

Staying Connected

Loneliness and feeling isolated is difficult to talk about but affects many older people. At worst, it can affect a person's health and wellbeing. Through Ageing Well we work with our partners to help to keep people connected to the things they enjoy, and to have enough contact with other people.

We are developing networks to ensure that there are a range of activities available for older people close to home to support their interests. This is often a matter of letting people know what is already going on, though we can also help to start things up.

People have already told us that they are interested in gardening, luncheon clubs, cookery classes, exercise and leisure activities.

What would you like to help us start?



Ageing Well
in Northumberland

Find out more
Call 01670 394 400 or visit
adults.northumberland.gov.uk

If you need this information in Large Print;
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Supported by:

NORTHUMBERLAND
Northumberland County Council



Ageing Well
in Northumberland

Helping older people stay active, connected and well



What is Ageing Well in Northumberland?

Ageing Well was set up to work with local people to ensure that Northumberland is a good place to grow older. It promotes the health and well being of older people within their local communities.

The project brings older people and local organisations together. We offer information and support to help ensure older people stay active, connected and well. We want to help you develop good places to grow older based on strong evidence of what works as well as delivering a series of activities to promote good health.

Ageing Well is funded through Northumberland County Council and supported by the active involvement of older people around the County. We see older people as a great asset and want to help make the most of their skills experience and energy.

Our partners include Northumbria Healthcare NHS Foundation Trust, local community and voluntary organisations, housing associations and leisure services.

Our projects

We started by working with project groups in Wooler and Ashington which included:

- Older people
- Bernicia Housing
- Age UK
- WRVS
- C4A
- Wansbeck CVS
- The Glendale Gateway Trust
- Northumberland County Council

There are now over 20 projects being developed across the County.

We look forward to working with new individuals, groups and organisations and always seek to recognise the experience, skills and energy of local older people to help set up Ageing Well activities.

Research

We aim to support older people to influence Northumberland's plans about developing good places to grow older including housing, transport, leisure and culture and creating dementia friendly communities.



In 2012 we funded housing research to find out what older peoples priorities and aspirations are for meeting their housing needs in the future. Ageing Well groups of older people were involved in the County transport consultation, and we will continue to develop evidence about issues that are most important to help older people stay independent active and connected with others.

Events, activities and information

We have run a series of events and activities that encourage older people to make the most of opportunities, whether that is:

- Taking up exercise to suit all levels of fitness
- Finding out what support is available, including financial support, such as benefits, as well as help if you look after an older person
- Meeting up with others to share ideas

We now want to broaden this approach by working with local groups and older people to:

- Ensure they can get the most out of local leisure and community centres and libraries
- Help develop local activities that older people want to do, in partnership with other groups and organisations
- Develop activities involving young and older people together, so they can share skills and knowledge that benefit each other