

Epping Forest **Age Well** Action Group Action Plan Summary 2019 – 2020



1. Increasing Physical Activity

Ref	Actions	Outcome	Owner	Timescale	Measure
1.1	Increase physical activity and community engagement via the Active Living Programme	<p>Increasing physical activity and reducing inactivity by a targeted approach to groups most likely to be inactive & underrepresented in physical activity and sport</p> <p>Reduction in the percentage of residents (aged 16+) who undertake less than 30 minutes physical activity per week (Sport England Survey)</p> <p>85% of participants to increase physical activity levels 80% of participants to increase in wellbeing scores</p>	EFDC	March 2020	<p>No. of new participants referred, and subsequently participating in programme for a minimum period of 12 weeks</p> <p>No. of Active Living Ambassadors recruited and supporting delivery of Programme and 1-2-1 sessions</p> <p>IPAQ, Wellbeing questionnaire and case studies</p> <p>National Sport England Data on Physical Activity levels</p>
1.2	Walking Sports – Nordic Walking, Football and Netball	<p>Increasing physical activity and reducing inactivity by a targeted approach to groups most likely to be inactive & underrepresented in physical activity and sport</p>	EFDC and England Netball	March 2019	<p>No. of participants, questionnaires, case studies Modified IPAQ</p>
1.3	Strength and Balance Pilot in Care Homes	<p>Increasing physical activity and reducing inactivity by a targeted approach to groups most likely to be inactive & underrepresented in physical activity and sport</p>	EFDC and West Essex CCG	Oct 2019	<p>No. of participants No. of activity coordinators to attend and complete FABS Training Case studies</p>

Ref	Actions	Outcome	Owner	Timescale	Measure
1.4	Museum Movers	Increasing physical activity and reducing inactivity by a targeted approach to groups most likely to be inactive & underrepresented in physical activity and sport	EF Museum	March 2019	No. of participants, questionnaires
1.5	West Essex CCG, EFDC, ECC Provide, Community Agents and Frontline to work more proactively in respect of older people being more physically active and leaving 're-ablement' care, to extend and sustain improvement work with individuals through referrals to activities such as the Lifewalks, Strength and Balance, Active Living, Cycling for Health programmes	<p>Increasing physical activity levels among older people</p> <p>Reduction in the percentage of residents (aged 16+) who undertake less than 30 minutes physical activity per week (Sport England Survey)</p> <p>Increased referrals and usage of Frontline</p> <p>All EFDC health & wellbeing programmes feature on the Frontline care-navigation platform which is accessible to all local health and third sector agencies as well as the public</p> <p>Film clips of activities produced for GP's surgeries</p>	EFDC, ECC and WECCG	Dec 2019	<p>No. of referrals</p> <p>No. of Frontline users for Epping Forest</p>
1.6	Develop a range of Dementia Friendly PA sessions to increase PA	Increase physical activity levels of people living with dementia	EFDC, AS	December 2019	No. participants and careers taking part in regular activity

	levels of people with Dementia and their Careers; - Yoga - Walks	Increase physical activity levels of people with a care responsibility Reduce social isolation of those with a care responsibility			Participants to complete Warwick Edinburgh wellbeing scale

2. Social Isolation and Loneliness

Ref	Actions	Outcome	Owner	Timescale	Measure
2.1	Implement Buckhurst Hill Social Isolation Task and Finish Project	Reduction in social isolation and loneliness in Buckhurst Hill Increase people's awareness of knowledge of local health and wellbeing services and what's available in the Buckhurst Hill area	EFDC, West Essex CCG, Community Agents, EPUT, VAEF	Nov 2019	Completed evaluation report with key recommendations, lessons learnt and next steps No. of activities set up in Buckhurst Hill Produce a Reducing Social Isolation Toolkit
2.2	West Essex Social Isolation and Loneliness Prevention Partnership will work together to successfully to deliver WECARE programme to prevent loneliness and isolation 3 Community Resilience Coaches (CRCs) supporting volunteer Community Champions to use Asset Based Community Development will be employed across West Essex	Empower people across sectors and communities to know how to identify loneliness and isolation and be confident on signposting people Catalyse communities to create their own opportunities to bring people together around common activities Motivate people to develop their own solutions	WECAN	March 2020	Number of Community Champions Number of people trained to be able to identify loneliness and isolation (other than Community Champions – through businesses, schools, community groups etc) Number of NEW activities developed Number of people signposted by CRCs/Community Champions Number of people receiving support to access activities

