



Healthy Ageing Torbay

Inspiring people to actively age

Healthy Ageing Report - 2024

HEALTHY AGEING TORBAY

Our Healthy Ageing Live Longer Better (LLB) programme works with the people facing health inequalities in Torbay and our underlying aim is to mobilising community assets to tackle health inequalities. We work to improve the quality of life and independent living for people by improving their activity levels, fitness, health, wellbeing, longevity and awareness of the ageing process.

Building on our experience of Ageing Well Torbay across 7 years working to reduce isolation and loneliness we have now combined the learning with Live Longer Better – a national programme that we deliver locally, in a unique way. We piloted this work in 2022/23 and have continued to develop the scope and ambition of the programme. Our longer term aim is to establish sustainable funding to continue delivering this programme and support other areas in Devon to develop similar approaches.

Our programme works with people promoting active lives, build fitness and resilience to prevent health decline, disease and chronic conditions. We work with people in Torbay who would not of their own volition take up fitness activities, pursue a healthy lifestyle or join a gym (ie those furthest from having a healthy lifestyle). Many have underlying health conditions. Many live in areas of deprivation. (19.8% of older people in Torbay live in income deprivation compared to 16.2% in England (IDAOPi IMD 2015). 32.3% of Torbay residents live in the 20% most deprived areas in England - IMD 2015).

Our programme is linked to a growing national network delivering across the UK aimed at prevention. The key principle is - the increase in prevalence of disease as people live longer is mainly due to their environment rather than ageing process and can be reduced/reversed. The effects of disease are often complicated by accelerated loss of fitness. Documentation proves that people who make the choice to stay fit and active have less illnesses, recover from illness quickly, are less likely to suffer from chronic illnesses, spend less time in hospital or using medical services, contribute more to their communities and lead longer productive lives.

LIVE LONGER BETTER

Live Longer Better Torbay is working across communities to transform our awareness of the benefits of staying active.

- **Facilitated training with community groups and professionals**
- **Live Longer Better champions**
- **Community infrastructure to support people on to an active pathway**

STAYING HEALTHY

National prevention programme encouraging people to stay active in their communities.

- In Torbay we offer creative training packages to groups and professionals that connects them to the community.
- Fitness starts to decline at 25 years and our aim is to increase levels of physical activity and fitness as we age.
- Ageing by itself is not a cause of major problems until later years. The problems that occur in everyone are due to: disease, (the majority of which is preventable), negative attitudes and loss of physical, emotional and cognitive fitness.

www.torbayassembly.com/live-longer-better/



BENEFITS

The benefits of the programme are:

- **Improved cardiovascular heart rate, lung capacity, respiratory health, muscle tone, strength, power, suppleness and balance.**
- **Increased physical, emotional and mental capacity, and motivation.**
- **Improved breath and diaphragmatic control.**
- **Prevention and reduced impacts of infection, diseases and diagnosed conditions.**
- **Helps to change harmful habits.**
- **Helps in prevent of other conditions (falls, heart disease, obesity, dementia) that can make people susceptible to infection.**
- **Reduced dependency on the medical system, social welfare and carers.**

Overall, we are working towards improved health outcomes, great resilience in the community, reduced demand on health services, better delivery of health services and prevention of long term degenerative conditions, greater awareness, sharing of knowledge and network of health support in the community – and better understanding between local people, patients and health professionals.



Physical activity reduces your chance of:

Type 2 diabetes
by up to
58%

Cardiovascular disease
by up to
35%

Falls by up to
30%

Joint and back pain
by up to
25%

Cancers by up to
10-40%

Depression by up to
30%

Cognitive decline
by up to
40%

Hypertension by up to
33%

Lower risk of death by
20-30%

World Health Organisation: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

National Health Service (UK): <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

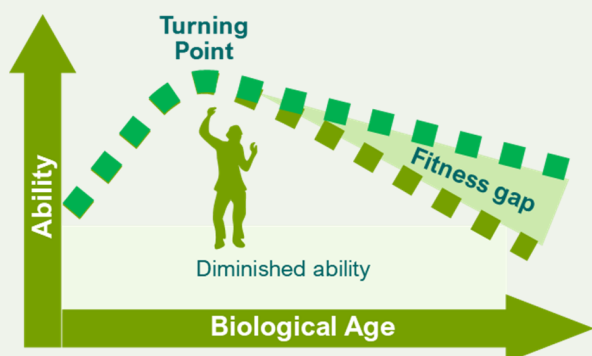
Centres for Disease Control and Prevention (US): <https://www.cdc.gov/physicalactivity/index.html>

UK Chief Medical Officers' physical activity guidelines, 2019. <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

HEALTHY AGEING PARTICIPANT COURSES

The courses cover:

