

CULTURE & LEISURE SERVICE'S CONTRIBUTION TO OLDER PEOPLE'S STRATEGY

Summary for the Corporate, Adult Services & Social Inclusion Select Committee Scrutiny Review of Older People's Strategy

Culture & Leisure's contribution to our work with older people is significant and multifaceted. As the following extract from the 2008 –2012 'Service Improvement Plan, Core Purpose' illustrates, many of the programmes touch upon the needs and aspirations of older people, but there is not a discrete Older People's Culture and Leisure Plan:

Core Purpose

The Culture & Leisure Service aims to provide opportunities for individuals and groups to explore their creativity, and to express and celebrate a sense of identity and belonging. Through our Museums activity we care for and interpret the heritage and history of the area, whilst our libraries promote and develop the skills and joy of reading, and provide a trusted community resource for essential information, learning opportunities and knowledge at all stages of life. Our Leisure provision helps people of all ages stay fit and active, helping individuals achieve personal goals and bringing groups together.

These services, and the strategic advisory role of the Service, impact on the majority of the Community Strategy themes. The main impacts are in relation to:

- *Healthier Communities and Adults – through participation in physical activity, and through access to a range of cultural experiences which promote social and emotional well-being and independence for older people.*
- *Economic Regeneration – for example, new cultural business formation and diversification; promoting the image of our towns; enhancing the quality of the built environment and our town centres.*
- *Liveability – for example, developing communities' sense of pride; promoting inclusive communities; supporting quality of life indicators, including satisfaction with Stockton as a place to live, harmonious diversity, facilities for young people and satisfaction with events.*
- *Children & Young People – particularly activities which support the 'Enjoy and Achieve' and 'Make A Positive Contribution' outcomes.*
- *Safer Communities – by engaging young people in opportunities which divert them from anti-social behaviour and encourage them to participate in society.*

Officers from the service are involved in a number of policy and planning groups within CESC and beyond, covering the needs of Older People. Within Culture & Leisure Management Team, the Library Service Manager takes a lead responsibility for Adults and Older people, helping to ensure a focused and consistent representation of culture in adult's strategy.

This integrated approach does not mean older people are not explicitly considered and catered for in bespoke programmes. The following pages illustrate the range of projects across Culture & Leisure that are tailored to cater for older people, separately or as part of an inclusive and fully accessible project.

Arts Development

- **Art & Soul** - a programme of arts activity with a focus on mental health and well-being delivered in a range of venues across Stockton targeting different groups within the community. Building on the success of the pilot project a group of older participants have been identified and the project will continue to engage with this group to develop approaches to arts activity with this age range.
- **Trinity Green Interpretation** - a programme of aural history, visual arts workshops with older residents from Parkfield/Mill Lane to bring together memories of Trinity Church. A historian will be working with older people from residential homes in the area to record conversations, followed by work with an artist to develop into a visual record.
- **Stockton International Riverside Festival** has been shaped by the needs of older people. In response to survey feedback and the input of Councillors, more fixed seating has been provided, along with better information about toilets and parking provision. The annual survey of visitors shows a strong preference amongst 65 yrs and over for those shows occurring in front of fixed seating.
- **SIRF Community Carnival** is an area where we have begun to focus on working with more older people, traditionally focused on children and young people in recent years there has been an increase in older groups taking part. There are several different ways groups can get involved, existing groups have found the experience valuable and we intend to work on publicising the opportunities to participate to a greater number of adult groups in future.

Museums

- **Their Past Your Future Nov 2005 (outreach prior to Museum on the Move).** Working with Youth Services young people went into care homes to record the memories of residents about World War II. The museum provided objects and a sing along led by an ex forces entertainer to prompt memories. In addition actors recreated characters from the war and visited the care homes.

- **Newtown community centre.2006/7/8 Museum on the move.**
Working with New Town Heritage officer, the museum over several months lent loan boxes, props and original artefacts. These were used in themed days such as the 50's etc. They were also taken to local care homes.
- **Museum of my Life 2007.** A creative writing project, inspired by the museums collection, that ran over an 18-week period. In this project one group of grandchildren worked with their grandparents to explore their lives through creative writing and art. **Publication Available.**
- **Slavery -A Tees Valley wide project led by Stockton Museum.** This project was not specifically for older people but intergenerational workshops occurred. It explored the past history of slavery and its connections to the Tees Valley and current views on contemporary slavery.
- **Youth Space** October November 2007 Museum on the Move. The museum worked with excluded young people at the Youth space centre, providing information, artefacts and some funding to develop this reminiscence project. This included an exhibition and day of activities based on World War Two. Older residents from retirement homes were invited to see the exhibition, listen to a veteran and experience recipes from the war. Some photographs available from Youth Space.
- **Music Hall show.** On July 23rd Preston Hall is marking the return for the summer holidays of the character actors by hosting a Victorian Day. On this day older residents have been invited in for refreshments and a show of old time songs.
- **Aspen gardens & Hardwick Partnership.** Sept to Nov 2008 Museums on the Move. The museum will run around 10 workshops with Hardwick Partnership and Aspen Gardens care home. The aim is to reinvigorate the relationship of the older and younger generations fostering respect between the generations. The workshops will allow the younger generation to understand elements within the life experience of the older generation and help them understand their lives. This will provide a platform for dialogue between two generations

