already happening in the borough so that we can try and find out how we can help people get involved.

Assembly members were invited to take part in discussions and provide

	<p>feedback about:</p> <ul style="list-style-type: none"> • What wellbeing activities they take part in within Hillingdon? • What's good about them? • What else could be provided? • How should we let people know about activities? <p>Feedback and further information about the project will be provided at a future meeting.</p>
4	<p>What's important to you?</p> <p>Kim advised the Assembly that agendas for the assembly are not just planned by council officers but by residents and partners such as Age UK Hillingdon at Steering Group meetings. The Steering Group members were introduced at the last Assembly and they want to make sure that what's brought to the Assembly reflects the interests of older people in Hillingdon. Agenda items that have been put forward so far include the improvement of roads & pavements and podiatry services.</p> <p>Attendees were asked to take part in discussions to put forward their top 3 ideas for future agenda items. These will be presented to the steering group to plan future Older People's Assembly agendas.</p>
5	<p>Close</p> <p>Kim thanked everyone for their time and feedback and advised that this was her last Older People's Assembly as she is moving to the Council's Wellbeing Team. The Assembly marked their appreciation with a round of applause and wished Kim all the best in her new role.</p> <p>It was announced that on 18 July at 7:30pm at The Great Barn in Ruislip there will be an evening with Linwood Barclay, best-selling crime fiction novelist. Linwood will be interviewed by fellow crime author Luana Lewis. Tickets are £6 and include a copy of Broken Promise, the first book in the Promise Falls trilogy.</p>
	<p>Dates of 2016 Assemblies:</p> <ul style="list-style-type: none"> • 27 September - This is also the same day as Age UK's 60+ Fair. An Assembly member suggested that people attend the Fair in the morning and the Assembly in the afternoon. • 6 December <p>All Assemblies will be held in the Council Chamber.</p>