- **Breathing and relaxation techniques** - overcoming anxiety triggers, reducing tension and improving sleep patterns.
- **Healthy eating** - diet, nutrition and eating habits.
- **Hydration** - improving habits.
- **Falls prevention** – Fall Fighters (ROSPA) course.
- **Personal skills:** Motivation, confidence, routines and overcoming isolation.
- **Understanding Ageing.**
- **Maintaining and improving skill and coordination.**
- **Increasing stamina.**
- **Increasing suppleness.**
- **Developing strength and power.**
- **Increasing brain ability and reducing the risk of dementia.**
- **Improving physical fitness and reducing the risks of falls and frailty.**
- **Preventing and coping with disease.**
- **Understanding the changing brain and mind.**
- **Understanding and changing how people think about ageing.**
- **Exercises you can do at home** - 15 minutes sessions, daily routine, furniture-based approaches, stretch and relaxation, strength—based and in-bed routines.
- **Importance and purpose of later life planning.** - power of attorney, wills, lifestyles and remaining independent.



- **Dying well as well as living well.**
- **Activities** - introduction to classes and groups in Torbay that fit with a person's lifestyle. Each course has an activities week and we run a Summer programme where people try different activities.

Other themes are developed with participants as required, so the courses are always person-centred, relevant and up-to-date (ie accessing health services).



PROFESSIONAL TRAINING

We address ageing and overcoming barriers with professionals when working with people – so there is an understanding of the importance of health inequalities, recognising the barriers created in service delivery, improving the experience, or outcomes among patients, providing an opportunity to reflect on the role of the healthcare professional in narrowing the gap on health inequalities and applying quality improvement methodology. Staff learn ways to engage with people, encourage them in safe exercise practices as well as respecting their experiences and ambitions. We coach them to remove ageist barriers and language from their organisations. The professionals we work with include - Social Prescribers, Wellbeing Coordinators, Community Builders, GPs, NHS and Care home staff, fitness instructors etc. We are starting to work with care homes, carer networks and Torbay Hospital. We are experienced in delivering codesign for service delivery and there is scope to develop this further in the programme.

PROGRAMME DELIVERY

The way we work is strength based - we build on people's passions and ambitions to ensure that they are taking the lead in their own life. What we find is that as people progress they become champions/advocates and start to support others in the programme. We have case studies of people who have made major life changes through engaging in physical activity. For example, LT with fibromyalgia and arthritis has overcome opioid addiction and also lost weight through taking up walking - she has become an advocate for the therapeutic benefits of activity.

The programme is delivered by a fulltime coordinator and we have run a one-year pilot to establish best practice, and working relationships with participants and with professionals. Jess, our Participant Development Lead, has been running training workshops and activities with participants, making referrals to other activity providers as part of a large VCSE network in Torbay and training professionals to work with people. Through our networks we promote and signpost people to new opportunities and activities delivered in local communities.

This is supported by group learning and online learning packages that cover themes of health and wellbeing, hydration, breath, understanding ageing, improving physical fitness and reducing the risk of falls and frailty, preventing and coping with disease, understanding the changing brain and mind, understanding the changing how people think about ageing, developing strength and power, the importance of purpose and planning, maintaining and improving skills and coordination, increasing stamina, increasing suppleness, increasing brainability and reducing the risk of dementia, and dying well as well as living well.

The way we work was developed through consultation with older people across Torbay as well as by the LLB national team of advisors and is guided by Torbay Assembly Action Group. We believe people can take the lead in their own recovery and our aim is to support them in that process.

The programme grows and develops based on feedback from the community and participants. We encourage people to provide feedback to service providers and promote codesign principles when training professionals.

Delivery and support of volunteers / champions is from our Community Participation Lead. In working with people she links into a wider network of Community Builders, Torbay Community Helpline VCSE sector support, Age UK Wellbeing Coordinators, the Healthy Life styles team, Active Devon, Torbay Assembly, Engaging Communities SW as well as Social Prescribers and NHS professionals.

We have a representative steering group overseeing strategy and delivery of the programme that has included Torbay Assembly representing people voice, Active Devon, Age UK Torbay, Engaging Communities SW – Healthwatch, NHS - Torbay and South Devon Frailty Partnership - Torbay Primary Care Networks - Social Prescribers - Devon CCG - Torbay and South Devon NHS Foundation Trust, Torbay Community Development Trust, Torbay Council - Public Health – Healthy Lifestyles - Adult Social Care.



ADDRESSING HEALTH INEQUALITIES

Our Healthy Ageing programme Live Longer Better addresses health inequalities in Torbay by mobilising community assets. It has a focus on awareness of ageing processes works with people promoting active lives, and build fitness and resilience to prevent health decline, disease and chronic conditions. The programme is open to all adults, and we don't exclude people - but through the legacy of Ageing Well we target our work to people who are inactive, isolated and vulnerable, and have underlying health conditions.