Libraries

- **Housebound Service** delivering reading and other materials direct to readers homes for those who either permanently or temporarily incapacitated.
Transporting readers from the Housebound Service into their local library for a social gathering and into special events such as Author visits.
Placing deposit collections of books into Residential and Nursing homes where space restrictions preclude the mobiles calling.
Extending the items for sale (such as book tokens, cards etc) that the branches have to those who are Housebound.
- **Bookbus Service** visits residential and nursing homes, day centres and sheltered accommodation carrying specialist stock of large print and spoken word
- **Reminiscence therapy** sessions held in Homes whenever possible with Reminiscence collection of materials available for loan for work with older people
- **Mobile Library Service** visits those areas more than 2 miles from a library taking the library service in the main to older residents, especially in the villages such as Stillington
- **Hospital service** takes a weekly Book Trolley service to the Elderly care ward in University Hospital of North Tees
- **Stockton Central** holds weekly Books and Banter sessions for approx 40 retired people. U3A meets in the Hall at Stockton Bookchat group for Alzheimer suffers meet at Stockton We promote the library service to those attending Independence Plus sessions in the Hall for those who are loosing their sight Showcase events highlighting goods and services for those with specific special needs e.g. the deaf
- **Norton** holds monthly Health Clubs and hosts a Scrabble Club.
- **All Branches** are outlets for Mature Times and other publications/leaflets targeted at older people Host the Learning Resource Assistant who helps older people access IT, several residents in their 80's have learnt to surf the web Most have Book Groups which are attended in the main by older people Staff attend the annual Are You Being Served Well event at the Oakwood centre and the Priority Services Officer is on the corporate Group who organise it.

Leisure & Sports

- **Active Health Exercise Referral Scheme.** A 12 week progressive exercise programme, delivered in conjunction with local GP's and other health practitioners to help individuals manage and control their medication, health, lifestyle and well – being. Receiving over 1000 referrals a year, activities can be taken at local Tees Active venues, community centres and Northfield Sportsdrome.
- **Chair Based Exercise class.** Two weekly exercise classes that are tailored to meet the needs of the individual and aims to improve functional ability, physical fitness and general well – being.
- **Lite 4 Life Weight Management Referral Scheme.** A 10-week weight management programme. This service aims to promote a healthy diet and exercise to prevent long-term complications, which can arise from being overweight. Five programmes are delivered on quarterly bases.
- **Fit 4 Life.** A low impact exercise session specifically designed for individuals that have completed the Lite 4 Life weight management programme, the class gives participants continued support and motivation to continue/maintain their weight loss.
- **Stepping Out in Stockton, Health Walks.** Free local health walks aimed at increasing physical activity, led by qualified walk leaders in local neighbourhoods across Stockton.
- **Prambles.** This free session is open to mums, dads, grandparents and carers to bring their baby out for a gentle walk around local areas.
- **Stockton Well @ Work.** Aims to promote healthy lifestyles and physical activity within the workplace
- **Cardiac Rehab.** This service is delivered in partnership with North Tees PCT Community Cardiac Rehab Lead (Julie Wratten) and offers 6 week Phase III and phase IV exercise session out in the community.
- **Pulmonary Plus.** A 10 week community follow on exercise programme suitable for people who have already completed pulmonary rehabilitation at North Tees Hospital.
- **Heart Failure.** A programme to develop community follow-on exercise class for clients with heart failure.
- **Falls Prevention, Offer 6.** 24 week chair based exercise session within residential care homes to help reduce the risk of falling

- **Training** – The team offers the following training courses:
- OCN Level 3 Weight Management Course
- Volunteer Walk Leader Training,
Stepometer training

Leisure and Sports Development has only recently been combined within a single service and some modest alterations are being planned to its staff structure. The most significant change is the organisation of staff units around life stages. So, those staff previously separated into Sport and Healthy Lifestyle Teams will now be amalgamated, but subdivided into early years, school age, youth, adult, and older people teams. This illustrates the recognition that there are life stage specific challenges and issues which we want to be sure we address, including those of older people.

In relation to all the above service areas there are numerous instances of very positive feedback, usually given in verbal and informal form. In one example an older man, who was a carer for his housebound wife, came to the library to learn how to go online. Our Housebound staff then made repeat visits to his home and helped him set up a computer with internet access, guiding him through only shopping and service provision. In an account recorded for our Customer First Awards, the gentleman claimed his life had been completely changed by the support received from the Library Staff.

In another piece of feedback, a participant in the GP referral fitness and diet programme Lite 4 Life, describes the success of the programme and the support of the tutor:



Brian Hill thoughts and success on the Lite 4 Life Programme

At my yearly health check, the nurse suggested that I might benefit from the weight management programme called Lite 4 Life. I have lost weight in the past by myself but always seemed to put it back on. The nurse assured me that I would get the support and motivation to help me lose weight and sustain it for life. So I decided to sign up, the nurse filled out a referral form and I simply contacted the number on the bottom of the form for a consultation. When I rang they gave me a choice of courses that were running in local community centres across Stockton. I was booked in and a couple of weeks later I started the course.

The course was 10 weeks for 2 hours a week. The first hour consisted of educational advice focusing each week on different topics like portion sizes, fats, sugars, food labelling, salts and behaviour change. We were given weekly handouts from each session that I could also reflect on; the class was delivered at the correct level and was easy to understand. The second hour of the course was physical activity; the tutor delivered a low impact session but varied it for different fitness levels.

Success

I started the course in summer 2007 and I have managed to lose 3 stone; this could not have been done with out the continued support and motivation of my tutor.

I have gradually built up to walking 1 hour a day, going to the gym once or twice a week and my weekly session at Lite 4 Life. I feel exercise combined with a healthier lifestyle has helped me lose my weight.

This course does not offer you a diet; it will give you the information to make informed choices about your lifestyle. I thought the course was very good and would recommend it to anyone.

If you are interested in been referred onto the Lite 4 Life programme please speak to your local GP/Health Professional.

If you would like more information about the Lite 4 Life programme speak to Carla Jackson Tel: 01642 526696 or email carla.jackson@stockton.gov.uk