

AGE-FRIENDLY BARNET

CALL FOR ACTION

MARCH 2024



SUPPORTED BY





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AGE-FRIENDLY BARNET: A CALL FOR ACTION

Barnet is a great place to live, work and study. Barnet's people are its great strength, and it is a place where people of different backgrounds get along well. We want Barnet to be a great place to grow older in. Ageing may look different for everyone, but everyone should be able to retain and develop meaningful connections amongst their community as they age.

Barnet has made a commitment to becoming an Age Friendly borough and this call to action is a key step in our collective journey. We launched our commitment on the 1st of October 2023, and since then we have completed a baseline assessment, and developed this call to action.

To create this call to action, we have used the World Health Organisation's eight domains of an Age-friendly environment to form our [Age-friendly Barnet Baseline Assessment](#). This document forms the foundation of our work and is referred to throughout to ensure that the voices of older adults are kept at the heart of everything we do as Age-friendly Barnet.

Becoming a truly Age Friendly place requires engagement from us all, and we call upon Barnet's many diverse communities to work together to achieve our vision of an age-friendly Barnet.

We want Age-friendly Barnet to become a movement; to create a social impact, and change the way people feel, think and act about ageing in Barnet. This call to action belongs to everyone in the borough and is a living document, one that will continue to be developed to meet the needs of our diverse older population.

CHALLENGING AGEISM



GENERATING INTERGENERATIONAL RESPECT & INCLUSION

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 54% of respondents over the age of 55 agreed with the statement “people treat me with less respect as I age more”.
- Agreement with this statement remains prevalent throughout age-groups.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Intergenerational connections were a common topic in the focus groups, with a number expressing feeling disconnected from younger generations, particularly around subjects of technology and climate change.
- Ageist attitudes were commonly spoken of both directed from younger generations and towards younger generations.
- Self-directed ageism was prevalent across all focus groups.
- Concern that there is a lack of dementia awareness across the borough (especially what living with dementia can look like) particularly in lesser heard communities.

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Barnet is a place where all of us - residents, businesses, public services - can identify and challenge all forms of ageism.
- There is an intergenerational range of voices in decision making across the borough.
- Intergenerational activities and projects are commonplace in the borough.

EXISTING ASSETS

Age UK Barnet’s digital inclusion programme with Schools - BarNET Zero - Centre for Ageing Better’s Anti-Ageism Campaign (2024) - Barnet’s dementia friendly community action plan - Barnet’s dementia strategy and action plan - Dementia awareness training programme

PROJECTS

- Anti-ageism Campaign (p.12).
- Age-friendly Champions (p.12).
- Equalities Assurance (p.12).

PARTNERS

Barnet Schools - Barnet & Southgate College - Middlesex University - Barnet Council: Dementia-friendly Barnet Partnership - Centre for Ageing Better - Local Press - Local Care Providers – Barnet Together Alliance – Barnet Multi-faith Forum

PUBLIC SPACES & SAFETY



CREATING A SAFE ENVIRONMENT WHICH WE CAN SHARE TOGETHER

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 78% of all over 55s can access a green space or park at least once a day.
- 62% of all over 55s agreed that they felt safe when out and about alone (69% of men agreed compared to 55% of women).
- 55% of all over 55s agreed that there are enough places (warm venues and benches) to rest while out and about (66% of 56–65-year-olds agreeing compared to 10% of over 85s).
- 61% of men agree that there are enough public toilets in Barnet compared to 29% of women.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Public spaces such as parks and shopping centres are important to older residents to socialise, relax and run errands.
- A desire for more places to sit and rest when out and about in parks, high streets and shopping centres.
- CCTV and streetlighting are seen as important for safety, but there remains a general consensus that it is not safe to go outside alone when it is dark.

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Older people feel confident to go out and about in Barnet, knowing where there are places to sit and rest, get warm. Older people can access toilets easily when they are out and about.
- Residents feel safe to complete their day-to-day tasks in their communities and feel confident to report any concerns they may have.

EXISTING ASSETS

TfL buses, tubes, Dial-a-Ride - Funded dementia awareness training provided to key service providers by Barnet Council - Walking Groups across borough - Fit and Active Barnet - Age UK Barnet's 'Stepping Out Service' and other support for older adults.

PROJECTS

- Awareness Campaigns (p.12).
- Age-friendly Ward Walks (p.12).

PARTNERS

Age UK London Toilet Campaign - Barnet Council - Barnet Fire Service - Metropolitan Police - Shopping Centres - artsdepot.