The programme address health inequalities including - protected characteristics of age and disability; non-medical inequality factors: age (there are international figures that show that ageism can reduce life expectancy by up to 7 years), housing instability, social isolation, loneliness, deprivation, and as well as poor physical and mental health; deprivation, areas of multiple deprivation; PLUS population groups, people with multiple long-term health conditions, inclusion health groups coastal communities (where there are small areas of high deprivation hidden amongst relative affluence); High Intensity Users; Core20PLUS5 Prevention: COPD - chronic Obstructive Pulmonary Disease (COPD) and hypertension, minimising the risk of myocardial infarction and stroke. There is strong evidence that risks of developing COPD and hypertension are greatly reduced through regular physical activity with improved cardiovascular heart rate, lung capacity, respiratory health, muscle tone, strength, power, suppleness and balance, improved breath and diaphragmatic control, reduced dependency on the medical system, social welfare and carers and reduction in the risk of cardiovascular disease by up to 35%. We also address the cross-cutting issues that can impact on health – housing and living situation, stress, mental health, cost of living etc to support people in their recovery.

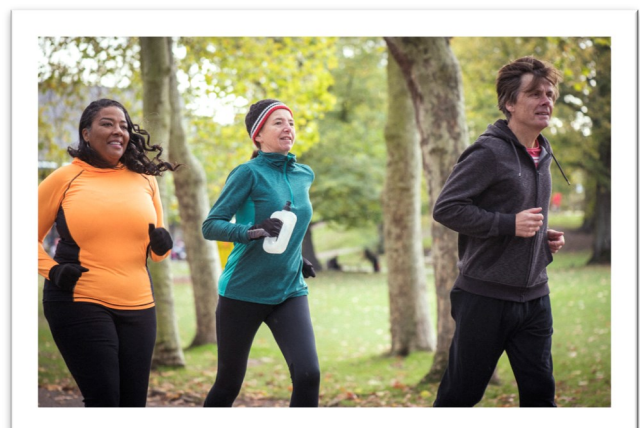
In line with the NHS Joint Forward Plan – we deliver against Community Development and Learning; Health Protection guidelines; wider determinants of health; how we share learning and create system value; changing the way we all work and building capability and resilience in community.

AIMS AND OBJECTIVES

- **Deliver the Healthy Ageing Live Longer Better training programme, working with professionals, voluntary partners and people themselves to build fitness and resilience to infection, disease and chronic conditions and to increase social and cognitive engagement.**
- **Deliver the programme through a trained coordinator and a community network of health professionals and volunteers.**
- **Establish this a longer term funded programme integrated into community delivery that addresses health inequalities through preventive approaches.**

Every individual:

- Understands the ageing process and is aware of ways for preventing and living with disease.
- Has their choices and ambitions acknowledged and promoted.
- Is able to choose the level of support that will enable them to live independent and socially connected lives.
- Has the opportunity to optimise 'brain ability' and reduce the risk of dementia.
- Is able to improve physical fitness and reduce their risk of injury from falling or from frailty.
- Is respected for their life experiences and abilities.
- Is treated with dignity in all health and care services.
- Is better informed about dying well as well as living well.



To make this happen we:

- Challenge how people think about ageing, so that we all see ageing as a positive part of life and each stage as an opportunity for new, positive experiences.
- Adopt a whole community approach inclusive of all ages and cultures, and require the same of our partners.
- Ensure health and care services are shaped by people with lived experience and from diverse backgrounds.
- Enable trusted relationships that fully support peoples' wellbeing.
- Promote and support the wellbeing of carers.
- Promote services that are accessible, inclusive and effective.
- Ensure support is targeted at prevention and is determined by need, not age.
- Actively challenge discrimination.
- Ensure that when care is needed it is accessible, compassionate and of high quality.

Expand reach:

- Work with people in Torbay who would be less likely to take up a healthy lifestyle or who have underlying health conditions.
- Encourage participation from people in care homes, domiciliary care, people who are isolated from their local community.
- Take referrals from Social Prescribers, Wellbeing Coordinators, Community Builders, Good Neighbour Networks and Active Devon coordinators.
- Encourage group and peer learning as a way to change people's habits in the community.
- **Community:** Mobilize community assets to tackle health inequalities by fostering collaborative working in local communities.
- **NHS:** continue to integrate VCSE and NHS delivery and to develop an active and representative Healthy Ageing Board.

Financial benefit of healthy life expectancy:

Financial savings of 6.1M: The national programme is a population based and digitally enabled system for living longer better, which will help individuals and their families to benefit from living a larger proportion of their lives independently and in good health. It deliver societal benefits by reducing the need and demand for social care and healthcare, both long term and acute. According to the King's Fund, this benefit amounts to £45m p.a. per million population for every additional year of healthy life expectancy. With a total population of c. 140,000, the benefit to Torbay of an extra year of healthy life expectancy would be £6.1M p.a.. The government's goal, supported by the All Party Parliamentary Group on Longevity, is to increase healthy life expectancy by 5 years by 2035.

