

HERTS PUBLIC HEALTH CONNECT MASTER CLASS SERIES – *TODAY'S MASTER CLASS WILL START SHORTLY*

HEALTHY AGEING

Co-Chairs:

Professor Elizabeth Pike, Professor of Sport, Health and Exercise |
Head of Research Unit in Sport, Physical Activity and Ageing,
University of Hertfordshire

Dr Elspeth Mathie, Reader in Health and Social Inclusion,
University of Hertfordshire | Co-lead of Inclusive Involvement
in Research for Practice Led Health and Social Care,
NIHR Applied Research Collaboration, East of England

Today's speakers:

- Welcome from **Professor Elizabeth Pike** and **Dr Elspeth Mathie**, University of Hertfordshire
- **Professor Elizabeth Pike**
- **Dr Elspeth Mathie**
- **Rosemary Phillips** (Public Contributor)
- **Danny Buckley**, Senior Lecturer in Life Science, University of Hertfordshire
- **Su Harvey**, Red Shed Project: Gardening for People Living with Dementia (Stevenage)
- **Caroline Roche**, Cycling and Healthy Ageing (Watford)
- **Charlotte Bird (Active Ageing Officer)**, Herts Sports Partnership—Live Longer Better in Hertfordshire movement

Professor Elizabeth Pike

Professor of Sport, Health
and Exercise
Head of Research Unit in
Sport, Physical Activity and
Ageing - University of
Hertfordshire



Rosemary Phillips

Volunteer with the University of Hertfordshire

Why am I remotely interested in a healthy lifestyle?

- For Mary and Edwin (my very active parents, both with mild dementia, who I supported as 'carer from a distance')
- For me - and everyone else!
- Which led me to my volunteering with the Alzheimer's Society research network and becoming a volunteer member of the Public Involvement in Research group at the University of Hertfordshire



What I have learnt:

Alzheimer's Society
Information for people living with dementia



- Exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of the condition.
- Physical activity creates valuable opportunities to socialise with others, and can help improve and maintain a person's independence.
- Engaging in physical activities can also improve self-esteem and mood, which in turn encourages more social engagement that may also contribute to wellbeing.

Lancet Commissions Report into Dementia
(published 2017, updated 2020)

Dementia could be delayed or prevented in 40% of cases, through modifiable risk factors – including physical activity. That's over 300,000 of the 850,000 people in the UK currently living with dementia.

What next?

What I have also discovered is that although there is much research into dementia, very little of it translates to practical application.

Which is why I was delighted to be involved in the work that Elspeth is going to talk about. Something that can really make a difference, right here, right now!

And to complete the story of my parents...





@DEMCOMactive
@elspeth_mathie

Healthy Ageing and Inclusion

Physical Activity and Dementia

To understand how **Dementia Friendly Communities** enable people affected by **dementia** to undertake **physical activity**.

Dr Elspeth Mathie and Professor Elizabeth Pike (Co-leads)

Professor Claire Goodman, Dr. Rebecca Hadley

University of Hertfordshire

Online survey: 31 DFC leads (mapping)

3 Case Studies (50 Providers, 15 PAD)

Definition of physical activity

- Everyday tasks
- Walking to/around shops
- Music, dance, crafts
- Organised sport – hockey
- Individual – parkrun
- Groups – chair based exercise
- Care home – small movements



Including Experts by Experience



Asset Based Approach

*“But I think it’s very important just because somebody has a diagnosis of dementia **not to give up on activities**. Life does go on...keep your body moving..... kept the dementia at bay for a little longer” [Family Supporter]*

*“An hour later, she had no recollection we’d been there, but it didn’t matter, because often with dementia, **anything is in the moment, including exercise**” [Family Supporter]*

*“...and then suddenly they’ll do a proper cricket stroke, it’s really strange. And I say, “oh, you’ve obviously played cricket.” **And way back, they would then start telling me** about a cricket club..”*

Dementia **inclusive** and **specific** physical activities



Image credit: **Stepping Out**



Image credit: **The Red Shed**

Adapting Services to Enable Participation



Image Credit: **Active in the Community CIC** www.activeinthecommunity.org.uk



Image credit: **Clock Cricket**

Benefits of enabling participation

“And I’m doing 25 minutes on the treadmill at the moment....yeah, yeah, and I have somebody with me all the time, so I’m safe”

Mental stimulation, alleviate boredom, health benefits, aiding sleep, social interest, building confidence, maintaining independence

“...because it’s a hard gig being a carer for somebody with dementia. It’s very demanding on time, stress, energy levels, all the rest of it, and patience, as I’ve said before. **So, when you can get that relief because somebody’s taking over for you, it matters big time”**

[Family supporter]

DRAFT

Briefing for Physical Activity Providers Dementia Research

Conclusions



Adaptations and Flexibility



Dementia Inclusive



Make it sociable



Take physical activities to people

National/Regional Policy Context

Dementia Friendly Communities (2012-) Inclusive Societies

Government Action on Major Conditions and Diseases (24.1.23)