TRANSPORT & ACTIVE TRAVEL



GETTING OUT AND ABOUT TO DO THE THINGS THAT WE ENJOY

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 71% of all over 55s agree that it is easy for them to access and navigate public transport.
- 62% of respondents over 55 agreed that they are reliant on public transport for their day-to-day lives.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Barnet has good public transport links, especially to central London.
- Wanting bus drivers to always consider the needs of those who are less mobile and may need more time/ assistance to get onto the bus and sit down.
- This particularly applies to those with hidden disabilities such as sight loss and dementia.
- Need for more equal access to hospital transport, particularly for those with dementia.
- People who are housebound often relate it to not feeling confident walking around or using public transport.
- Need to feel safe walking around – with accessible footpaths, pavements, cycle paths

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Age is not a barrier for residents who choose to use public transport.
- Public transport is accessible for those who have disabilities, including hidden disabilities such as dementia and sight loss.
- Active travel is an option for all residents and promoted widely

EXISTING ASSETS

TfL buses, tubes, Dial-a-Ride - Funded dementia awareness training provided to key service providers by Barnet Council - Walking Groups across borough - Fit and Active Barnet - Age UK Barnet's 'Stepping Out Service' and other support for older adults.

PROJECTS

- Awareness Campaigns (p.12).
- Age-friendly Ward Walks (p.12).

PARTNERS

Barnet Council - TfL - Dementia-friendly Barnet Partnership - Fit and Active Barnet - Age UK Barnet

ACTIVITIES & SOCIALISATION



CONNECTING US WITH OUR COMMUNITY & STAYING ACTIVE

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 64% of all over 55s agreed with the statement that they are an active member of some form of social group. However, only 26% of over 85-year-olds agreed with this statement.
- 60% of all over 55s agreed with that there are enough accessible and enjoyable activities in the borough.
- 68% of all over 55s felt confident with getting in touch with others when needed.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Need more activities in parts of the borough – particularly with affordable exercise classes.
- The value of taking part in activities is extremely valuable and has immeasurable impacts on mental health.
- The benefits of exercise classes/ walking groups go way beyond the physical benefits to health.
- Grassroot clubs want to spread information about their groups to the public.

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Older adults across the borough are aware of a range of affordable activities, accessible to them.
- Barnet has a diverse range of activities that are reflective of the communities who live here.

PROJECTS

- Silver Sunday: Celebration of active ageing in the borough (p.12).
- Awareness Campaigns (p.12).
- Anti-ageism Campaign (p.12).
- Mobile Information Service (p.12).
- Equalities & Co-production (p.12).

EXISTING ASSETS

Existing activity groups across the borough led by various organisations - Age UK Barnet's Pigeon Post and 'What's On' Guide - Better Barnet Senior Programme & Walking Sports - Fit and Active Barnet passes for over 55s/ 60s - Creative Communities project led by Barnet Libraries – Prevention and Wellbeing Team - NHS Social Prescribers - Wellbeing Hub

PARTNERS

FAB - Better Barnet (GLL) - Activity Providers such as AUKB, Colindale Communities Trust, Jewish Care, One Stonegrove - Barnet Libraries - Barnet FC - ArtsDepot North Finchley - Social Prescribers - Saracens - Barnet Disability Sports Network - Barnet Mencap

HOUSING & HOME SUPPORT



FEELING AT HOME IN THE PLACE WE LIVE

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 71% of all over 55s agree that they are happy with their current living arrangements.
- 53% of respondents over 55 agreed that it is easy for them to access support to improve their housing (only 16% of over 85s agree).
- 63% of respondents over 55 agreed that it is easy for them to access services (such as their GP, dentist, supermarkets and hairdressers) from their home.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Want better access to housing adaptation support – particularly for those who rent.
- Wanting regeneration schemes to consider ageing and older people
- Want Care Homes to be more connected to the community and offer facilities that are inclusive in terms of sexuality and ethnicity.

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Residents are able to proactively plan for later life and accessibility needs, including housing adaptation support available if or when they need it.
- New developments should take into consideration the diverse needs of the population, including those who may become less mobile in later life.
- People who cannot access services outside their home are supported through flexible approaches from a wide range of services in Barnet, so they are not disadvantaged.

EXISTING ASSETS

Barnet Homes - Sheltered housing across the borough - Age-friendly Developments Framework Document - AUKB
Handyperson Service - Outreach Barnet - New and existing Extra Care provision - AUKB 'Stepping Out' Service for housebound residents

PARTNERS

AUKB - Barnet Homes - UK Network of Age-friendly Communities - Barnet Council - Local Care Homes and care providers

PROJECTS

- Awareness Campaigns (p.12).