OUTCOMES

Through the programme we help public and professionals to understand how to:

- See ageing in a positive way and value the contribution of people.
- Increase physical, emotional and mental capacity.
- Improve awareness of maintaining a healthy body.
- Reduce the impacts of infection, diseases and diagnosed conditions.
- Change harmful habits.
- Realise how activity becomes a daily life practice.
- Share learning with others and be an inspiration.
- Reduce dependency on the medical system, social welfare and carers.
- Associated outcome being reduction in need for and use of health and care services



OUTCOME MEASURES

Training sessions: Core participant training sessions are 3 – 3.5 hour 7 week courses run three times a year in Brixham, Paignton and Torquay (ie 63 in all the towns) with a max of 18 people per session, plus three group combined reflections.

Engagement sessions: We promote the work through engagement sessions, working with participants who don't generally engage in regular physical activity to improve their health, wellbeing, confidence and motivation. Most wouldn't consider sports clubs or regular fitness training. Showcase events in Paignton providing opportunities for people – presentation by a range of providers and updates on local plans affecting peoples independent living.

Professionals: We run training groups and sessions for people working with people – Community Builders, Wellbeing Coordinators, Social Prescribers, Link Workers, activity providers, GP practice nurses, carers, staff on wards, care homes etc – we are looking at approximately 26 sessions this year for 160 people. We get invited to lifestyle, leisure, wellbeing and activity events / festivals where we promote the training, which leads to further sessions. We have monthly meetings for the LLB Steering Group, LLB Action Group and Assembly Action Group. We also run quarterly 3hr sessions for the public. We contribute and learn from national LLB research, events and webinars. Ongoing work with care homes providing training and garden and nature activities. We are developing training for Torbay Hospital elderly wards and associated staff.

COLLABORATION

Collaboration is at the heart of all our work. The Healthy Ageing Torbay Programme delivers outcomes based on the Health and Wellbeing Board—Healthy Ageing Strategy, the Torbay On The Move Strategic Report, strategies of the Falls and Frailty Partnership and NHS prevention measures. We are a partner in developing a Healthy Ageing Board for Torbay and South Devon and a sub group focusing on prevention.

TORBAY ON THE MOVE

Torbay on the Move aims to support and encourage residents to be more active at a level that really improves both physical and mental well-being. Of the eight themes Healthy Ageing Torbay contribute to:

Active environments: We make full use of our amazing green and blue spaces by running activity sessions for each course and over the Summer.

Active travel: Participants as they progress report that they return to cycling and walking options.

Active for health: We train and support health care professionals to prescribe physical activity, have conversations about moving more, support patients to improve their well-being and recovery- and provide a safe and fun way for patients to start to engage through our courses. We believe the prevention work we do encourages people to age well and reduce the pressure on primary care services.

Active clubs: We link with clubs and activity providers to offer taster sessions where people have an opportunity to try and learn a variety of activities. This supports community clubs to provide places to be active, volunteering and skill development for people, more jobs and economic opportunities.

Active places: A place where we harness the power of the people in our communities. We empower people to have a greater say in their health and lives. This helps to an active culture and lifestyles in Torbay and create .

Active for all: A place that helps people get involved and supports those that are least active. This gives people the best opportunity to make a positive impact. This will then reduce demand on health and other services.

Active workforces: We train staff and health professionals so they can really understand people's needs. We want people taking their first steps into activity to enjoy the experience.



EVALUATION

Healthy Ageing LLB Torbay is working across communities to transform our awareness of the benefits of staying active and healthy ageing – for all ages. We keep all data on a CRM system (Apricot) – managed by a Data Manager. We monitor participants ambitions at the start and end of the training.

We monitor our programme through a CRM programme (Apricot) and also build strong working relationships with each client/participant closely following their journey. Many of the people we work are involved in a wider Healthy Ageing Network delivered by CDT so through that we maintain contact over a number of years. People who complete the programme can choose to become activity champions so sharing their learning and successes with others and often increase their contributions to their local community.

The way we work is person-centred, holistic, strength-based and relational. We build long term trusted relationships with participants, which allows us to monitor progress and provide guidance. We also encourage shared learning and for them to support their progress through peer support.

We also get feedback from Torbay Assembly on ongoing issues related to older people in the community – as well as data from Torbay Community Helpline. We are active members of Age Friendly UK Network and WHO Global Age Friendly Community Network, we provide an extensive referral network for people in need through Torbay Community Helpline.

As a relatively new programme this funding will allow us to improve our methods of monitoring and evaluation.

Activity measures give an indication of the range, breadth and depth of the programme and reach into target groups.

We are starting to develop a pre and post programme aspirations and participant feedback form to give a qualitative indication of change in knowledge, skills and confidence of programme participants.

The programme is currently being evaluated with the aim of developing some clear indicators to capture to best measure impact in terms of activation and

physical / social activity in future developments. Target groups experiencing health inequalities as identified by partners such as people released from secure accommodation, people identified as mildly frail in town centre practice etc.