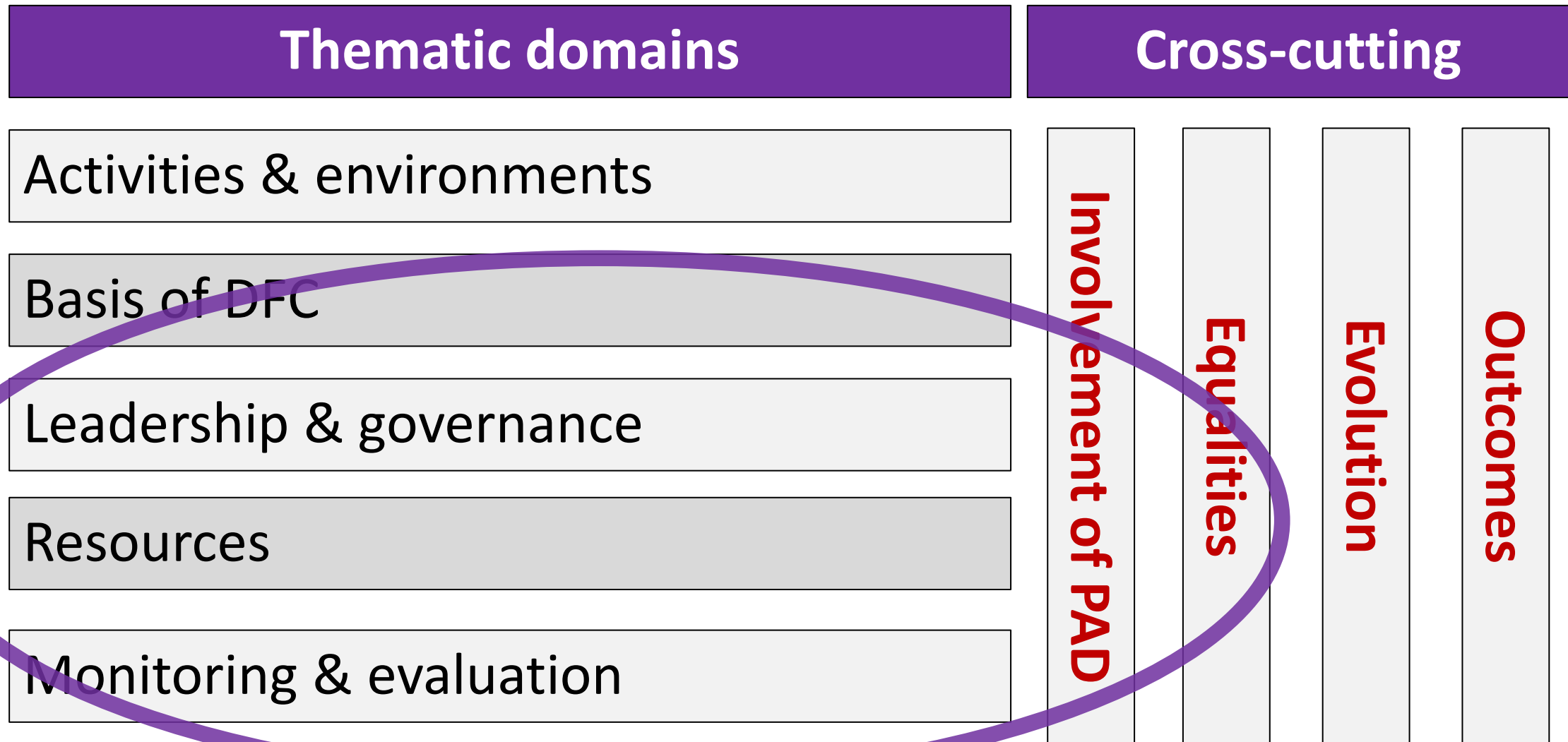
- Whole person care. Aims to increase healthy life expectancy.
- 6 conditions; cancers, cardiovascular, chronic respiratory diseases, **dementia**, mental health, musculoskeletal

Hertfordshire Dementia Strategy 2023-2028

- Launch
- Priority 1: Promoting Health and Wellbeing

“We need to support people living with dementia to stay healthy and live connected lives”

DEMCOM Evaluation Framework (2017-19)



Reference: Buckner S, Lafortune L, Darlington N, et al. A suite of evaluation resources for Dementia Friendly Communities: Development and guidance for use. *Dementia*. 2022;21(8):2381-2401. doi:[10.1177/14713012221106634](https://doi.org/10.1177/14713012221106634)

Recommendations

Local authorities are key



Provide information at diagnosis



Providers access dementia training



Involve people living with dementia



1. Local Authority an Anchor Organisation



Place based organisations can be key

- Facilitate **collaboration** between organisations (silos)
- Linking those with **experience of running physical activities** and those who have **dementia knowledge**
- Funding, coordinating, signposting and acting as facilitators
- LA spaces used for activities
- Promote services funded by LA and others (private, charity)

Challenges

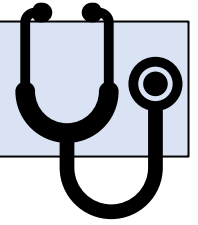
- Short term funding – sustainability
- Multiple applications
- Cross border provision (county)

Difficult to access information about dementia-friendly physical activities

“...I just wish these places could give you a lot more information about what’s available to you, rather than saying, “We’re very sorry. This is the diagnosis. We can’t do any more for you, and goodbye.” So, really, this information should be gathered at the memory clinics, at the GPs surgeries. It’s not that difficult. Even just to give somebody a pamphlet with names, phone numbers, organisations, websites would be so helpful, other than to leave people on their own. When you talk to many carers, xxx, that’s where the system falls flat”
[Family Supporter]



2. Information at Time of Diagnosis



- **Coordinated, systematic information** at time of diagnosis
- **Any interaction** - NHS colleagues – memory service, GPs, annual checks,
- **Social prescribing** – linking to services
- **Healthy hubs** – offering information in a variety of ways
- *Not just information, introduction, come and try, visit, buddy,*

3. Training



- Service Providers need **dementia training** (mandatory)
- **Awareness as minimum** - but not too much – dementia expert – ‘how to’
- **On-going** training (refresh, new people) – all staff (receptionists)
- Professional qualifications (safety, insurance) Vs everyone
- Sharing learning, challenges, buddy system, share between organisations, debrief

