

BARNET SILVER WEEK 2018

1 – 7 October

SUMMARY REPORT



Document compiled by Joyce Mbewe (Development Officer, Prevention and Wellbeing Team)
in collaboration with the Barnet Silver Week Steering Group Members.

Event Sponsor -
Barnet Public Health

Summary

Silver Sunday is an annual day of fun activities for older people across the UK led by The Sir Simon Milton Foundation, this year it took place on 7th October 2018.

This year was the fourth time Barnet Council, along with partners in the community, has supported and celebrated Silver Sunday and to ensure that we reached as many people as possible there was a week of activities and events held throughout Barnet from Monday 1st October through to Monday 7th October. Barnet Silver Week 2018 was sponsored by Barnet Public Health.

The aim of Barnet Silver Week is to; Celebrate the value and knowledge older people contribute to our communities while combating loneliness and isolation.

This report summarises the highlights through planning and implementation of Barnet Silver Week events.

Background

Silver Sunday was launched in 2012 by The Sir Simon Milton Foundation and Councillor Christabel Flight, after a report discovered more than a third of people over 75 said they were lonely. The aim was to celebrate older residents and to help them get out and about and meet new people.

Barnet Silver Week:

Barnet Silver Week provided an opportunity for the council to actively support and promote the value and knowledge that older people contribute to our communities whilst combatting loneliness and isolation. In order to support Barnet Silver Week, the Adults and Communities Prevention and Wellbeing Team, approached key stakeholders to introduce the idea and scope the appetite for getting involved. The team then worked with key stakeholders within Barnet to co-ordinate a series of activities and events which were held from 1st - 7th October 2018.

The key deliverables were to: -

1. Raise awareness of the valuable contribution that older people make to our communities
2. Promote support services available to older people and their carers and signpost to suitable services
3. Increase social capital within the community
4. Raise awareness of social isolation and loneliness for older people
5. Build Social Value
6. Promote wider universal support services (the prevention offer)

The expected outcomes to be achieved included: -

1. Increased awareness of universal support services
2. Increased community participation
3. Strengthened partnership working
4. Increased Social Capital

Overview of the events

This year's Barnet Silver Week was a roaring success having interacted with various organisations across Barnet and involving over **61** of our local organisations, partners and teams.

Together we hosted over **80** activities and events throughout the borough including:-

- 26** sport and leisure activities including opportunities to dance together
- 10** opportunities for pampering, beauty therapies including time to relax
- 16** information events covering a range of topics including, health and wellbeing, local history, support available and avoiding scams
- 11** Afternoon teas/coffee mornings, an opportunity to socialise and meet new people

As a direct result of Barnet Silver Week: -

167 Health & Wellbeing consultations were carried out including Diabetes screening and **22** Hearing screening sessions.

Over all **1277** people had meaningful conversations / took part in events and activities throughout the week. Many events had new people attending. **127** people signed up / continue to attend activities following Barnet Silver Week.

The events for Barnet Silver Week were successfully delivered and received positively by the Mayor and Mayoress, local Councillors, Council departments, local Voluntary and Community Sector organisations and of course local residents.

Local organisations were involved included: -

Action Hearing Loss	Hope of Childs Hill
Age UK Barnet	Jesus Hospital Charity
Anytime Fitness Gym	Jewish Voice Network
artsdepot	JOY
Barnet Alzheimer's Society	London Fire Brigade
Barnet and Southgate College	Macular Society
Barnet Asian Women's Association	Metropolitan Housing
Barnet Carers Centre	Metropolitan Police
Barnet Council	Middlesex Association of the Blind
Barnet Multi-Faith Forum	Mind & Mood Support Group
Barnet Homes / The Barnet Group	Neighbourhood Watch
Barnet Mencap	Orion & Goldbeaters Schools
Barnet Seniors Association	Rainbow Centre
Better Leisure	Re
BOOST	Rotary Club of Barnet
Brent Cross Shopping Centre / Hammersons	Sanctuary Housing
Cherry Lodge Cancer Care	Saracens Sport Foundation
Citizen Advice Barnet	Stonegrove Community Trust
Dementia Club UK	Stroke Association
Dynamic People	The Disability Foundation
Edgware Neighbourhood Policing Team	The Hive
Fremantle Trust	The Reader Organisation
Friend In Need	The Royal British Legion
Granville Estates	The Spires Shopping centre
Gurkha Welfare Trust	Wilshire Farm Foods
Home Instead Senior Care	
Healthwatch Barnet	

Art Exhibition

Entries to the Art Competition were produced by residents of Barnet's Care Homes, Supported Living, Sheltered Housing and Extra Care Housing. The art was exhibited throughout the Borough at venues including the artsdepot, Goodwin Court and The Spires Shopping Centre.

The Art competition was judged by Emma Loizides a local Artist, Mathew Kendall Director of Adults and Communities, Nichola Hunt Chair of the Barnet Arts Guild, Sam Raffell Head of Care Quality, and Ray Babbs a local resident.

The Art Competition was sponsored by the Rotary Club of Barnet and the winners announced as part of the Afternoon Tea with prizes awarded by those judging the Competition and Councillor Rajput, Daniel Orchard (Representative of the Rotary Club of Barnet) and The Worshipful The Mayor Councillor Reuben Thompstone.



Afternoon Tea

The Prevention and Wellbeing Team and Barnet Seniors Association hosted the event at Woodhouse College. **350** people came together to enjoy Afternoon Tea, a wide range of information and advice stalls, performances and opportunities to join in, try something new and meet new people.