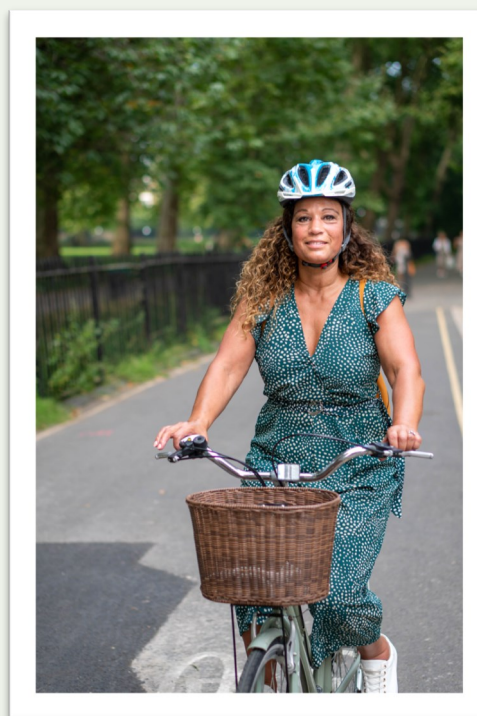
Evidence of service users and citizens participating in planning and evaluation – quarterly reports.

Participant feedback. Feedback through group sessions / focus groups, testimonials and case studies, compiled through Apricot CRM.

Partnership issues covered monthly through Steering Group. Monthly meetings for Steering Group, Action Group and Assembly.

Summary of key learning, innovation, and wider system change. Quarterly and annual report.

All reports are shared with stakeholders.



IMPACT

The table above shows participants and impacts from 31 March 2023 to 31 Dec 2023 and has already exceeded our annual targets. In the previous year we had 449 participants in the training programme for the year (398 public and 51 professional) and we also ran the Ageing Well Festival which had over 2000 attendees and further 8 participant showcase events—with 208 attendees.

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As a relatively new programme funding will allow us to improve our methods of monitoring and evaluation.

We are also in discussion with local PCNs and proposing a pilot which would reach GPs patients who would benefit from increased awareness and activity. Support would be delivered on a Red, Amber and Green basis—so Red targeting those with the greatest need.

The national team for Live Longer Better see our approaches as innovative - based on our face-to-face person-centred delivery model, and the extra modules we have created - learning is then supported by the LLB online learning portal.

Targets for 2023/24:

- Delivery across all quarters – based on funding. **Demonstrated in the report.**
- Evaluation pipeline measures of programme success and stakeholder engagement. **This will be completed at the end of the year.**
- Number and range of partners engaged. Target 22 **Q1-Q3 = 57**
- Number of participants and direct beneficiaries - 400+ **Q1-Q3 = 553**
- Number of new licences - 280 **Q1-Q3 = 250** **strategic decision to only allocate when people want to access.**
- Number of training sessions delivered – 63 **Q1-Q3 = 62**
- Number of champions / volunteers – 25 **Q1-Q3 = 35**

Q1-3:23 IMPACTS	Q1-3
Live Longer Better Training	Apr / Sept
Participants - people you have worked with	538
Engagements - tasks with people	1292
People with licenses	250
Staff Hours	1591
Community Volunteers	14
Programme Volunteers	21
Programme Volunteer hours	1016
Organisations / groups collaborating	57
Training Sessions	62
Events	57
Economic Investment	£45,000
Referrals In	225
Referrals Out	214
Level 1 - People needing intensive support	110
Level 2 – People needing general support	428
Professional events	34

AGEING WELL APPROACHES

A comprehensive and independent survey of participants over five years of the Ageing Well Programme in Torbay showed the success of a collaborative and prevention-based approach to people's wellbeing. Through Healthy Ageing Torbay and our networks we continue with the same approaches. (Ecorys evaluation results 2020).

- **Up 2.4 points:** People's sense of community improved 2.4 points.
- **Up 11 points:** People who meet up with friends and family improved 11 points.
- **Up 2.6 points:** The number of family members and friends in people's lives improved 2.6 points.
- **Up 10 points:** The proportion of people who felt they participated in social activities *"more than most"* compared to other people of their age, improved 10 points.
- **Less lonely:** Respondents became less lonely, improving across three separate measures - 0.6 points (De Jong Gierveld scale), 14 points (UCLA) and 1.3 points (Campaign to End Loneliness scale).
- **Up 2.6 points:** Mental wellbeing has improved 2.6 points and fewer people reported experiencing anxiety and depression.
- **Up 7% points:** Perceptions of Ageing have improved. *"As I get older, I expect to be able to do the things I've always done"* agreement up 7% points.
- **Up 12% points:** Influencing decision-making improved. *"My local community works together to identify and implement actions for the benefit of the community"* is up 12% points.
- **Up 6 points:** Openness to volunteering improved. *"Do you intend to volunteer in the future?"* - up 6 points.
- **Up 7 points:** People's perception of their Health improving is up 7 points.
- **Up 12% points:** People stating that they were not anxious or depressed improved 12%.
- **Down 6 points:** Accessing health and care services showed a decrease in the percentage of people who were admitted to hospital in the previous 12 months down 6 points.
- **Up 1 point:** Value and purpose – peoples self-acceptance scores improved 1.0 point.





