



## **Narberth Older Persons Project Report 2017/2018**

### **Project Diary**

#### **Nov – Dec 2016**

The LEADER funded Older Persons Project Developer post commenced in November 2016. The post was created to research activities and services for older people in Narberth in Pembrokeshire and the OPPD was based at Bloomfield House Community Centre. The first older person's event was a Christmas afternoon tea event with music provided by volunteers from Thurston Woodwind learners. Older people enjoyed a social event with the opportunity to comment on local services. Attendees completed 15 questionnaires with further questionnaires given to local residents unable to attend. John McGarry and his Thurston Woodwind students volunteered at the event and provided the entertainment. This increased their confidence and learning experience.

At the next event transport will be provided by the Bloomfield Community bus as this was evidenced in feedback.

Event attended by representatives from PLANED, PCC, SPOT and NDCSA.

#### **Jan- April 2017**

OPPD visited Solva Care Project, Cawdor Court, Steps to Health Walking Group, The Lee Davies Day Care Centre, Transition Cafe in Fishguard and Hook Community Over 50's Health and Well Being Day. OPPD organised an older person's community dance and lunch event in conjunction with SPAN Arts and the Queens Hall.

OPPD is liaising with local businesses to use surplus donated food for the event with advice from Transition Bro Gwaun. Five local businesses sponsor the event.

Over 80 local older people attended the Community Twmpath on 27th March in the Queens Hall. Catering, service and transport provided by NDCSA and SPAN staff and volunteers.

Videos and images of the Christmas event and Twmpath are posted on the Bloomfield Facebook page.

Over 40 older people's questionnaires have been completed and returned so far.

OPPD has assisted older members of NDCSA to access the newly installed wifi at the community centre.



Older Persons Twmpath 27th March 2017

### **April - June 2017**

OPPD is processing data from the 60 questionnaires that have been returned and holding one to one interviews with local older people to determine local needs.

Narberth Bowl Club request the assistance of OPPD with a funding bid for equipment for the club. The club receive a grant from Valero the following month. OPPD attend the Living Memories dementia support group in Narberth Museum.

OPPD begins organising the third older person's event: an intergenerational strawberry tea with the Lee Davies Day Care Centre and Bloomfield Nursery in July.

OPPD holds meetings with Transition Bro Gwaun, Narberth Foodbank and the Trussell Trust to gauge how older people could be involved with future volunteer donated food projects. OPPD attended PLANED AGM to network with other groups.

### **June – November 2017**

OPPD is organising event three: a Strawberry Tea in association with the Lee Davies Day Care Centre and Bloomfield Nursery. Over 80 older people, children and volunteers attend. Participants took part in a craft activity along with Bloomfield Nursery children and were served cream tea outdoors by staff and volunteers.

OPPD attends five events: Age Friendly Cultural Network in Cardiff, Community Fridge Network event, Oxford (for lunch club research) Attending St Luke Community Centre, Islington London (for lunch club research) Campaign to End Loneliness Pembrokeshire launch in Letterston and Uzmaston Church Hall August lunch club.

Research leads to a Community Fridge idea as a source of ingredients for a future Narberth luncheon club and promoting healthy eating/reducing food waste to the community. A trial 'Food Share' event is held in August with Pembrokeshire Food Bank. Petitions of support are signed and an article appears in local media.

OPPD is processing data from the 85 questionnaires that have been returned

So far OPPD has conducted six interviews with local older people to determine local needs.

OPPD is organising the fourth older person's event; a Health and Wellbeing Day on Nov 18<sup>th</sup> 2017.

This includes meetings, administration and promotion. Engaging youth volunteers from Preseli School to provide catering using donated food items.

OPPD holds meetings with Transition Bro Gwaun and Trussell Trust/Narberth Food bank to share ideas about a possible future community fridge and luncheon club.

OPPD is investigating a possible intergenerational event with Bloomfield childcare groups and Lee Davies Day Care Centre.