Feedback from the afternoon Tea

“Enjoyed the performances “

“Good information on the stalls “

“Excellent”

“LBB are doing a lot for the community”

“Different from last time but very enjoyable especially the dancing/ sing along”

“Good successful day”

Brent Cross Showcase

Organised by the Prevention and Wellbeing Team this was an opportunity to celebrate and show off the talents of our older residents, and invite other to join in. This year we celebrated intergenerational events with The Orion and Goldbeaters school choir. Everyone enjoyed watching a variety of performances including: -

- Dancing from GLL Better leisure
- Bollywood dancers from Barnet Asian Women's Association
- 'Love To Move' dancers from Saracens Sport Foundation
- 'Rhythm in Barnet' Barnet Mencap Choir
- Tai Chi led by Age UK Barnet.

Lots of our local partners were on hand with Information and advice and over the course of the day there were 57 health checks (40 Blood Pressure and 17 diabetes) by Better Leisure.



The Spires Shopping Centre Information & Art Exhibition

234 contacts were made at the stalls, visiting the Art exhibition, attending the Talk and getting health checks. Organisations involved were; Age Uk, Alzheimer's Society, Cherry Lodge Cancer Care, Citizen Advice Barnet, Jesus Hospital Charity, Wilkinson Chemist and LBB Prevention & Wellbeing Team. Positive feedback on The Spires is that providers had valuable conversations with local people and would like to return to the Spires again.



Nepalese Community Information Event

A Community event with the local Nepalese Community facilitated by The Prevention and Wellbeing Team and Cllr Lachhya Gurung.



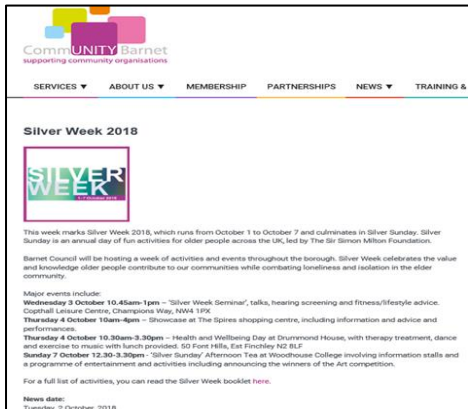
Joint working during Silver Week

New Partnership working between organisations throughout the week and throughout the year.

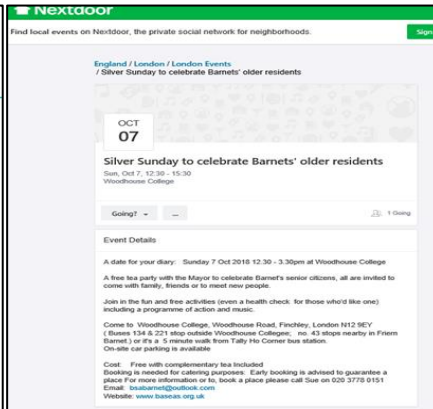
- Drummond House (Sheltered Housing) hosted an event with The Disability Foundation and GLL and Barnet Mencap members participated in the activities. The group are planning additional events in the future.
- Our Extra Care accommodation hosted the Art exhibition with art from all the Extra care and Sheltered Housing residents facilitated by Integrated Care Quality Team
- As part of Silver Week, GLL were offering taster sessions in different types of exercises and we are pleased to say that one Faith Group accepted the offer and now have regular weekly sessions at their place of worship.
- The Nepalese Community Information Event was very popular and included Age UK Barnet, Argenti (Telecare provider), Barnet Carers Centre, Barnet Occupational Therapy Service, BOOST and GLL Better Leisure. They worked jointly to provide information & advice on their services with entertainment and food organised by the Nepalese community. Following this event, the community members met with Action on Hearing Loss which undertook 20 Hearing Screenings at the local GLL Leisure Centre.

Publicity and Community Support

Events were well received by the community and the positive impact was covered in a number of publications and online...



COMMUNITY BARNET



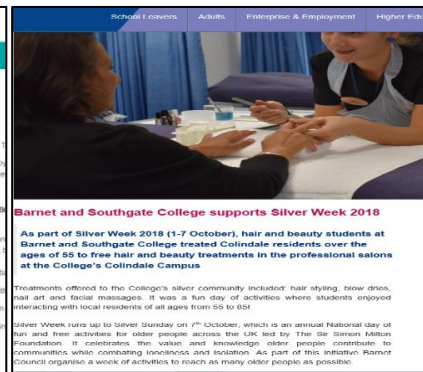
NEXTDOR



BARNET CHIEF EXECUTIVE'S MESSAGE



MULTI FAITH FORUM



BARNET AND SOUTHGATE COLLEGE



FREMANTLE

A big thank you to all those who have supported Barnet Silver Week 2018 Sponsored by LBB Public Health





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- Care Quality Team
- Community Participation
- Libraries
- Prevention and Wellbeing Team
- Public Health
- Sports and Physical Activities

London Borough of Barnet staff Involved

Alesia Carrington	Ella Goschalk	Mathew Kendall
Anju Shah	Frances Errington	Natalie Bolton
Ana deSousa	Harmindar Sangha	Richie Hamden
Andrea Breen	Holly Jackson	Sally Larner
Jon Dickinson	Jo Kamanu	Sam Raffell
Bharti Raval	John McCafferty	Simon Fielder
Carol Baxter	Joyce Mbewe	Siobhan Martin
Claire Desouza	Lamin Keister	Steven Bell
Danusia Brzezicka	Maria Kalathaki	Talia Lief
Dipal Patel	Marie Mengal	

Plans are underway for Silver Week 2019...

For further information

contact Preventionandwellbeing@barnet.gov.uk or call 0208 359 2519