Age-Friendly Torbay

Age Friendly Torbay is coordinated through the Torbay Assembly in partnership with community and statutory organisations. We are an active member of the Age Friendly UK Network and the World Health Organisation Global Network. We are working to improve engagement and communication, increase representation and improve sustainability.



We are working to improve outcomes in the areas of: EMPLOYMENT, HEALTH, SOCIAL PARTICIPATION, COMMUNICATIONS, HOUSING, ENVIRONMENT, TRANSPORT, EQUALITY & INCLUSION. Our aim is to work together with people and organisations to develop Torbay as a thriving, inspiring and vibrant place to live and work.

<p>Community Support and Health Services: Health, social care, volunteering</p> <p>A person's health status impacts on their ability to work, participate in society and on their quality of life and relationships.</p>	<p>Respect and Social Inclusion:</p> <p>The extent to which people participate in the social, civic and economic life of our community is closely linked to their experience of inclusion.</p>
<p>Civic Participation and Employment:</p> <p>We need to ensure people's rights are maintained as the organisation of work, training and volunteering continues to transform our communities.</p>	<p>Housing:</p> <p>Good housing is essential to safety and wellbeing and influences independence and people's quality of life.</p>
<p>Social Participation:</p> <p>Social participation and social support are strongly connected to good health and wellbeing throughout life.</p>	<p>Outdoor Spaces and Buildings:</p> <p>The outside environment and public buildings have a major impact on the mobility, independence and quality of life of people and affect their ability to 'age in place'.</p>
<p>Communication and Information:</p> <p>Staying connected with events and people - and getting timely, practical information to manage life and meet personal needs is vital for active ageing.</p>	<p>Transport:</p> <p>Integrating good transport with 'Liveable Communities' is important for improving access, connections, social participation and health.</p>

Age Friendly Torbay is integral to Healthy Ageing Delivery

Let's get active



TORBAY ASSEMBLY

We work within a range of themes across Brixham, Paignton and Torquay to give local people a voice and we have representatives on planning groups in the Bay. We invite other organisations to link with us to improve inclusion in decision-making through the Torbay Charter. Our Action Group meets monthly, we will run showcase events quarterly, we are seeking people to champion the Age Friendly themes AND Healthy Ageing Torbay.

A platform for residents of Torbay to influence local decision-making, be heard, counted and celebrated, working alongside local services, authorities and organisations.

Origins

Ageing Well Torbay, a programme aimed at reducing loneliness and isolation amongst Torbay's over fifties, initially worked with people over 50 and organisations across Torbay in the form of The Torbay Over Fifties' Assembly (TOFA).

Now dubbed The Torbay Assembly, this platform will enable any Torbay residents regardless of age to discuss what's important to them, and share those views with peers from around the bay.

The assembly was a key element of Ageing Well Torbay's initial bid to the National Lottery Community Fund, and is, therefore, an important feature and legacy of the programme; ensuring a powerful platform for Torbay residents to voice their concerns was established.

Aim of Torbay Assembly: To be the voice of people in Torbay



What does the Assembly do?

- Influence decisions regarding local services and policies so that they take into account the needs and interests of Torbay residents
- Ensure that locals have the opportunity to share their knowledge and experience to improve current services
- Provide feedback on changes to services and policies
- To support and drive the local authority, statutory, voluntary and private organisations to achieve and maintain Age-friendly Status
- Represent all Torbay residents
- Celebrate people of all ages

The Charter – organisations sign up to our charter to show they are working responsibly and engaging with people to improve service delivery.

Member quarterly showcase events

We run regular showcase events for members. Check for dates and venues on www.torbayassembly.com

When local people lead communities thrive

CASE STUDIES

'The course made me realise the importance of looking after myself both physically and mentally.'

SELF AWARENESS - Julia, 2023.

'After completing the Living Longer Better course delivered by Jess Slade, I felt very motivated to move forward positively and firstly start looking after my own health and wellbeing a bit more. The course made me realise the importance of looking after myself both physically and mentally.'

LEARNING AND FACILITATION

'...her commitment to empowering and motivating others to become the best versions of ourselves we can possibly be and her support of us all on our journeys to improving our health and wellbeing. She has a brilliant personality, and she is very good at networking and bringing communities together and this is reflected in the amazing weekly guest speakers she procures for each session from Nutritionists, Physiotherapists to Community Builders to volunteer NHS Slips and Trips Advisors.'

OPTIMISTIC

'By the end of the course I felt a lot more positive and optimistic about my future and a lot less fearful about ageing. I had also made some good social connections and I am now feeling a lot less lonely. I have kept in touch with a number of people I met whilst doing the course who are becoming new friends.'