					<p>Number of cross referrals with Care Navigation</p> <p>Number of cross referrals with Befriending Services</p> <p>Number of referrals from health or social care services</p>
Ref	Actions	Outcome	Owner	Timescale	Measure
2.3	<p>All partners to make better use of town, parish and community magazines / local media, social media, WECCG neighbourhood meetings, care navigator pathway and frontline to communicate messages to isolated older people and those living in rural areas of the district and seek their inclusion in consultation</p>	<p>Increase people's awareness of knowledge of local health and wellbeing services</p> <p>Empower people across sectors and communities to know how to identify loneliness and isolation and be confident on signposting people</p>	All Partners	Oct 2019	<p>No. of Frontline referrals and users</p> <p>No. of GP referrals</p>
2.4	<p>Build community capacity and resilience through recruitment of Community Champions across the district</p> <p>Community Champions to support the delivery of the WECARE programme</p>	<p>Increase people's awareness of knowledge of local health and wellbeing services</p>	EFDC	March 2019	<p>6 new Champions enrolled</p> <p>Minimum of 400 new people engaged with Community Champions or signposted to services</p> <p>Min 280 people reporting an increased sense of wellbeing and a strong sense of contributing to the community through participation</p> <p>Min 280 new people reporting an improved quality of life and increased social networks, through</p>

					participation in group activities
2.5	EFDC (Community and Partnerships) to work with partners from the public, voluntary and private sectors to further develop Epping Forest Dementia Action Alliance working towards establishing Dementia Friendly Communities across Epping Forest District	Established and active Epping Forest Dementia Action Alliance Dementia Friends sessions delivered throughout the district Dementia friendly initiatives developed and implemented	EFDC, Alzheimer's Society	March 2020	No. of organisations signed up to Epping Forest Dementia Action Alliance No. people attending dementia friends information sessions No. of people participating
2.6	Support the development of a Epping Forest Shed Project, by working with the Essex Shed Network to recruit volunteers, source appropriate venue and funding.	Establish a Mens Shed Project For Epping Forest Establish a Mens Shed inside project for Epping Forest for those unable to access Mens Shed	EFDC, VAEF, Essex Shed Network	October 2019	No. of people participating in Mens Shed/Shed inside project Participants to complete Warwick Edinburgh wellbeing scale

3. Safe and Independent at Home

Ref	Actions	Outcome	Owner	Timescale	Measure
3.1	Multi-agency engagement events to be provided for older people such as 'Stay Well This Winter' and 'Senior Safety' days, on an annual basis. These to include representation from health services, local pharmacies, opticians and the Council, and to include availability of flu vaccinations, benefits advice and tips for health and safety in the home	Increase people's awareness of knowledge of local health and wellbeing services Increase people's awareness of knowledge of how to stay safe and local health and wellbeing services	EFDC, West Essex CCG	Nov 2019	No. of people attending Event Evaluation forms 3 stay well this winter event each year and 2 senior safety events each year Level of Improvement in people's knowledge of how to stay well in winter and stay safe
3.2	Establish and develop a C.A.R.E. Home from Hospital (delayed discharge) scheme in partnership with NHS / St Margaret's Hospital, St Clare Hospice (or nominated hospital)	Successful early discharge of patients to safe and secure home resulting in a return to independent living Substantial cost savings to NHS/	EFDC, West Essex CCG, ECC	Dec 2019	Service implemented Number of patients discharged early to safe and secure homes

		hospital alleviating bed blocking Time and hospital resources re-directed to more efficient use			
3.3	Epping Forest, Harlow and Uttlesford Councils to deliver a Pilot Scheme to employ a full time Senior Occupational Therapist to work together with environmental housing officers to facilitate the safe and early discharge of residents located in West Essex from hospital, residential/nursing placements and hospices	Successful early discharge of patients to safe and secure home resulting in a return to independent living Substantial cost savings to NHS/ hospital alleviating bed blocking Time and hospital resources re-directed to more efficient use	ECC, EFDC	March 2020	Service implemented Number of patients discharged early to safe and secure homes
3.4	Mapp physical activity programmes in Epping Forest against falls risk to develop an information tool to support simple referral on to PH programmes for those at risk of Falls	Increase referrals on to specialist Strength and Balance session and OTAGO sessions through direct referrals from community physiotherapists	EFDC, West Essex CCG	July 2019	Increased participation on strength and balance.
Ref	Actions	Outcome	Owner	Timescale	Measure
3.4	Expand existing C.A.R.E. Handyperson scheme to undertake increased demand in service because of Hospital Discharge patients and support established service	Timely discharge of patients Enhanced C.A.R.E service and coherent District provision to resident community base	EFDC	March 2020	No. of people using the C.A.R.E Handyperson scheme
3.5	EFDC to proactively adapt its housing stock to be fit for the ageing population, to address fuel poverty, mobility issues and extra care support	Increase number of residents living independently and able to remain safe in own homes	EFDC	March 2020	No. of people living independently

3.6	ECC (Social Care), EFDC and West Essex CCG to work more collaboratively on the provision of disabled adaptations to reduce duplication, cost and timescales	Efficiency savings and avoid duplication Partnership working	ECC, EFDC	Dec 2019	EFDC to link into Neighbourhood Hub groups in the District to work collaboratively with Social Care and CCG on this re. DFG
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