



"OLD AGE IS NO PLACE FOR SISSIES" – BETTE DAVIS

# OP Champion Warminster Report

February 2018

## Vision, purpose, strategy

By Deborah Gogarty

**The vision** is a community where older people live well as healthy, active participants – valued and respected for the role they play.

**The purpose** of the role is to work with service providers to continuously evolve their services in support of the vision.

**The strategy** is to review existing services identifying gaps and opportunities in partnership with existing support agencies such as Age UK.

**The goals** for this year are:

- Create database of known services.
- Talk to participants and providers about opportunities to broaden the appeal, improve the offering and identify any needs gaps.
- Work with existing support agencies and service providers to establish action plans for development.

### Summary update

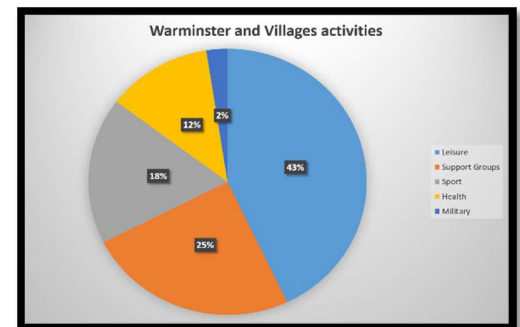
The database has been drafted and shows some **163** actively promoted activities, of which around **43%** are leisure focused.

These are largely hobby type activities – fishing, cards, singing and music – but also include a few ‘tea and cake’ social interactions.

The first chat with a service provider was **Wellspring**. A local charity established to combat social isolation and mental health issues brought on as a result of life changes – and to bring a smile to people’s lives.

It’s early days for the charity, but two challenge areas have already been identified:

- Keeping *Wellspring* in the forefront of doctor’s minds when prescribing non-medical interventions to patients.
- Engaging with teams at Retirement Homes so that they can recommend Wellspring to spouses/partners now living alone.



### Age UK

We met with **Pippa Webster** from **Age UK** to discuss their work in the Warminster area. Pippa outlined the focus on **'Wellbeing'**. This is a volunteer-led activity aimed at encouraging older people to identify the challenges that prevent them from living a full, active and inclusive life and taking positive steps to address them with support.

We agreed to help with the promotion of the embryonic service to encourage volunteers to step up.

### Next time...

We aim to have reviewed more of the existing services and identified additional ideas for improvement.