'I felt a lot more positive and optimistic about my future and a lot less fearful about ageing. I had also made some good social connections and I am now feeling a lot less lonely.'

Completing my Life Book - Janine Burt, 2024.

I am not a very confident person and find it difficult to meet new people, strike up a conversation with somebody I don't know and try new things on my own. BUT

I loved the course, so informative, and I can't praise Jess enough on how she delivers the content. I feel that all over 50's should complete the course and start thinking about retirement and healthy lifestyle choices, so they are going to be happy healthy older people.

Now I feel more positive, confident and motivated to make my health and wellbeing my priority. I challenge myself to converse more at groups and activities I attend. And I also speak to people about the courses and advocate for everyone to do it! The earlier the better.

'Now I feel more positive, confident and motivated to make my health and wellbeing my priority. I challenge myself to converse more at groups and activities I attend.'

I complete brain training now 2 or 3 times a day all sorts of different games and word searches and challenges, which I can certainly say I am enjoying, and hoping it is helping to keep my brain and mind busy and healthy.

When I started the course I also started back on my bicycle – first of all just a 10 min wobble around the block but now I am averaging 2 km each day now, most days of the week! It was collecting dust and not used for months – but I am enjoying the exercise and feeling more confident to go further as the weeks pass.

Jess introduced us to exercise videos on You Tube from Move It Or Lose It. These are brilliant and I complete different videos 3 times a week and also trying to walk more – I do think now if it's nice I will walk rather than drive and plan the time to walk rather than drive. I walked to Torbay Hospital for an appointment last week! And got the bus back. Never would have done that before. I also love Lucinda's class Jess introduced us too I go every Thursday

and I have made new friends and we go for coffee and cake afterwards for a social.

Since completing the course, I have been actively completing my Life Book and sorting paperwork for my Power of Attorneys – I had a Will but not thought about POA before the course. I have discussed this with two of my children to split the role. I have spoken to my solicitors to update my will for both myself and my partner. I have also sorted my finances out, closing unused bank accounts, updating savings accounts and sorted my direct debits to come out in the same week of the month and making it all a bit simpler and ensuring my children have all the important info re accounts

Do more each year as we age, NOT LESS - Annette Burkette, 2024.

I find that I am a naturally negative person, I can often find a reason why I shouldn't do something before I think of a reason why I should.....BUT taking part in the course I have really noticed my personal attitude and perceptions change, well actually my husband first of all noted how much happier and brighter I seemed after just the first 2 weeks of the course and I now feel I am more positive and am seeing highs in a more glass half full rather than glass half empty way.

I have made a good friend on the course – Janine. Now we go to Lucinda's Over 55's exercise class every Thursday and have also invited 2 friends and we all go and then have a coffee afterwards with some of the classmates meet up with us too like Tess from the class.

I now feel happy and more confident about getting out of the house on my own – I go to a local coffee shop and sit and do a few sudoku and sit on my own which I would have never have done before but now I feel comfortable and confident to do so. I can do the easy ones and the medium now but the hard ones are so frustrating and I often ask the girls in the café - Any clues please?

I complete the cuppa tea challenge Jess shared with us every day, multiple times a day. It really is surprising how much better my strength and balance is now and how much easier it is to do the exercises compared to the first couple of weeks. I have shared the cuppa tea challenge up north with my family

members so they do it every day too - bit of a competition plus sharing the learning across the country.

Hydration is not something I had really considered to be so important – unlike healthy eating which I am very conscious of. This has stayed with me as a key message – I carry a bottle of water with me all the time now and keep topping it up, we are made up of 2/3s liquid – got to keep topped up and lubricated!

Biggest key message for me from the course. We must do more each year as we age – NOT LESS - I can and I will do more and give new things ago, from now on.

'Biggest key message for me from the course. We must do more each year as we age – NOT LESS - I can and I will do more and give new things ago, from now on.'

Reduction in pain from an injury and the value of hydration and new friends - Merv, 2024.

One of my main objectives was to meet new people and make friends, which has been a success I have met some lovely people who I see regularly. I helped Tess with her car and she convinced me to go to the doctors re the tremors I have and now her car is working and didn't cost anything and my tremors are so well controlled I can pick up a pen and write this for you Jess!

Making new friends is so important for me as I get older, having friendship groups and looking out for one another and being able to help other people, feel useful and share my skills.

I now have an Essential tremors diagnosis but I got medication from the doctors and it has helped so much. Also made friends with Christine on the course and Marianne's walking group – lots of interesting people there and get some exercise and

fresh air and then to the café.

I reconnected with Julia McDonald who is the falls lady – her classes for strength and balance are brilliant and Exercise Easy when my COPD will allow.

I have a good friend of 92 who we now do exercises together which I learnt during the course over Whats App together. I had a shoulder injury from cycling and now with completing my exercises each morning I now have more movement back in my shoulder / arms to reach up to get things out of cupboards in the kitchen and no PAIN!

