

Our Speakers



Dr Andrew Clegg - Senior Lecturer at the University of Leeds and Honorary Consultant Geriatrician at Bradford Teaching Hospitals

Andy Clegg is a senior lecturer at the University of Leeds and Honorary Consultant Geriatrician at Bradford Teaching Hospitals, with a clinical and academic interest in frailty. Andy recently led the development, validation and national implementation of an electronic frailty index (eFI) using routine primary care electronic health record data. He is currently leading the Community Ageing Research 75+ (CARE 75+) cohort study to investigate frailty, disability and quality of life trajectories, and is principal investigator for the Home-based Extended Rehabilitation for Older People (HERO) randomised controlled trial, funded by the National Institute for Health Research. Andy was a recent member of the NICE Multimorbidity Guideline Development Group.



Alison Harwood - Director of Clinical Services

Alison has worked at Wakefield Hospice for 18 months as Director of Clinical Services. She has been a nurse for 30 years and in this time has had the privilege to work as a Nurse specialist for people with respiratory disease and lung cancer. She was Lead Nurse for Cancer at Calderdale and Huddersfield Acute Hospitals and has worked as a lecturer in End of Life and Cancer at Bradford University.

Alison is accompanied by Dr Emma Lowe who has been working as a Consultant in Palliative Medicine since September 2016. Her role is split between the Community Specialist Palliative Care Team and Wakefield Hospice, working together to provide holistic care for patients with life limiting illness. As well as supporting cancer MDTs in the acute trust Emma is the palliative lead for the Motor Neurone Disease Clinic.



Professor Karen Spilsbury - Professor of Nursing at the University of Leeds

Karen is a registered nurse and health services researcher. She is currently Professor of Nursing at the University of Leeds. Her expertise extends to fields central to contemporary nursing practice, demonstrated by the development of a programme of clinically and policy relevant research in the areas of the healthcare workforce and care for older people. In particular, she is interested in evaluating how changes in the composition, organisation, management and preparation of the healthcare workforce impact on quality of care and outcomes. Her work on the support workforce makes a significant contribution to international debates about the roles of assistants in nursing; roles which are likely to have greater future policy significance. Her research into the promotion of quality of care for older people in care homes has national and international importance. She has widely published her work. Karen is a member of the National Institute for Health Research Health Services and Delivery Research Programme Commissioning Board. Her editorial duties include an Associate Editor role with the International Journal of Nursing Studies.

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Sue Bradley - Chief Officer Age UK North Craven

Sue Bradley has been Chief Officer of Age UK North Craven for the past four years. She enjoys working in this very rural part of the Dales, which includes such landmarks as the Ribbleshead Viaduct, and Malham Cove. Age UK North Craven has been thriving for 30 years, in large part due to the resilience and "can do" characteristics of the many small communities that

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are part of the area. Sue has always worked within the voluntary sector, starting off as a Citizens Advice advisor on the King's Road in London. Her career has taken her from working at national level with Citizens Advice and the Mentoring and Befriending Foundation, to developing and supporting a wide range of groups and projects in the York and North Yorkshire area, such as the Witness Service through Victim Support. The common thread throughout her work has been to celebrate and support the positive changes community and voluntary action can make to people's lives. She has been involved jointly with Age UK North Yorkshire in the national project Testing Positive Approaches to Loneliness for the past two years, developing support which puts older people at the centre of activities, and has worked intensively to develop village outreach.



Professor John Young - MB BS (Hons) MSc MBA FRCP

John Young trained at the Middlesex Hospital, London. He was appointed as a consultant geriatrician in Bradford, West Yorkshire in 1986 and has developed numerous new services including an elderly care assessment unit; a stroke unit; and an ortho-geriatric unit. In 2005 he was appointed as Head of the Academic Unit of Elderly Care & Rehabilitation, University of Leeds, now one of the largest elderly care health research units in the UK. Current research work includes multi-centre trials in stroke, delirium and dementia care, and studies involving older people with frailty and care home residents. Quality improvement work includes the national audits of intermediate care and of dementia care. Between 2001 and 2007 John was seconded to the DoH to assist with the National Service Framework for Older People. He has been chairman of the British Geriatrics Society English Council, and was Chairman of the NICE Clinical Guideline Development Group for delirium Between 2013 and 2016, John was seconded to NHS England as National Clinical Director for the Frail Elderly & Integration.