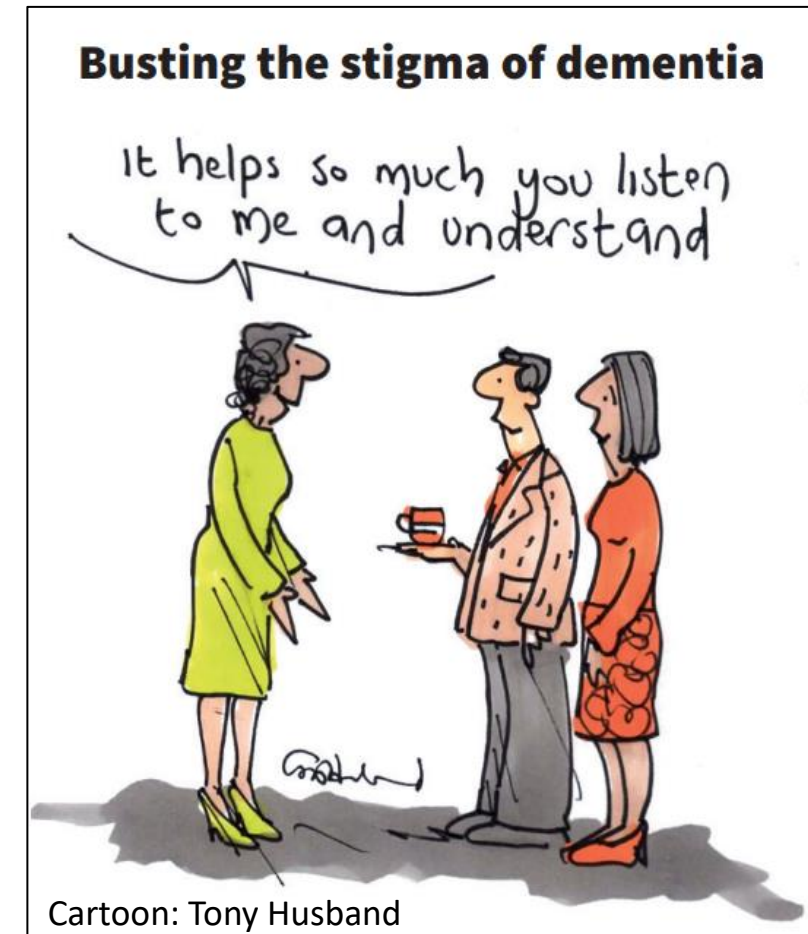
4. Involve People Living with Dementia



- People living with dementia were **largely absent from decision making** and strategic overview in physical activity provision is a persistent and troubling issue
- **Little evaluation of services and input** from people living with dementia (reach out to community groups which exist already)

How

- Strategic level
- individual activities
- Audits, mystery shopping,
- Discussion groups (facilitators need training)



Reference: Mathie E, Antony A, Killett A, et al. Dementia-friendly communities: The involvement of people living with dementia. *Dementia*. 2022;21(4):1250-1269. doi:[10.1177/14713012211073200](https://doi.org/10.1177/14713012211073200)

Briefing for Physical Activity Providers Dementia Research

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Involve people living with dementia



Draft Policy Briefing

Series of 3 Workshops

Welcome your input

How our research can support making Hertfordshire dementia inclusive

Public Health:

Individual lifestyle changes Vs

Whole population approach

[https://www.thelancet.com/journals/lanhl/article/PIIS2666-7568\(21\)00301-9/fulltext](https://www.thelancet.com/journals/lanhl/article/PIIS2666-7568(21)00301-9/fulltext) (Seb Walsh)

Acknowledgements and funding

Thank you to
all who
participated
and Public
members
involved

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- **ESRC:** The support of the Economic and Social Research Council (ESRC) is gratefully acknowledged. Funding has been awarded by ESRC/UK Research and Innovation, Industrial Strategy Challenge Fund, Healthy Longevity Global Competition, Healthy Ageing Catalyst Award.
- **NIHR ARC:** This is a summary of research supported by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration East of England. The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health and Social Care.

Research Project Links

DEMCOM Report: (link)

- <https://arc-oe.nihr.ac.uk/research-implementation/research-themes/ageing-and-multi-morbidity/demcom-study-national-evaluation>

DEMCOMactive

- <https://arc-oe.nihr.ac.uk/research-implementation/research-themes/ageing-and-multi-morbidity/contribution-physical-activity>
- <https://www.herts.ac.uk/research/centres/psychology/research-unit-in-sport-physical-activity-and-ageing-runspaa/the-contribution-of-physical-activity-to-social-connectivity-and-wellbeing-in-older-adults-living-with-dementia>
- **Stevenage Leaflet:** <https://www.stevenage.gov.uk/leisure-culture-and-wellbeing/making-stevenage-a-dementia-friendly-community>

Stepping Out

#The Big Step
Out

Hatfield House
14th June

Stepping Out 
invite you to join.

THE BIG STEP OUT

A fabulous
WALKING FESTIVAL
Hatfield House,
Hertfordshire, AL9 5HX
Wednesday 14 June 2023 From 10am

plus
FUN &
GAMES

FREE! to Herts Carers and those they care for.

The day will include:

-  A guided walk around the magnificent gardens. Suitable for people in wheelchairs or with mobility issues.
-  A dog walk (3 miles) through the beautiful grounds.
-  A longer walk (5 miles) round the estate.

PLUS!

- *Enjoy live music * Win prizes *
- *Join pop up activities and games *
- *Meet celebrities*
- *Happiest Dog* to be judged (virtually) by **Clare Balding***

The day will give the chance to meet people from Hertfordshire organisations offering a wonderful selection of help and activities to carers & the people they care for. Carers are welcome to come on their own or bring the person they support.

BOOKING ESSENTIAL
email: halfoosteppingout@gmail.com
or speak to your Stepping Out with Carers contact,
www.CarersSteppingOut.co.uk

Supported by the NHS

Stepping Out 

  Hertfordshire and West Essex Integrated Care Board

CIC: 1238958 #TheBigStepOut   

Carers Stepping Out





**Experiences of Sporting
Reminiscence for
People Affected by
Dementia.**

Danny Buckley

An Introduction.

- Danny Buckley
 - Senior Lecturer in Life Sciences
 - Co-leader of the ASU
 - Programme Leader (CMDA)

- Final Phase of Ph.D.





Golden Memories



**COMMUNITY SPORTS
& EDUCATION
TRUST**

Golden Memories

- Partnership with Watford FC and the Heritage Museum
- 12-week programme
- Every Wednesday 2pm-4pm
- Vicarage Road Stadium (Watford FC)
- Reminiscence Therapy (Watford Theme)
- People Living with Dementia and their Carers/Family Members