### **November 2017 to February 2018**

The November over 55s Health and Wellbeing day on 18<sup>th</sup> November is a great success with over 40 older people taking part in health and wellbeing activities and taster sessions. Fifteen local health and wellbeing groups or businesses provided sessions or information stands including IT, massage, Tai Qi Chuan, yoga, Pilates and bowls. Soups and smoothies are provided by volunteers from Ysgol y Preseli and Transition Bro Gwaun using donated foods from local businesses. This is well received by participants and over twenty signatures of support for a community fridge project are collected. OPPD conducts further interviews including local elected members and key local stakeholders regarding services for over 55s.



**Over 55's Health & Wellbeing Event**

OPPD organises an additional intergenerational event in December bringing together Bloomfield childcare groups and the Lee Davies Day Care Centre's elderly clients. Local singer John Brewer provides entertainment and instruments for participants. Photos and videos added to social media.



**Bloomfield Intergenerational Event 2017**

OPPD begins writing report, business plan and database of older person services in Narberth. Over 100 questionnaires have been completed by local over 55s. Funding bids are submitted to Arwain Sir Benfro Leader and the Bluestone Foundation for a Community Fridge and Luncheon Club Project. A total of 41 local volunteers have provided 276 hours of volunteer time during the course of the project.

## **Key Local Stakeholder Interviews**

### **Resident 1 - June 2017**

- He explained that it is very difficult to get older people to exercise. He came through the cardiac rehabilitation programme via referral from health care professionals. He then helped to start a group based at Bloomfield that caters for those finishing the cardiac rehab programme. Those finishing the programme are invited to participate in a weekly morning or afternoon gentle exercise class and a monthly volley ball game. The group are hoping to offer the classes to other older people in the community.
- There needs to be other community activities that combat loneliness and promote keeping active such as dance.
- Choir groups are very good for older people as they promote social and mental stimulation. Resident 1 belongs to Cor Mebion de Cymru, a large network of male voice choirs. Most members are older men but the group are looking to recruit younger members. Mentioned the links between singing/choirs and dementia prevention. In his experience, very few choir members suffer with outward signs of dementia.
- Keeping fit and socialising is very important for the health of older people. Walking not driving and joining the many local walking groups around Pembrokeshire.
- Also groups such as PROBUS and the WI are great for older people.

### **Resident 2 - July**

- A local resident and has been involved with Narberth Bowls Club for 26 Years and with the Over 55's Swimming group.
- Lives with his wife in Narberth and commented that they very seldom received visitors or were asked for their opinions on local events and activities.
- Commented that loneliness is a problem for lots of older people and that a remedy for that could be activities or schemes that reach out to people in their own homes.
- We discussed the Solva Care Project that pairs volunteers with older residents to assist them with small tasks and he thought that this would work very well in Narberth.
- Discussed the cost of living for older people and that food is big part of weekly expenditure. Commented that for lots of older people there is stigma attached to food banks and that many would not use them even if in dire need.

### **PCC Older Persons Strategy Coordinator Aug 2017**

- Two of the main issues facing older people are loneliness and dementia.
- A new post is being created by the Campaign to End Loneliness for a Pembrokeshire coordinator. Due to meet with the new coordinator asap.
- Previously conducted some research, including a questionnaire which was distributed in Narberth as part of the good neighbour scheme.
- Suggested looking at dementia friendly towns such as St Davids and to contact the dementia group that attend Narberth Museum on a Friday afternoon (Living Memory Group)
- Another local older person's event is the Thursday Coffee Morning at the Royal Order of Buffalos Club on Narberth Town Moor. There currently is no luncheon club in Narberth. A subsidy is available from PCC to operate one and can assist with this. NSDCA would need to

contact PCC Social Services Dept to discuss the option of the Lee Davies Day Care Centre hosting a monthly luncheon club during their opening hours or alternatively considering a weekend event.