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I have learnt many things from the course, but that as we get old I should be doing more exercise NOT less was something I hadn't thought about. With my COPD I needed to find appropriate groups and exercises I can do. Walking group Friday, exercise videos more to do. Always more to do.

Since the class and completing the module regarding Life Books and future planning, I have brought this subject up several times and now starting to help people to think about it and giving them books to help them make the future plans and have the difficult conversations now so they can have quality time with friends and family later on.

I found very reassuring to be totally natural to lose or miss place things and that it isn't early sign so of dementia. That scares me. I do lose things or miss place them but I can now logically look for them and not worry, "I am losing my marbles"

Hydration – Had a Water retention problem from being dehydrated for a long time. But I have been drinking lots of water now since the course and understanding that it helps with my medication which requires to work best when hydrated.

I think it was a great course and beautifully presented by Jess – informative but fun.

The video was not shot very well as it distracted you from concentrating on the content of the module while the camera focusing on one subject to another. Could be filmed a lot better – perhaps I can make recommendations – this is my interest and hobby now ☐

I would just like to say 12 months ago I spent Christmas in hospital and I was very unwell with a urine Infection – to be honest I didn't think I was going to make it..... but I now realise this was dehydration that caused it and I still have so much life to live.

Thank you Jess for a course which was actually useful and helpful for me.

A new sense of purpose - Jenny Pankhurst, 2024.

I was a lonely, 77 year old widow, in transition when I joined the Live Longer Better course and suffering from Long Covid and missing everything I had done before lockdowns and Covid. I say in transition because I was desperately seeking some purpose in my life. The course provided me with hope for the future, where advancing in age and decrepitude were not inevitable outcomes. I completed it in May / June of 2023.

I found the structure of the course was all inclusive covering all aspects e.g Physical being through healthy eating and exercises of all sorts on offer – especially the mobility, strength and balance and stamina area for me. As I have had several falls was particularly useful. Mental Attitudes towards ageing played an important part for me, and through discussion and interaction with other participants it was made clear how much older people have to offer their communities and each other.

From an emotional point of view the support I received from Jess and her team was a great comfort and confidence builder. It is so easy to lose confidence when you are isolated and no longer have work or family commitments.

The activities weeks were so much fun and I found several which I have now taken up as regular activities and met so many new people. The Summer Programme for me was superb. I did things I would not have done "on my own" such as swimming in the sea again after many years of not doing so. I was introduced to organisations and groups , who were

accessible and made single people very welcome.

I feel like I have my "spirit of adventure" back now, I am the person I always was. I never thought I would fly again or plan a major trip but through the course and creating aspirational goals and achievable milestones. I have just visited Kenya on a trip to visit a young women who I have been sponsoring through education and I am continuing with my fundraising and raising awareness back here at home.

What a fantastic experience, I am not sure I would have felt in a position to do so with out the help and support from Jess and the Healthy Ageing Project.

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5.Running group, ibid, RS7705, Peter Kindersley.
6.Fitness class, CDT.

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PRACTITIONER PROGRAMME

Advancing changes in knowledge, attitude and confidence

The national programme has surveyed 5,000 Practitioners trained in the LLB programme – the outcomes show significant improvements in:

- Understanding ageing and the importance of activity.
- Confidence in speaking about ageing.
- Number of conversations about ageing held weekly.

‘There us so much more to do and that we can do as health professionals. Inform older adults with the right messages, give them tools that enable them to take control over their health.’

‘I look forward to...changing cultural beliefs and attitudes towards old age...it certainly inspired me toinfluence others.’

‘This course prompted me to step back a little and encourage our clients to help themselves a bit more. Support independence, not take away. Promote movement to increase mobility and suppleness to increase happiness and a longer more independent healthier life. intentionally connect people, places and spaces.

‘We are delighted to have been able to ‘test and learn’ our theory and are delighted to report here that the impact of our work in the neighbourhoods of Torbay has been more significant, more productive and more insightful than even we would have believed possible.’

Professional training in the workplace:

- Community Builder team
- Wellbeing Coordinators
 - Social Prescribers
 - Care Workers
 - Care Homes
 - Torbay Hospital
 - GP Surgeries
- Healthy Lifestyle Team
- Fitness Instructors

Investing in people and relationships - and building on local assets and potential



Torbay Communities

Developing stronger communities across Torbay

Encouraging people to do what they do best

Supporting groups to thrive

Making connections and stimulating co-operation

Bringing people together

Established following discussions with more than 100 voluntary sector representatives, Torbay Communities has the intention of making Torbay a place where all people feel included. The Trust builds on existing strengths where key assets are people in their environment.

Call us on **01803 212638**

Email us on info@torbaycdt.org.uk

Check out our programmes on www.torbaycommunities.com

Torbay Community Development Trust
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UK, TQ2 5PU. Registered Charity 1140896,
Registered Company 07546840

We have so much to share. Call us for a chat. Come visit and see for yourselves or let us train you and your people in the Torbay Way.