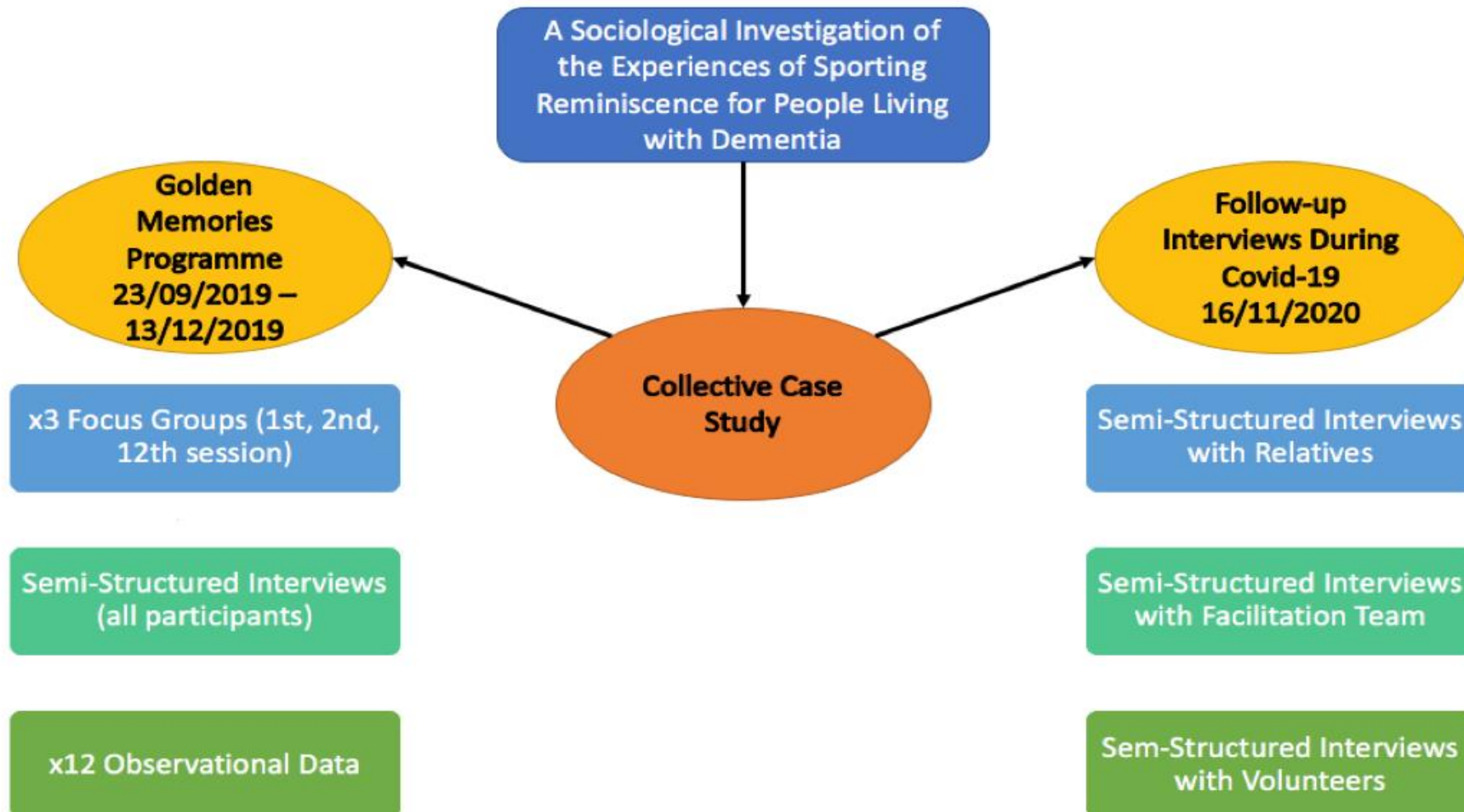


Key aspects of Golden Memories

- Reminiscence:
 - Touch, Visual, Taste, Smell and Audio
- Guest Speakers:
 - Players, Club Shop, Hornet Radio, Rita Taylor
- Hosted by Watford FC
 - Sensory Room
 - Stadium Tour
- Delivered by Watford FC
 - Full-time project officer
 - A team of volunteers



The Study



SENSOR ROOM

SPONSORED BY



The Study

- **Participants – 43**
 - 14 Living with Dementia (9 male and 6 female)
 - Paid Carer 4 (all female)
 - Family Carer 9 (1 male and 8 female)
 - Facilitators 6 (3 male and 3 female)
 - Volunteers 10 (4 male and 6 female)
- **Semi-structured interview – 30**
 - 14 – in phase 1
 - 16 – in phase 2
- **Focus groups – 6**
- **Observations – 11**

The Study

- Data Analysis – NVivo
 - All data
 - 89 Child nodes, 30 Parent nodes, 3 Key themes
- Ethical Considerations
 - Consent for people living with dementia
- Participant enrolment
 - Hertswise, Dementia Groups, Local Advertisement, Watford FC



Three Main Themes

Reconnecting with
History

Friendship

Freedom

Reconnecting with History

- **Reminiscence and Storytelling**

- “well, seeing everybody, hearing their stories and thinking back to when I had my first job which was here, when I used to sell 50/50 tickets at the games. I have enjoyed that, and I have been able to reminisce over those times. Simply coming here has helped me to do that.” – (Andre, PLWD, Focus Group 6).

- **Props and Interaction**

- “Another thing that amazed me was the impact of seeing the stadium, it has had a huge impact. For Emma, big impacts tend to stay with her, and in her memory as she is very far down the line with her dementia, so not a lot of things register and she doesn’t retain a lot of memory, but here she has! I think because the impact of looking out on the stadium, it is quite overwhelming.” – (Emily, Personal Care Assistant, Interview).

- **Connection with Watford FC**

- “well back when it was blue and white! I can’t remember the exact year, but we used to stand over in that corner (points to a stand in the stadium) when the attendance was about 2 or 3 thousand.” – (Troy, PLWD, Interview).



Friendship

• Relationships

- “I suppose socialising, that’s been the thing that has had the biggest impact really, having something to look forward to, but also having someone to talk to.” – (Kat, PLWD, Interview).
- “... I think that is what he is doing here by befriending Will [facilitator] who isn’t inflicted he is putting himself above and thinking well I am not one of these people with dementia, and he is in total denial really, it is really interesting. He will label himself as someone with dementia, but he will not connect himself with anyone in here who are living with it. He actually calls them the living dead!” – (Jennifer, Wife and Carer of Tom, Interview).

• Making New Friends

- “you see, the thing is, before we came here, we didn’t know any of these people, and now we have got to know them, and we are friends.” – (Katie, PLWD, Focus Group 4).
- “yes it is, it is important.. that we meet new people.” – (Andre, PLWD, Focus Group 2).