- Falls prevention, IT, Fit Bit and I Pad classes were important to older people. RNIB training is also available for the visually impaired.
- Hook community have recently introduced a luncheon club and gentle exercise class aimed at older people. Other suggestions include PACTO's Bus Buddies Scheme, book clubs, Solva Care, Men's Shed projects and photography and bread club for older men, combining cooking and companionship. Also look at Wales Cooperative Care to Cooperate Project.
- If NDCSA were to establish a lunch club at Bloomfield, PCC could subsidise the cost.
- PCC sent out a questionnaire in Narberth to 1254 households in 2016. 6% (76 people) said they would like to see support in the community for the following:

Form Filling = 22 people

Befriending = 35 people

Benefits help = 23 people

Shopping = 37 people

Collecting prescriptions = 35 people

Minor Households = 35 people

Emergency Meals = 32 people

Information = 39 people

Back Up Transport = 31 people

Social activities = 35 people

Snow = 45 people

### **Vice Chair Narberth U3A**

- Grief can be an issue for lots of older people. Many U3A members are female and either widowed or divorced.
- New U3A members advised are advised to attend a general committee meeting. Narberth U3A now have over 140 members but are increasing all the time so will need facilities such as Bloomfield more frequently to host new activities.
- U3A very valuable to older people as mixing with people of the same age, socialising and increasing self worth. Confidence is also increased as individuals are asked to make presentations on subject matter of their choosing or participate in discussions.
- Many retired people lose the self worth they had in the work place when they retire and this can cause depression if not addressed.
- Many older people are now becoming IT literate and this helps to keep in contact with family living far away e.g. Face time and Skype. Lots of older people living far away from family as young people migrate away from Pembrokeshire for education and jobs whilst other older people are moving here to retire.

### **Hywel Dda Healthy Living Advisor**

- Based at Narberth GP Surgery once per week
- People referred to her by GP

- She performs health checks and gives advice
- Stress, depression, dementia and mental health issues facing older people locally. Along with diabetes and lack of knowledge of health lifestyle.
- Older people find it difficult to stay active; they need something accessible, sociable and easy to get involved with such as Nordic walking.
- Lack of knowledge and education is a barrier
- Foodwise, Public Health Wales is a good resource for nutrition and weight management.
- Older people with high cholesterol often also eat a high sugar diet and this can lead to diabetes. Chang4life sugar app can help with this.
- Rural isolation is a big issue for older people in Pembrokeshire and initiatives such as PACTO's Cars for Carers and community buses can help.

#### **Ex Narberth GP (Over 35 years' experience)**

- Main issues for older people in Narberth are rural isolation and poor transport links
- Health issues are a major concern as people are living longer and often being cared for by other older people e.g. partners or retired children.
- Isolation means that loneliness is an issue. This could be remedied by establishing befriending schemes, a luncheon club or shopping service in Narberth
- The migration of Pembrokeshire's younger generation for jobs and education means that many local people are growing older without the support network of family nearby.
- Solva Care Project is a great initiative which would work well in Narberth
- There is a big gap between those needing (and qualifying for) social and health services and those that simply need some additional help to stay independent
- The ageing population is a pressure on services locally
- Older people can now only get home care in extreme conditions such as not being able to cook or wash themselves. There is a shortage of carers locally and sometimes long waiting lists.
- Health Issues facing older people: loss of mobility, foot care (due to lack of mobility) and also keeping clean/infection free is difficult for those with mobility problems.
- Development of dementia now also in people of a younger age. This puts pressure on carers and family
- If a diagnosis is made then sufferers are referred to the local mental health team but if they are deemed in the early stages nothing can be done.
- Initially very difficult to get a person in the early stages of dementia to admit there is an issue and a family member will often refer the sufferer. Social stigma is an issue.
- Many local older people in Narberth are not good at engaging with agencies for support.
- Local resources such as banks closing on the high street this leads to problems as older people are often digitally excluded and are not familiar with online form filling and banking.
- Many older people now use I pads for example and connectivity is increasing among this age group
- Many older people retire to Narberth or have no children. Many are downsizing from a larger house further away so are dislocated from their original communities.
- Many confess to finding it difficult to join new social groups when they grow older and also not knowing or trusting their neighbours.

