

Talking about Later Life in Edinburgh



Strengthening the Voice of
Local Older People

1st October 2015 – 1st January 2016



Welcome to your Talking about Later Life in Edinburgh pack

This project is being carried out by a partnership of Age Scotland and Local Opportunities for Older People – or LOOPs.

The pack contains everything you need to:

Participate
with other
local older
people

Begin to make
your voice
heard more
effectively

Engage with
local service
providers,
the Council
and NHS

Go to some
training and
join in at your
local event*

Enhance
your
knowledge of
democracy

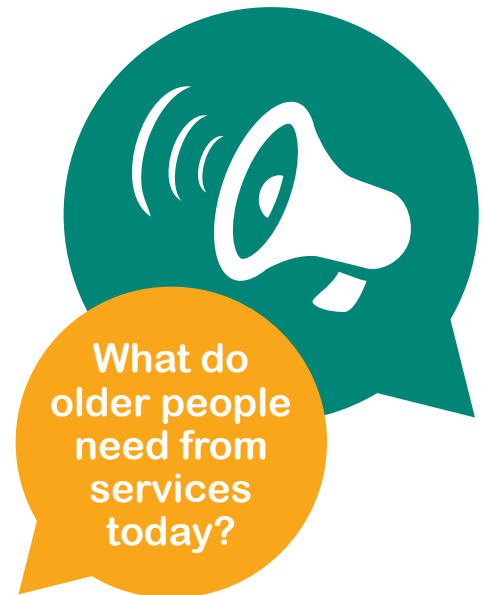
* We want to be sure to provide a training programme that will be useful to you. Please see the VOOP! section of the LOOPs Projects' website at <http://www.loopsprojects.org.uk> to find out more.

Conversations we've already had:

In March 2015, Age Scotland and Local Opportunities for Older People worked with A City for All Ages and The Scottish Older People's Assembly to begin the conversation about strengthening older people's voices.

What do older people need from services today?
How is it best to find information about services or get your views taken into account?

At that meeting there were about 90 older people, carers, family, friends and professionals and a range of topics discussed which might guide your own thoughts. These included:



Transport



Social Isolation



Cleansing and the Environment



Communication and Information



Personal Safety



Shopping Issues

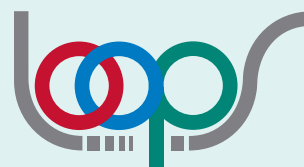


Campaigning, Speaking out and Getting things done



Older People's Activities

Local Opportunities for Older People – LOOPs:



Local Opportunities for Older People – or LOOPs for short – is a citywide partnership initiative. Our work always focusses on the needs of local older people – wherever you may be living. We are funded through an investment by City of Edinburgh Council’s Health and Social Care Department.

Our main aim is to ensure that Edinburgh’s older citizens are able to get the right kind of support, advice or representation at the time it is needed. To do that we have set up locally focussed pilot projects to reach out into the community to make sure people can get the information they need, when they need it.

No matter where you are, whether you are an older person yourself or you know an older person who needs support or signposting there is a LOOPs Project available to provide local information about activities nearby which suit your needs.

SW

In the **South West** the **LOOPs Community Navigators** provide information about local group, services and activities. We do this through our local Information Stations, reaching out to older people in their own homes and through our magazine *Discover South West*.

NE

Our **North East LOOPs** Project provides **signposting** and an **in-reach** service for older people who struggle to get out and about, providing connections to local services which can come into the home.

SE

In the **South East** our **Chums** will reach out to support socially isolated older people to attend new activities.

NW

In the **North West** our **Community Champions** can help to signpost to new activities and will be distributing the **Get Oot the Hoose** magazine.

If you would like to find out more about any of these projects please see the LOOPs Projects website at <http://www.loopsproject.org.uk>.

For information and signposting please call:

The LOOPs Phoneline:
0131 603 8311

Or contact:



North West - 0131 561 8314

Heather Yang

Volunteer Edinburgh

Heather.yang@volunteeredinburgh.org.uk

South East - 0131 561 8314

Heather Yang

Volunteer Edinburgh

Heather.yang@volunteeredinburgh.org.uk

South West - 0131 225 8508

Edyta Pyczek

Health in Mind

Edyta@health-in-mind.org.uk

North East - 0131 553 2559

Mary O’Connell and Anna Reid

Pilmeny Development Project

neloop@btconnect.com



Age Scotland Information:



Age Scotland is the country's largest charity dedicated to helping everyone make the most of later life. At Age Scotland we inspire and support everyone in Scotland to make the most of later life and build communities for all ages.

Older people are the fastest growing group in society and there are more of us than ever before. Ageing is not an illness - it's a natural process and it concerns us all. It is not possible to describe a typical older person - we are as diverse a demographic as the rest of society with variations in age, financial circumstances, family composition, skills and experiences, health, disability and socio-economic status. There are small but significant minorities of black and ethnic, lesbian, gay, bisexual and transgender older people.

We believe that communities are stronger because they include older people and that older people have a wide range of skills, knowledge and experience to contribute in their community. We want a world where an active older population, enjoying better health and wellbeing, are participating in community endeavours and enterprises and are helping to build the social and economic future of the country.

We know ageing can be challenging at times - it doesn't come with a manual and as we age we often come across unfamiliar situations. Age Scotland provides vital services and support at a national and local level to inspire, enable and support older people when they need it:

- Our national helpline, Silver Line Scotland offers information, advice and friendship to people across Scotland over the phone on our freephone number **0800 4 70 80 90**.
- Our team of Community Development Officers support local older people's groups and organisations across Scotland by offering information, advice and guidance, as well as access to our grants programme.
- Our policy team works with local decision makers and the Scottish Government to ensure that older people's ideas for a better Scotland reach the ears of those who need to hear them, and also protect the long-term interests of future generations.