John Myatt - Club Secretary Wakefield Walking Football

John is aged 67 and was born in the Potteries area where he developed a love of oatcakes and a passion for Stoke City FC. When it became clear his dream of becoming a professional footballer would remain a dream he joined HSBC (then Midland Bank). This resulted in a somewhat nomadic existence with spells working in Cheshire, Yorkshire (twice) and Birmingham in addition to his native Potteries (twice).

After 20 years in mainstream banking he moved to the newly formed financial services division which provided advice on investments, pensions and life cover. His HSBC career spanned 40 years and finished with several senior roles in the North of England. He then moved on to complete a number of contract roles in the financial services industry before retiring in February 2015.

John now regards himself as an adopted Yorkshireman and has lived in Wakefield for 17 years. He is married with two grown up children and two grandchildren. He suffered a heart attack in 2007 and following a quadruple bypass operation determined to adopt a healthy lifestyle. He dutifully completed three gym sessions a week but was never fully motivated. Fortunately he discovered Walking Football in the summer of 2015 and found this was an enjoyable way to stay fit and restore his ability to play the beautiful game, albeit at a slower pace. It also provided many social benefits through being part of a group, which at that time had single figure attendance but has now grown to a membership approaching 50 and now runs three daytime and one evening session. The partnership with Age UK Wakefield District has been a major factor in the group's success as John will explain during his presentation.



Frailty and Resilience Conference

Thursday 16 March 2017



Picture of ladies bowling Harrogate 028

We know that understanding Frailty as a medical, life limiting condition has the potential to make a major contribution to the way we embrace the potential of older age for ourselves and society. Offering individuals the opportunity to develop skills in self-care will protect many from the long-term effects of Frailty, enabling people to live fuller lives for longer. Our health and social care systems can address the poor Quality of Life currently experienced by many older people in the last months of their lives and radically alter the experience for the individuals and those who care for them.

If we respond well to the growing bank of new knowledge, academic insight and professional experience we will be able to address presenting need in a way that affords individuals dignity, understanding and choice well into older age, and especially at the end of life.



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Introduction

This year the Frailty Conference will offer practitioners resources to build their expertise and develop further their understanding of Frailty. Highly focussed morning talks will build theoretical knowledge whilst afternoon workshop sessions will focus on key areas to promote and develop healthy ageing practices, supporting Continuing Professional Development.

Addressing Frailty

1. Dr Andrew Clegg provides the keynote talk and will describe the accelerated decline in muscle strength and function associated with frailty, and the potential impact on activities of daily living. He will explain how the Home-based Older People’s Exercise (HOPE) programme, has potential to improve muscle strength, function and quality of life in older age.
2. Alison Harwood is joined by Dr Emma Lowe to discuss the experience of supporting older people who are severely frail towards the end of their lives with dignity and peace in a hospice environment and draws out the challenges of achieving this in own homes, across the district.
3. Karen Spilsbury and Barbara Hanratty describe the issues they have found to date in their study looking at consultation communications between General Practitioners and older patients who are becoming frail.
4. Sue Bradley discusses a recent pilot activity to identify people experiencing high levels of isolation and loneliness, a critical factor in developing the frailty syndrome and how interventions can reduce these levels significantly.
5. Professor John Young speaks about the discharge practices in secondary care of patients who are deemed to be ‘Physiologically Fit’ but are still unable to function sufficiently well enough to manage activities of daily living.
6. John Myatt describes his involvement in Walking Football which has been key to his well-being after a serious health challenge. His experience shows how being active and improving social networks can vastly improve resilience.