### **Pembrokeshire County Council Carer, Lee Davies Day Care Centre**

- Issues with carers shortages locally. Long waiting lists. Low pay and lack of training exacerbates this issue.
- To be eligible for the Lee Davies Day Care Centre clients must demonstrate 'critical and substantial need'. Almost all clients have some level of dementia.
- There have been changes in recent years as criteria is now much stricter and care is only provided in the most serious cases
- Loneliness is a massive issue for older people as many local people live alone with no family locally.
- Lots of older people are not aware about what is available for them locally and do not have the confidence to ask for help. There is no centrally located list of services available to older people in Narberth. Also lack of information for families of dementia sufferers.
- Many older people struggle in the modern world with online forms, banking and generally with domestic affairs. Many have lost a partner and are suddenly faced with taking on additional unfamiliar tasks. Carers at the Lee Davies Centre advise and sign post clients to enable them to get the help they need.
- Many older people lack in confidence and have hearing or visual impairment which inhibits them.
- Falls and lack of mobility are an issue for older people and small adjustments such as well-fitting sturdy footwear can make a big difference to individuals.
- Popular activities at the centre are singing and SPAN Arts Caring Choir, bingo, one to one sessions, interaction with children and trips out (recently Narberth Museum and Folly Farm)
- Many clients live in rural isolated areas and are collected from their homes by bus. Transport is a major issue for older people generally in and around Narberth.
- The older people love spending time with children and this should be encouraged and promoted in the future, sharing resources etc

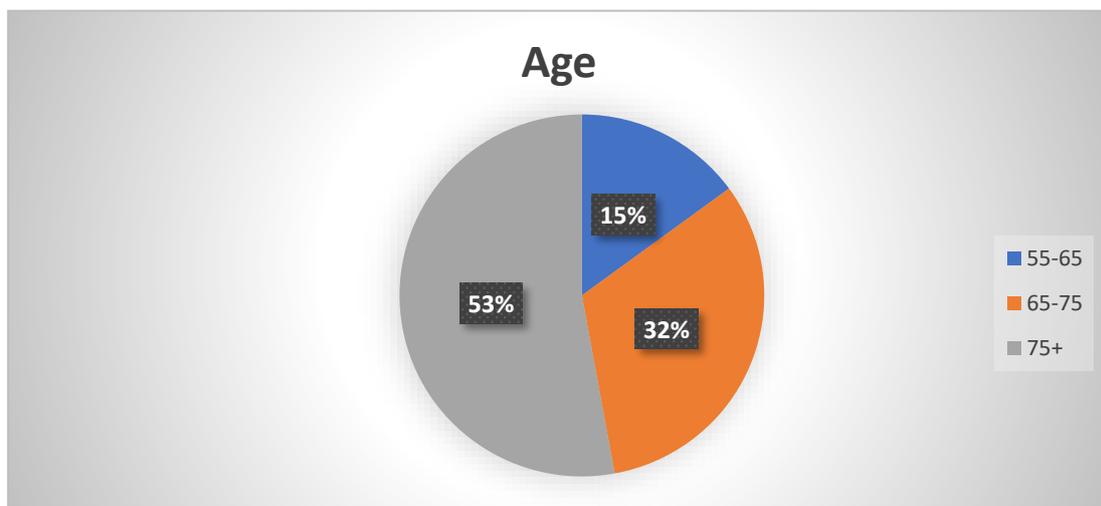
### **Local Elected Member for Narberth**

- Older people are living longer, needing more care and funding is decreasing due to austerity measures, locally and nationally.
- Social isolation is an issue to older people. The local community need to build networks and use community resources to the full.
- Narberth is a unique community and could be used as an example for community led and operated facilities.
- Pembrokeshire County Council are currently looking at a transformation scheme. Centralising services and making savings where possible. Home care for older people is reducing and there is a shortage of carers locally.
- Has experience of the Lee Davies Day Care facility at Bloomfield. A relative that attended the centre previously and that was employed there by PCC. Asked about elderly user numbers and the intergenerational work going on with Bloomfield Nursery, After school Club and Cylch Meithrin Arberth.
- Mentioned that digital literacy is very important for older people especially to keep in contact with family living far away. Mentioned Point Youth Centre, Fishguard Intergenerational Digital Project and that a similar project would work well in Narberth.