Freedom

• Respite

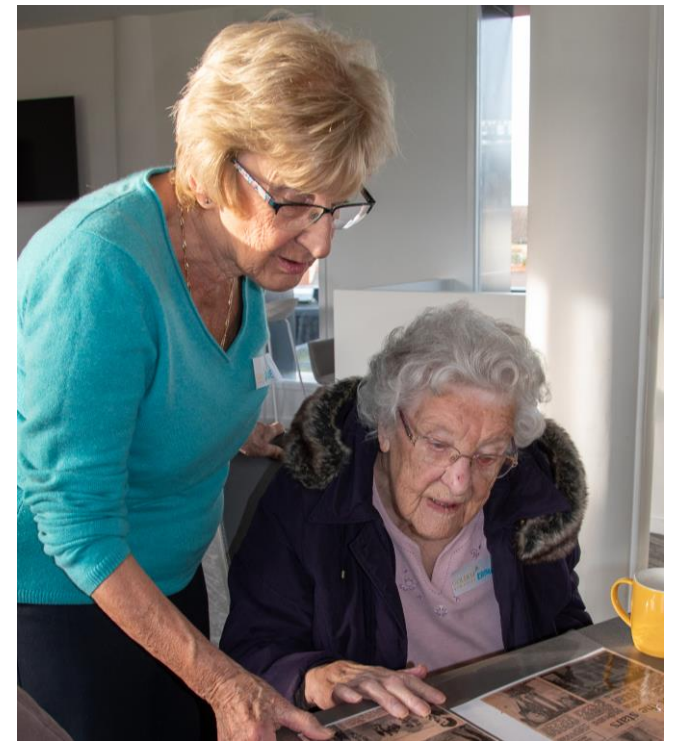
- “I have had some really nice conversations with a carer here, it was really nice to hear that the struggle is real, the struggle is the same, it is quite valuable, and I have passed some information onto her about what we do as she was struggling for things to do”– (Emily, Personal Care Assistant, Interview).
- “well yes, me and Andrea have said that, and we were like yeah it is lovely, but then after a little while we feel guilty because ‘we should be looking after them’... we had a quick chat and then decided to go downstairs, at the end of the day we are still working aren’t we.” – (Anaisa, Paid Carer, Interview).

• Independence

- “Yeah, the programme allowed me to have freedom to do things that I was unable to do when Tom was around. I could meet a friend for coffee, or I could catch up on some shopping or just have a private phone call. I mean, it just... it just gave me the freedom to have a couple of hours to myself, which made a big difference.” – (Jennifer, Wife and Carer of Tom, Interview).

• Volunteering

- “It was... it was a bit of a leap into the unknown for me, but this time knowing all that I know now, I'd recommend anyone that was thinking about it, to do it. It was so enjoyable it was. I mean it wasn't like anyone could call it work, it was just a joy.” – (Will, Programme Volunteer, Interview).

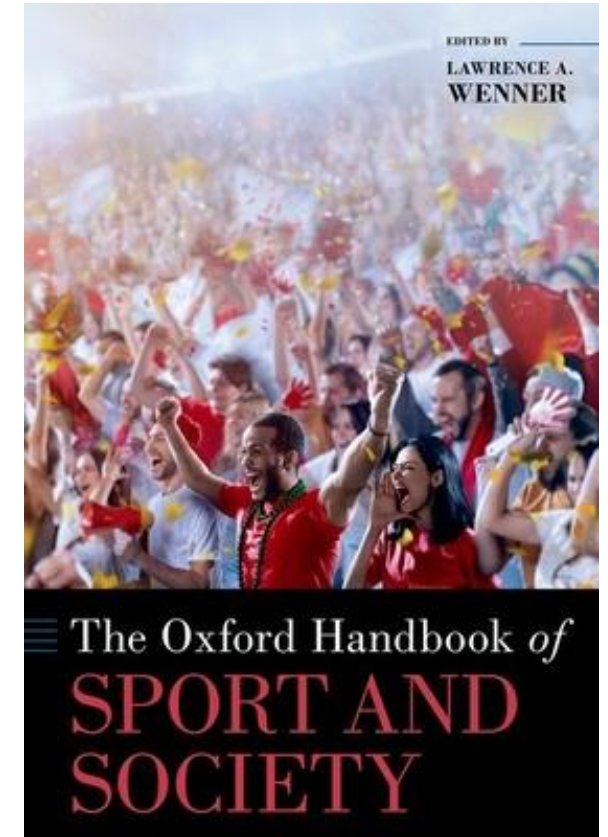


Contributions

- Reminiscence Therapy Outcomes
- Programme Personalisation
- Impact of Covid-19 and Requirement for continuation
- Impact on Volunteers and Carers
- Need for Respite and Freedom
- Reminiscence Therapy Delivery and Techniques



What's next?





Thank you for
listening. Any
questions?

d.buckley@herts.ac.uk

Healthy Ageing

Please Tweet using
#hertsphconnect



*Break for 10 minutes....please
re-join us at **11.05am***

*You are welcome to add a
question to the 'chat' during
this time*



Providing garden activities and experiences to benefit people with dementia, their carers and families



The dementia friendly garden for wellbeing.

















