

Ageing well: staying connected
involved and happy later in life

Connect



Supporting residents to engage with each other and the community

- Provide 1-2-1 support
- Recruit and manage resident and community volunteers
- Engage with local communities to build relationships and foster inclusion
- Inter scheme collaboration: training, digital inclusion event
- See the person, not the label



Better late and Clever – 3rd place for ‘Communities Supporting Communities’

Nominated for an Age Cymru award ‘Changemaker’, (older people who make a difference)



Here's some of the details

Pete the Podcast 😊



- **What's it about?**

Visit older people in their own homes to capture their incredible, real-life experiences

Just finished series 1 – 10 episodes and 2 specials for Black History Month and an interview with United Welsh's Chief Exec – Richard Mann

All episodes available on YouTube, Facebook and Pete's website – cleverly entitled: betterlateandclever.com

Outcomes: sharing knowledge and wisdom of the past through real life experiences and provide opportunity for intergenerational learning

[Better Late & Clever - YouTube](https://www.youtube.com/channel/UC...)



Newtown Court



- Area of deprivation in central Cardiff
- Unpopular choice, next to two large homeless hostels
- Very poor resident involvement..... Until!



We started..... Lunch club!!!



- **Weekly sessions**

Supported by resident volunteers – 2 from another scheme in Caerphilly

Happy to chat – worked with Brunel University in London

- **Celebrating diversity**

Number 1 challenge – made everyone feel equal, included and together. Up to 9 spoken languages at the scheme. Created events and activities that are inclusive – art project and food, google translate when needed

38% of residents were not born in the UK

- **Huge increase in engagement**

2 people attended before the intensive community engagement started

We now average 25 to 26 on a regular basis

You can wear the
Happy to Chat

badge anytime, any
short as you wish.
you are sending a m
are happy to be
have a chat.

The happy-to-chat



You can wear the
Happy to Chat

badge anytime, anywhere, for however long
short as you wish. When wearing the badge
you are sending a message to others that
are happy to be greeted, approached and
have a chat.

The happy-to-chat movement is supported by:



**Hapus i
Sgwrsio**



Next on the agenda

- Healthy relationships
- Men's club
- Always listening for new and exciting opportunities to engage

Older people are amazing.....

- Lived interesting, fulfilling lives
- Doesn't stop at the door of sheltered housing
- Create opportunities to enhance people's experiences
- Share and celebrate each other's achievements – new and old!