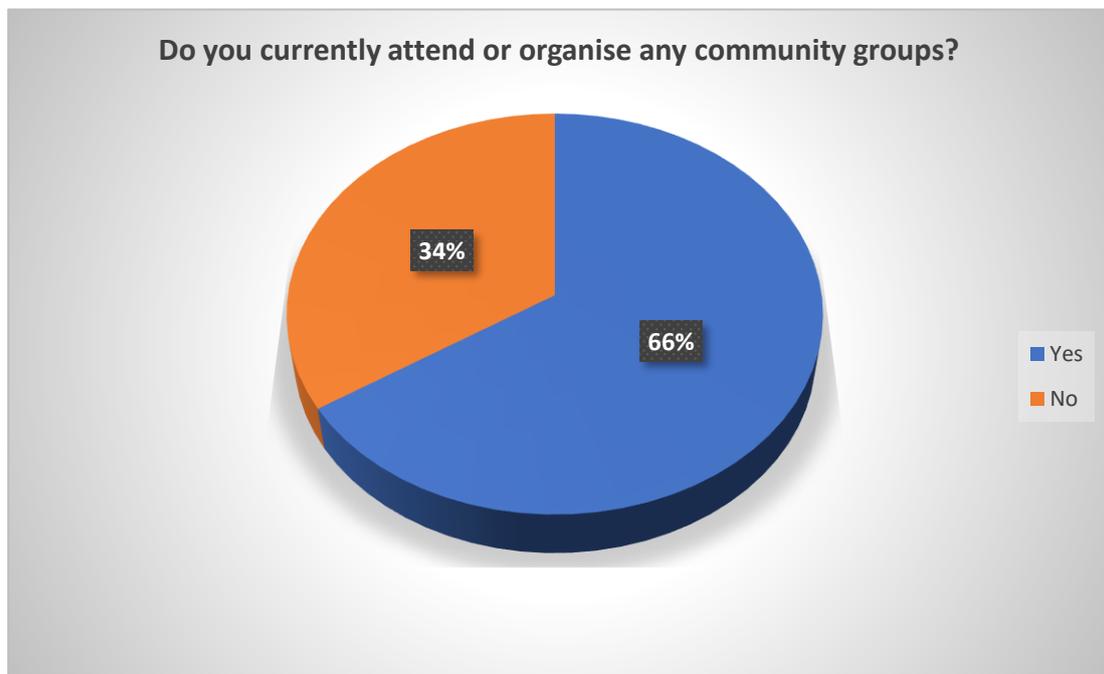
### **Narberth Town Council, Swim Narberth, The Bus Stop Project**

- A very active member of the Narberth community and is involved with many local groups, societies and council.
- A member of Narberth Town Council for 22 years and is also chair of Swim Narberth. This local action group acquired Narberth swimming pool from Pembrokeshire County Council in 2014, after it was threatened with closure and have operated and improved the facility for the local community.
- Swim Narberth currently have a 55+ Swimming Club that meet there twice per week and offer Aqua Fit and Hydro Spin which would be suitable for over 55's. Also over 55's get free swimming
- Many volunteers and committee members in the town are older people, either retired or not. Narberth facilities are mostly provided for by the community themselves, especially with regard to community services, health and fitness. Considerable savings are made by Pembrokeshire County Council in the town as much is operated privately by charities and social enterprises. Narberth is great example of community action and engagement and hopefully the younger generation will continue the work of the older generation to sustain and improve the facilities in the town.