Developing skills and knowledge to promote Resilience

The Frailty and Resilience Conference workshops are designed to provide significant ‘nuggets of information’ that can be readily used in everyday working roles and introductory skills training for future development. Certificates of Attendance are included in conference packs. Session leaders will provide handouts for each workshop.

Delegates are invited to sign up for the two sessions of their choice by writing their names on the lists posted on the walls near registration. When upper limit reached please select another session.

13.20 Workshop Session 1

1. Stevie Smyth from MyTherapy is joined by colleagues to demonstrate the benefits of simple aids which can transform the lives of older people.
2. Lesley Billington from Spectrum describes the additional issues posed by regular alcohol intake for older people.
3. Andrew Jackson works with Mental Health First Aid England and provides a taster session on anxiety and depression, to demonstrate the approach taken in Mental Health First Aid workshop programmes.
4. Ian Cockrell from Nova describes the services, events and initiatives undertaken by Community Anchors which can be signposted to social networks and resilience in older people.

14.00 Workshop Session 2

1. Julie Owen from Wakefield Council Public Health is joined by colleagues from Health Improvement to describe the current falls reduction programme for people living in their own homes.
2. Andrea Kulikovsky from Mid Yorkshire NHS Trust Integrated Therapy is joined by colleagues Catherine Bramwell-Walsh and Chloe Pike to describe their work in reducing the serious impact ‘deconditioning’ can have on older patients.
3. Jon Ainsworth from Wakefield Council Health Improvement demonstrates the basic skills involved in leading a session of chair based exercise for a group of older people to build physical and psychological resilience in older people.
4. Helen Laird from Wakefield Council Health Improvement takes us through the basics of encouraging service user engagement and activation to embrace a model of Self Care.

The Conference Agenda

09.15	Registration and coffee
09.30	Welcome and Introduction - Paula Bee, Chief Executive, Age UK Wakefield District
10.00	Dr. Andy Clegg – YHASHN The Home-Based Older People’s Exercise (HOPE) Programme
10.30	Alison Harwood – Wakefield Hospice – Frailty and End of Life Care, a delicate issue
10.50	Karen Spilsbury - School of Healthcare, Faculty of Medicine and Health, University of Leeds - What matters in the primary care consultation in the context of frailty?
11.10	Sue Bradley – Chief Officer, Age UK North Craven – Loneliness “Testing Promising Approaches to Reducing Loneliness”
11.30	Coffee, networking and Marketplace
11.50	John Young – YHASHN - Physiologically Fit but not Functionally Fit on discharge – plugging the gaps
12.10	John Myatt – WWF- Community Initiatives developing Resilience through exercise and social contact
12.30	Any questions for our presenters – chaired by Ian Bennet, Head of Nursing Community Health Mid Yorkshire Hospital Trust
12.50	Lunch, networking and Marketplace – including tables from West Yorkshire Joint Services, Age UK Wakefield District, Spectrum, Carers Wakefield and District, Nova and West Yorkshire Fire & Rescue
13.20	Workshop Session 1 1. Stevie Smyth – MyTherapy – Simple everyday equipment that can make a huge difference 2. Lesley Billington - Spectrum - Alcohol and older age frailty 3. Andrew Jackson - Mental Health First Aid England - Taster session on anxiety and depression 4. Ian Cockrell - Nova - Community Solutions - How Community Anchors improve resilience in older people
14.00	Workshop Session 2 1. Julie Owen – Wakefield Council Public Health - Falls Prevention – Home Based Exercise Programme 2. Andrea Kulikovsky - Mid Yorkshire NHS Trust - Pyjama Paralysis: Preventing In-Patient Deterioration 3. Jon Ainsworth – Wakefield Council Health Improvement - Chair based exercise – the basic skills 4. Helen Laird - Wakefield Council Health Improvement - Supporting individuals to embrace Self Care
14.40	Tea and cakes, networking and Marketplace
15.00	Closing Remarks, Evaluation and Follow Up - Paula Bee, Age UK Wakefield District
15.15	Age UK Wakefield District AGM