

Introduction.

The case studies below are examples of the many varied initiatives developed in the Vale of Glamorgan that support the five priorities outlined in both the Commissioner for Older People's Ageing Well Plan and the Vale of Glamorgan Local Service Board Ageing Well Plan:

1. Developing Age Friendly Communities.
2. Developing Dementia Supportive Communities.
3. Preventing Falls and Fractures.
4. Increasing access to Employment, Education and Training opportunities.
5. Reducing Loneliness and Social Isolation in order to increase health and wellbeing.

Often an initiative has a primary goal supporting one of the Ageing Well programme priority outcomes. However by its inception the initiative can often address at least one additional element of the programme. If we take case study one as an example the LIFT exercise training sessions primary goal is to increase the participants core strength in order to prevent falls. However the beneficiaries report that they enjoy the social interaction they have with the group every week, therefore the initiative has the added value of for some members of addressing previous social isolation and loneliness issues.

Case Study 1: Falls and Fracture.

The Vale 50+ Strategy Forum Executive Vice Chair and Housing Group Chair Jim Loach met with a number of partners including the Vale of Glamorgan Council, Public Health Wales and Age Cymru to discuss how the forum could support the development of primary-falls prevention in the Vale. Jim then produced falls prevention advice sheets and planned an advice and guidance presentation, he has facilitated this presentation to a number of groups in the Vale. Jim went on to received Age Cymru LIFT core exercise training and is facilitating two regular weekly exercise programmes to build participants core strength. One programme in Penarth supports up to 20 people and has been running since January 2015. The beneficiaries report that they enjoy the sessions and use the programme at home. A number of the group are frail, one lady member arrives in a wheelchair and has to be lifted from her chair to the seat in the exercise circle, she then enthusiastically joins in all the exercises before being assisted at the end of the session. In addition, since the summer of 2015, Jim has facilitated weekly sessions to Rondel House day centre attendees, all of these beneficiaries experience varying stages of dementia. Rondel house are also hoping to add another weekly session. Following a taster session to

members of Dinas Powys Voluntary Concern two groups including a Parkinson's disease support group have requested weekly sessions. Jim is also a member of the multi – partner steering group developing a primary falls prevention strategy.

Case Study 2: Access to Employment Education and Training - Communities First (Anonymised).

Service user John, aged 58 years old had been unemployed for over 4 years after suffering a breakdown. He met the Communities First 25+ Employment Officer Angelina Patrick at the Barry Job Centre Plus Communities First surgery. John was interested in applying for employment with the new Asda store on Barry waterfront but did not have the confidence to do so. Angelina arranged a one to one support session for John and facilitated a training session that offered soft skills including confidence building, communication skills, effective CV and application form completion and interview skills practice. John was invited to an Asda Magic Session which involved a group interview with approximately 15-20 other individuals. Angelina gave John further interview preparation training specific to the experiences he could expect in this interactive interview format and how to respond. Following a successful group interview, John was selected for a one to one interview. Angelina continued to provide support with one to one interview skills preparation training. John was successful in securing a 15 hour weekly contract with Asda and reports that he is thoroughly enjoying the experience. John is looking to secure additional employment to supplement the 15 hours of employment gained, in order to ensure his financial security. Communities First will continue to offer John any further support required for his future development.

Case Study 3: Multi – Partnership Grassroots Social Isolation Initiative.

In January 2015 the coordinator of the Rural Connections Big Lottery befriending scheme (Jane Platts) and the Glamorgan Voluntary Services Health Social Care & Wellbeing Coordinator (Linda Pritchard) met to discuss rural social isolation. They identified a particular gap in services providing any activities for older people who are socially isolated on Christmas Day. They formed a steering group comprising of partners from all sectors including the third & statutory sector, local businesses and a local faith community (Bethel Baptist Church Llantwit Major). The group decided to assess the viability of a multi partnership pilot initiative to address loneliness in Llantwit Major and its surrounding rural communities on Christmas Day.

The multi-partnership steering group developed a plan to offer a free Christmas lunch party on two sites in the Vale of Glamorgan, Bethel Church in Llantwit Major and the Golau Caredig extra care unit in Barry. It was easy to recruit volunteers with over 30 people stepping forward to take on a range of volunteer roles, including

community transport and car share driving, cooking, waiting tables and entertaining. Eighteen isolated residents attended the party in the Bethel Church and nine enjoyed a party with the residents of Golau Caredig. The beneficiaries and the volunteers reported that the events successfully achieved their goal and the experience was highly enjoyable for all. The success of this initiative was due to the willingness of all partners to pool their experience and resources to provide an efficient cost effective service. One of the local businesses involved also funded a Christmas Lunch for a local grassroots senior citizens group in Barry.

The initiative will be repeated next Christmas and a sustainable spin off has grown from the events. The attendees of both events will meet at least once a month to enjoy lunch and social activities together.

Conclusion.

These case studies reflect the range of ongoing work programmes and initiatives prioritised by partners supporting the ageing well agenda, as detailed in the Local Service Board Ageing Well Plan 2016 – 2018.