### **Older Person Project Developer Research Questionnaire 2017/18**



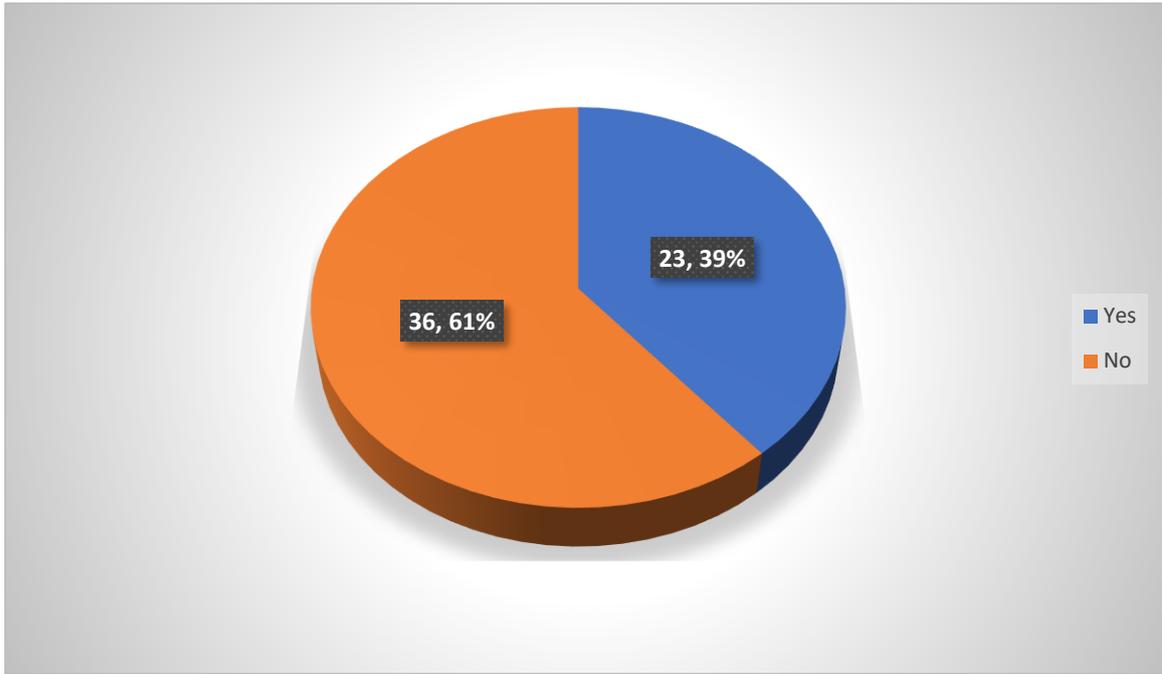
1. Do you currently attend or organise any community groups? E.g. luncheon club, WI, Coffee morning, adult learning etc.



**If Yes, please list:**

- R.O.A.B (2)
- Death Café (1)
- Luncheon club (7)
- Coffee morning (12)
- Bloomfield (2)
- W.I (5)
- Choir (2)
- Swim club 55+ (1)
- Adult education (5)
- U3A (5)
- Walking group (10)
- Singing/music group (2)
- Church fellowship group (5)
- 50+ Forum (3)
- Gentle exercise class (3)
- IT class (1)
- Dementia group (1)