Our partnership with LOOPS aims to encourage those who are currently in later life to share their experiences – good and bad – to help improve Edinburgh and Scotland for others. By talking about our experiences we can all play a part in changing our own, and others', later life for the better.

Together, we can help everyone make the most of later life. Take the first step by completing this questionnaire



For more information about Age Scotland's work contact:

Silver Line Scotland:
0800 4 70 80 90

Community Resource Officer:
Helen Simpson 0131 668 8061 or
helen.simpson@agescotland.org.uk

Age Scotland Policy Team:
0333 323 2400 or
PolicyComms@agescotland.org.uk

Campaigning, Speaking out and Getting Things Done:



Older people within Edinburgh sometimes report difficulties in finding ways to guide the delivery of local services or influence Scottish Government Officials, who might be able to make change across the country.

Use your voice

Age Scotland and Local Opportunities for Older People are committed to developing the kinds of solution that you, as a citizen of Edinburgh, would like to see. We want to encourage older people to be in charge of their own lives, to use their voices, to know and use their rights and to be armed with the information and knowledge of options that could improve the quality of their lives.

Older People's Forums

For many years the city was host to a range of Older People's Forums and behind each of those forums lay a network of individuals who could support change or help to support new events or activities.

Make a change

This kind of network was made up of community activists, people like you, who had been supported to develop the skills needed to make change within the local community and on a wider scale across the country.

Your Views

There are fewer of these groups now as people have moved on or taken on more difficult responsibilities, so we are keen to find out what you might like to see in 2015! Would you be able to support the development of new forums? Maybe something on the internet would be useful? Let us know your views.

Case Study - NEECAG:

North East Edinburgh Care Action Group (NEECAG) Older People's Forums in Leith and Portobello were formed in 1995. Their main purpose is to improve services for older people and carers by providing opportunities to discuss Health and Community Care issues in a more organised way to make their views known to relevant bodies. NEECAG member's feedback demonstrates the ways NEECAG helps, including:

'We get explanations of services for older people from Scottish and British Government and local services – which helps us understand and feel more confident to take part in the consultations'

'I got a welfare check as a result of talk, he was brilliant and I got extra money - thank you!'

'I like the information and finding out where I can go to get help'

'Thanks to NEECAG, I was able to go to the right place/person, to deal with my problems'

'I found I have good friend in NEECAG and find getting information on service on safety and health well being really helpful'

Training Calendar 2015/16:

Over the course of the coming months we will be working with older people, carers, volunteers and local service providers across the city to provide a training programme.

This programme will look at a range of skills which might include:

- The Social Model Of Health
- Inequality, Equity & Social Justice
- Power, Participation & Democracy
- Community Development And Collective Working
- Your Guide to Lobbying
- Social Networking for beginners
- Social Networking for activists
- IT basics
- iPad/Tablet

We are keen to hear what training you might find useful. Let us know!

To find out more, please visit the Voice of the Older Person (VOOP!) section of the LOOPs Projects website at:

<http://www.loopsprojects.org.uk/>

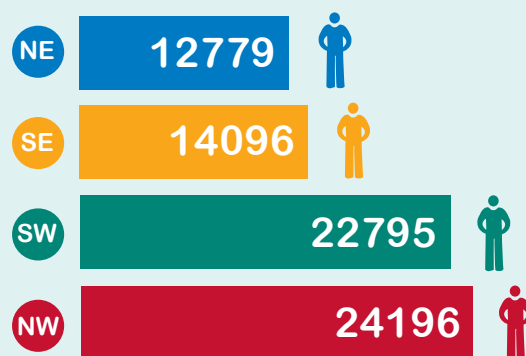
or contact Stefan Milenkovic at EVOC on 0131 555 9100 or by email at stef.milenkovic@evoc.org.uk



Population by sector March 2015

From the Market Shaping Strategy for Edinburgh.

For **65+**



• North East • South East • South West • North West



Get your voice heard - local events:

During November we will be hosting a series of events across Edinburgh. These events will be to find out from you how you might best be able to make your voice heard – let us know!

Please bring back this form to one of these events, post in a pre-paid envelope or contact using the details below.

NW Queensferry	NW Pilton	NE Leith	SE Portobello
Thursday, 5th November 2015 1:30pm – 3:30pm The Priory Church, Hopetoun Road South Queensferry, EH30 9RB	Wednesday, 18th November 2015 2pm – 4:30pm Granton Baptist Church 99 Crewe Road North, EH5 2NW	Wednesday, 4th November 2015 2 – 4pm NEECAG Leith Older People's Forum Community Lounge, Gordon Court Sheltered Housing, 31 Gordon Street, Leith, EH6 8TB	Tuesday, 24th November 2015 3 – 4.30pm NEECAG Portobello Older People's Forum Portobello Baptist Church Hall, 185 Portobello High Street, Portobello, EH15 2EW
SW Balerno	SW Sighthill	SE Prestonfield	SE Gracemount
Saturday, 14th November 2015 1:00pm – 3:00pm Balerno Community High School, 5 Bridge Road, Balerno, EH14 7AQ	Monday, 9th November 2015 1:00pm – 3:00pm Gate 55. 55 Sighthill Road. Edinburgh, EH11 4PB	Monday, 16th November 2015 1:30pm – 3:30pm Cameron House 34 Prestonfield Ave, EH16 5EU	Friday, 6th November 2015 2pm – 4:30pm Libertus Services 20 Gracemount Drive, EH16 6RN

To attend an event please see details on the LOOPs Projects website at <http://www.loopsprojects.org.uk> or contact Stefan Milenkovic at 0131 555 9100. Transport may be available.



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Working together for a caring,
healthier, safer Edinburgh