

Active Ageing

Regular physical activity can help older adults feel less lonely and isolated, age well and live independently for longer.

30%

Increase in Buckinghamshire residents aged 65+ by 2026.

44%

Increase in MK residents aged 65-75 by 2026.

(The fastest projected growth for this age group in the county.)

12-14 years

How long BMK residents spend in ill health at the end of their lives.

Older adults go into care earlier in Buckinghamshire than our similar neighbours.



CHILTERN & SOUTH BUCKS

- Aims and Outcomes
- Successes and Challenges
- Sustainability
- Outputs and Impact



Aims of Project

1. To engage and retain older adults (aged 65+) living in Bucks in regular physical activity.
2. To increase activity levels of Bucks residents, particular focus on inactive and those not reaching 150mins a week.
3. To support the reduction of inactive older adults.
4. To develop activities that are self sustaining beyond funding.
5. To ensure older adults are involved in the planning and development of activities.
6. Provide a range of high quality evidence based and best practice physical activity provision.

Service Outcomes

1. A minimum of 1150 Bucks residents engaged.
2. A minimum of 75% of residents engaged aged 65+.
3. A minimum of 75% of residents engaged not reaching 150mins a week (35% should be inactive).
4. A minimum of 50% of residents retained in 50% of sessions from the point they start.
5. A minimum of 30 activity programmes established.
6. A minimum of 50% of activities sustained at 6 months.
7. A minimum of 10 different types of activities.
8. A minimum of 50% of activities to have a strength and balance element.

Successes

Sprinters Pilates	1 Project
Date Started	5 th May 2016
Sessions Delivered	24
People Engaged	23 (Target 15)
Total no. Visits	165

Chesham Multi Sports	3 Projects
Date Started	25 th June 2016
Sessions Delivered	19
People Engaged	33 (Target 45)
Total no. Visits	127

Successes

SB	9 Projects
Activities	Table Tennis, Walking Cricket, Walking Football, Yoga, Pilates, Activities in the Park
Venues	Leisure Centres, Community Centres, Libraries, Parks
Partners	Parish Councils, District Councils, Primary Care Networks, Health Promotion Trusts
Sessions Start	2016 - 2018
Sessions Delivered	216
People Engaged	520 (Target 105)
Total no. Visits	7240

Successes



Sustainability Chiltern

- Active Bucks funding for Pilates at Sprinters ended in Oct 2016 & session has continued. Implemented price plan.
- Feedback suggested an interest to continue
- Since Oct 2016 we have offered rolling Pilates courses (term time only)
- Courses are 5-6 weeks (1hour per week)
- To financially sustain, participants pay an up front fee e.g. £20.00 or £24.00

Sustainability South Bucks

- 7 / 9 projects continuing. Only 2 that have stopped were gardening & walking football in Stoke Poges due to not being possible and unsuitable surface
- L&Q housing and Denham Parish Council continuing to fund
- Leap sports awards final 3 for 'Project of the Year'
- Pilates moved to GX and now running 2 classes with 20 in each class.

Lessons & Challenges...

- Where possible all activities should have indoor and outdoor options to ensure consistency
- Even more consultation needed beforehand, targeted consultation to engage particularly the inactive older adults.
- Challenges regarding use of Logos, session fees, outdoor activities (weather dependent), Lack of LAF and Clerk involvement including venue issues

Lessons & Challenges...

- Gentle exercise at Chesham Methodist Church Hall.
- Time of day may have been an issue with regard to enrolling more participants
- Availability of instructors with the relevant qualification
- Cost was an issue for the group who were on limited income
- The class was supported by a regular group of 5 participants – however the income did not cover the class cost
- Hall hire was cost reduced to help with sustainability
- Extra funding was made available to support the sessions
- Block payments were introduced to ensure income
- The class closed after 6 months

Project PI's for funded period (6 months)

PI's	Yoga/Pilates Ashley Green	Yoga/Pilates Chartridge	Gentle Exercise Wallington House
Free vouchers claimed	14	15	6
People Engaged	12 (Target 15)	8 (Target 15)	5 (Target 15)
Delivered sessions	9	5	6
Visits	52	19	19

Chiltern and S Bucks performance....

Performance Summary (KPIs)	Contract Target (minimum)	Chiltern & S Bucks
Total Unique (no replicas)	1150	322
% aged 65+	75%	66.15%
% inactive	35%	43.95%
% fairly-active	40%	44.59%
% retained (attending 50% of sessions)	50%	45.03%
No. activity programmes	30	15
No. types of activities	10 (5 stealth)	10 (1)
% activities that include strength & balance	50%	62.50%
% activities sustained	50%	66.66%

Reconnecting with community through physical activity

Name: Annette Gilman

Age: 84

Activity: Yoga, Iver

Annette always lived a healthy, active lifestyle and regularly took part in yoga and keep fit groups **before being diagnosed with Lymphoma seven years ago. Annette also sadly lost her husband last November, which along with her illness, had left her feeling isolated and disconnected from the community,** which was once such a big part of her life.

However six months ago she came across a flyer for the Active Bucks yoga class, simply by chance. **She told us "I saw that the class was on a Monday morning, a time that suits my routine. It was perfect for me."**

Annette continues "Yoga has helped me to realise that I can still have control over my body - and other areas of my life and routines.

The class has also been a means of re-connecting with the village that I have missed for some years". Upon attending the class Annette also discovered that some of the ladies who attended were actually her neighbours and they now encourage one another, walking to and from the session together each week.

Not only has Annette rekindled her relationship with the village **she has regained her confidence and is now able to do things which she couldn't have done before, such as traveling on the train by herself. Which has also had a big impact on her independence.**

She said coming to the sessions has "given her hope, energy and confidence - things that she thought she had lost her grip on at her time of life". Annette is keen to share her experiences with others and would advise anyone looking to become more active to search for a group within their local community, which they feel comfortable with according to their age or experience. With her new found confidence she laughed "I might even accompany them to a group myself!"

Overall Performance...

Performance Summary (KPIs)	Contract Target (minimum)	Actual overall
Total Unique (no replicas)	1150	1154
% aged 65+	75%	76.70%
% inactive	35%	41.16%
% fairly-active	40%	43.24%
% retained (attending 50% of sessions)	50%	50.17%
No. activity programmes	30	45
No. types of activities	10 (5 stealth)	32 (2)
% activities that include strength & balance	50%	79.00%
% activities sustained	50%	75.55%

For more information on how physical activity and sport can help Buckinghamshire and Milton Keynes to **live longer better** or to get involved contact:

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