**2. Do you currently receive any services? E.g. Day Centre, Domiciliary Care, Meals On Wheels etc.**



**If yes, please list:**

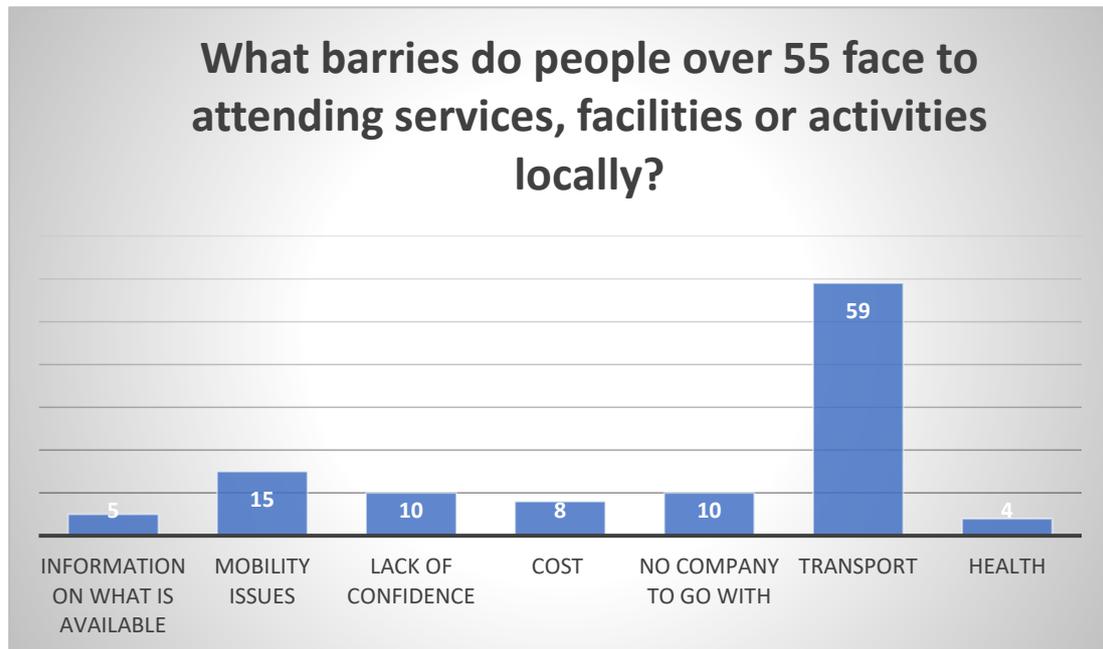
- Keep fit (1)
- Community Transport (5)
- Residential or Day Care (20)
- Meals on Wheels (3)
- Bingo (1)
- Music Tuition (1)
- Planed (1)
- Dog Walking (1)
- Healthy Heart (1)
- Befriending group (1)
- Domiciliary care (3)

**3. What local services, facilities or activities do you think would benefit people over 55 locally?**

- Transport (16)
- Cooking/food recycling (7)
- Walking football (1)
- Fitness (21)
- Bingo (4)
- Friendship/Luncheon Club (24)
- Day centre (9)
- Music/singing / choir (11)
- Board game clubs (1)
- IT classes (3)
- Dancing activities/yoga (12)
- Art/photography club (2)
- Coffee mornings (3)
- History groups (1)

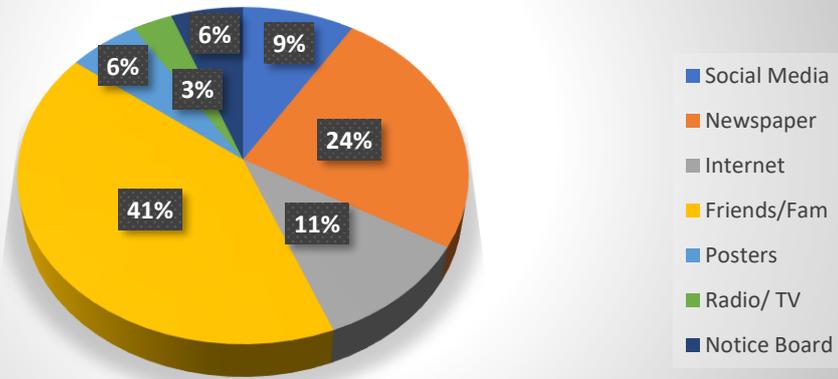
➤ Libraries/shops/dentists (4)

**4. What barriers do people over 55 face to attending services, facilities or activities locally? E.g. transport**



**5. How do you hear about local services, facilities and community groups? E.g. Newspaper, Social Media, Internet, Friends, etc.**

## How do you hear about local services, facilities and community groups?



Study performed by NDCSA Older Persons Project Developer Vicki Travers-Milne 2017/18