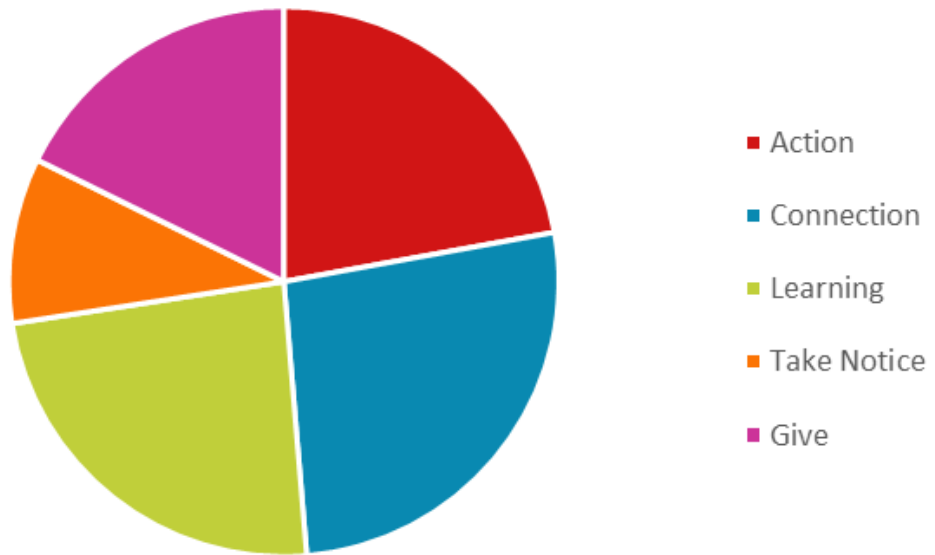




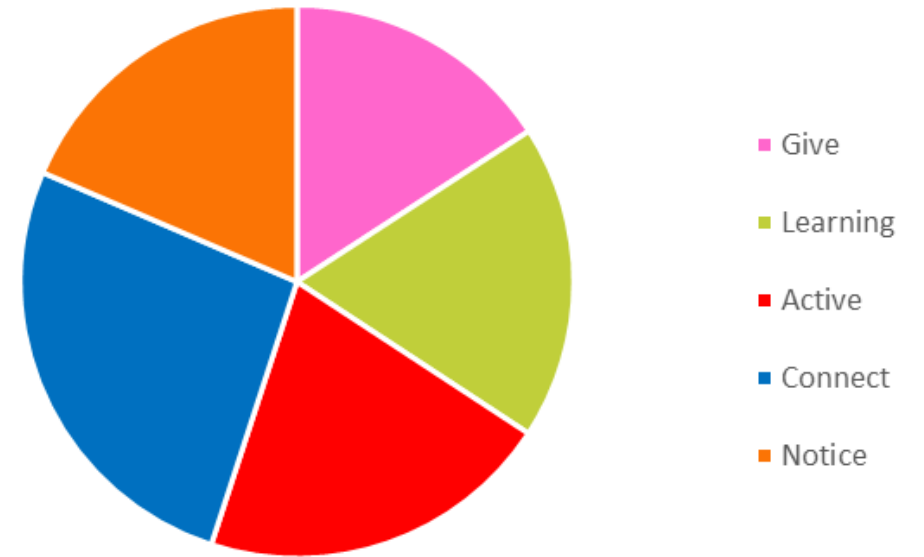




Garden Clubs
August - December 21



Garden Clubs
Feb - Sept 22











Cycling Without Age

Caroline Roche

Sports & Physical Activity Development Manager



Overview

- ▶ Background about Cycling without age
- ▶ What the project looks like
- ▶ Partnerships / who's involved?
- ▶ Case Studies / Photos



Cycling without age



Background about Cycling without age

CYCLING WITHOUT AGE FACTS

As of February 2023

- Invented in 2012 in Copenhagen
- Active chapters in 39 countries
- Starting up in 20 countries
- 3,050 chapter locations
- 4,900 trishaws
- 39,000 trained cycle pilots
- Over 3 million rides and over 650,000 people served
- Oldest pilot is 90 (Jørgen Hass, Denmark)
- Oldest passenger [Pauline Angleman, 110 from California](#) (sharply followed by youngster [Edith Green, 108, from Bournemouth](#)).

- ▶ Introduced in Watford in 2019
- ▶ Affiliation - Become a cycling without age Affiliate
- ▶ Volunteer led model.
- ▶ Target audience: local elders and care home residents.
- ▶ Brings generations closer together.
- ▶ Electrical power assisted trishaw bikes.
- ▶ Storage
- ▶ Costs

<https://cyclingwithoutage.org.uk/>



What the project looks like

- ▶ Provides opportunities for older adults to experience the outdoors and nature close up.
- ▶ Volunteer riders trained as pilots
- ▶ Programme co-ordination
- ▶ 3 Trishaws
- ▶ Regular rides and events programme

Regular ride and events programme





Christmas lights



Case study

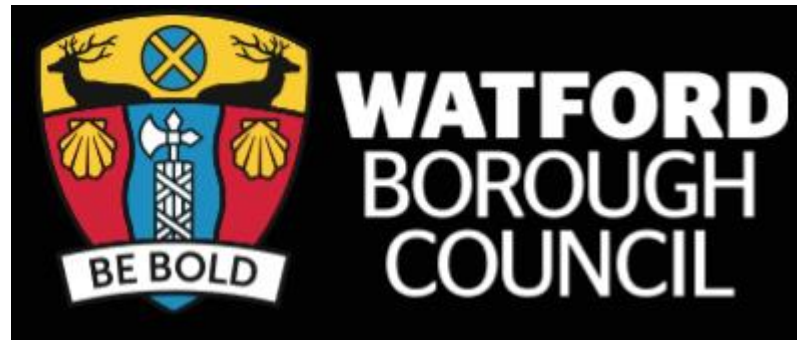
▶ Dear Nick

My mum is called and she is the lady in the photo from the Watford Observer in the red coat giving the thumbs up.

When I asked her about her ride later in the afternoon on Mother's Day she had no recollection of a ride on a trishaw. However out and about at the time were our friends walking their dog in the park by chance and they saw mum having a really fantastic time. Thank you very much as this would mean a lot to my mum. From



Partnerships and organisations we are working with



Partners & Organisations:

- Care Home's :
 - Tremona
 - Radley
 - Fosse House
- West Herts College SEND students
- Watford and Three Rivers Trust
- Local G.P's
- Community housing trusts
- Hertswise
- Cathartic CIC
- Specialists nurses :
Dementia, Parkinson's etc



Contact details:

Caroline Roche - Watford Borough Council Sports & Physical Activity Partnership Manager:

[Email - Caroline.roche@Watford.gov.uk](mailto:Caroline.roche@Watford.gov.uk)

Nick Berry - Watford Cycle Volunteer :

[Email - nickb@watfordcyclehub.org.uk](mailto:nickb@watfordcyclehub.org.uk)

Enquiry form <https://watfordcyclehub.org.uk/trishaw-rides/>

Cycling Without Age - The Right to Wind in your hair pilot projects :

[Website https://cyclingwithoutage.org.uk/](https://cyclingwithoutage.org.uk/)

<https://cyclingwithoutage.org.uk/england-chapters/>

Live Longer Better.

in Hertfordshire

Healthy Ageing Masterclass

Wednesday 17th May 2023

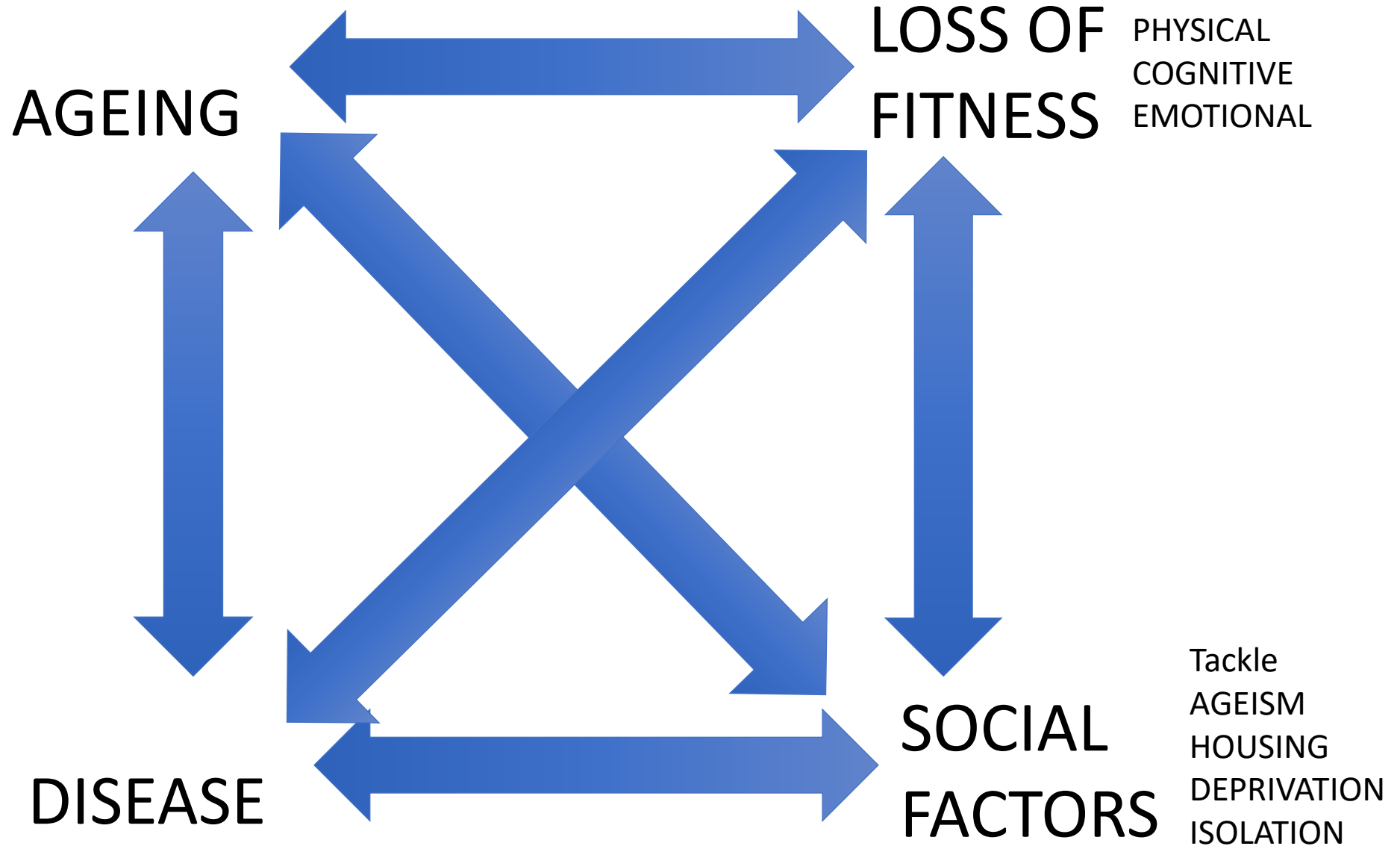
Charlotte Bird, Active Ageing Officer, Herts Sports & Physical Activity Partnership

Join the revolution.

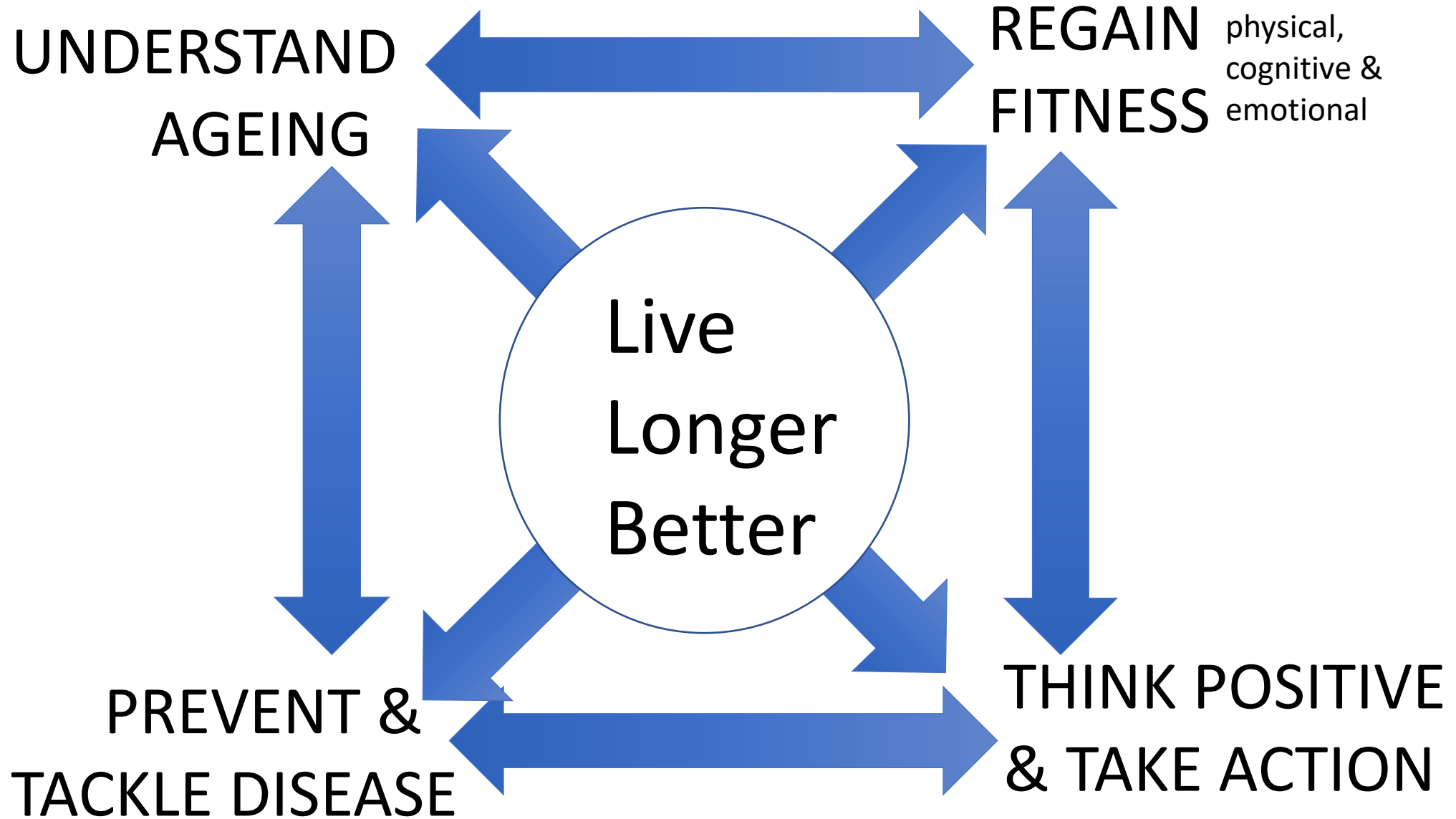
Live
Longer
Better.

in Hertfordshire

The Causes.



The Strategy.



What is LLBiH?

Live Longer Better in Hertfordshire is a **movement**, not a project.

Mission:

Using activity (physical, cognitive and emotional) to encourage longer, healthier and happier lives for older adults in Hertfordshire.

Aims:

Engaging older adults, and those closest to them, to improve approaches to active ageing in Hertfordshire through:

- Increased collaboration
- Increased learning & upskilling opportunities
- Change of culture; care to enablement

Champions!

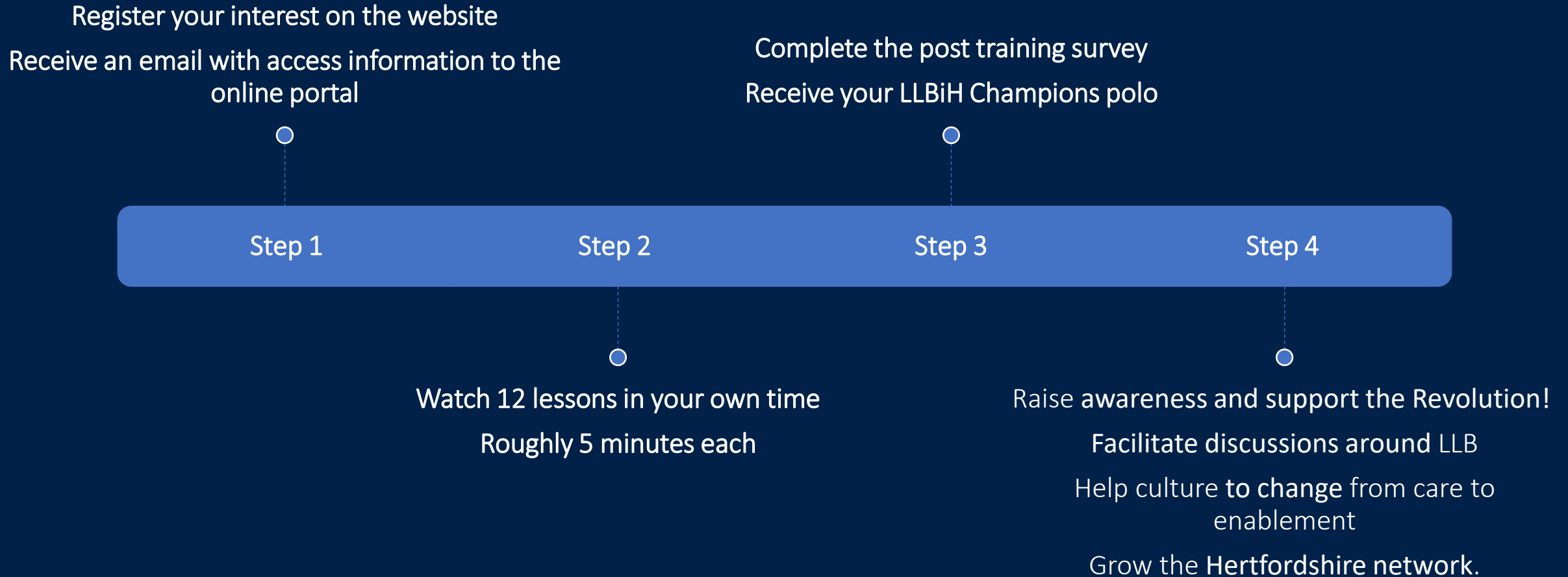
Live
Longer
Better.

in Hertfordshire



How can I get involved?

www.livelongerbetterinherts.co.uk/champions



The resources.

Live
Longer
Better.

in Hertfordshire

www.livelongerbetterinherts.co.uk

- Masterclass webinars
- Newsletters
- Champions
- Professional bid writer

<https://www.livelongerbetterinherts.co.uk/join-the-revolution/>



www.movingmore.co.uk

- Hertfordshire's Activity Finder
- Free to use – business and customer

www.sportinherts.org.uk/lthc/

- We are Undefeatable in Hertfordshire
- How to be active with specific Long Term Health Conditions



Activity Finder
Let's Get Hertfordshire Moving More!

1. Find an Activity Near You
2. Find Activities to do at Home
3. Upload your Activity

Thank you!

Any questions, please contact Charlotte Bird- c.bird3@herts.ac.uk

Join the revolution.

Healthy Ageing

*Please Tweet using
#hertsphconnect*





THANK YOU FOR JOINING US TODAY

We will notify you when the presentation materials from today's event are available