WORK & VOLUNTEERING



CONTRIBUTING TO CIVIC LIFE THROUGH PAID & UNPAID EMPLOYMENT

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 52% of all over 55s who completed the survey said they were currently in paid employment.
- 58% of all over 55s who completed the survey said they were currently in unpaid employment (including voluntary work and childcare support).
- Of those not in paid employment, 34% agreed that they felt confident that they could get a job if they wanted.
- Of those not engaged in unpaid work, 54% agreed that they felt confident that they could find voluntary work if they wanted.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Volunteering has a very positive impact on mental health and sense of belonging in the community.
- It can be hard to find purpose after retiring, volunteering is great for this.
- Most participants echoed the survey's finding that age is a barrier to finding work, participants said that this was also the case for volunteering, but to a far less extent

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Barnet is a place in which people feel that age is not a barrier for finding meaningful work (both voluntary and paid).
- The voices of older adults are considered by organisations when creating and advertising paid and voluntary employment opportunities in Barnet.
- Residents and those who work in Barnet feel confident to call out any ageist attitudes or actions in the workplace.

PROJECTS

- Age-friendly Champions (p.11).
- Anti-ageism Campaign (p.12).
- Equalities & Co-production (p.12).

EXISTING ASSETS

Age-friendly employment pledge (Centre for Ageing Better) - Volunteering Barnet - Jewish Volunteering Network

PARTNERS

AUKB - Centre for Ageing Better - Barnet Council - Boost - Job Centre Plus - Groundworks Barnet - Volunteering Barnet.

COMMUNITY INFORMATION & DIGITAL INCLUSION



KEEPING US CONNECTED TO OUR COMMUNITIES

What is the current picture in Barnet?

AGE-FRIENDLY BARNET SURVEY 2023

- 62% of respondents aged 55+ agreed that they feel confident with using digital technology such as phones, tablets, laptops and the internet.
- Rates of confidence fall as age-groups rise, with only 35% of the 85+ age-group agreeing with this statement.
- Feeling confident to use technology correlated with feeling safe and taking part in social groups.

AGE-FRIENDLY BARNET FOCUS GROUPS 2023

- Community groups are relied on to distribute information about community events and signposting to organisations.
- Common feeling that it is impossible to keep up with technology.
- Would like to be able to use apps that are often essential/ unavoidable for day-to-day life or have alternatives. Important for others to understand how challenging using apps can be.
- Factors increasing risk of digital exclusion include low digital access, low digital literacy and people living in areas of high deprivation and those who have sight impairments.

How can we work together to make it better?

All assets and partners listed here are not exhaustive and will be regularly updated as the project develops.

VISION

- Older adults are supported to develop digital skills across the borough.
- Organisations can offer simplified digital resources or paper alternatives to apps/ online information to meet the needs of those who cannot use the internet.

EXISTING ASSETS

Existing digital workshops across the borough (AUKB, Barnet Libraries, Jewish Care) - Community notice boards - Pigeon Post for those who are digitally excluded – GP practices' App Ambassador Pilot Scheme.

PROJECTS

- Mobile Information Service (p.12).
- An Age-friendly Digital Taskforce (p.11).
- Equalities & Co-production (p.12).

PARTNERS

AUKB - Barnet Council - Jewish Care - Groundwork London - Barnet Homes - Boost -NHS Neighbourhood Team & Social Prescribers.



AGE-FRIENDLY PARTNERSHIP PROJECTS 2024-2026



The Age-friendly Barnet Partnership (AFBP) brings together key organisations and advisors who are committed to work together on our age-friendly journey. The partnership is currently coordinated by Age UK Barnet, who will oversee the delivery of the projects stated below over the next two years.

The AFBP includes the Age-friendly Barnet Steering Group, made up of key stakeholders from a diverse range of local organisations and community groups, and the Age-friendly Champions, a group of residents who both inform and champion this project with their lived experience and diverse community connections. This partnership brings together a huge range of skills and experience which is vital in the efforts to bring this plan to life.

Over the next two years, we expect this partnership to work together in order to deliver the projects listed below. Every project will support our key visions as an age-friendly community and should strengthen our existing assets and partnerships. This is why we see this as a 'living' plan; one that is in constant growth and motion and both impact and react to the lives of Barnet residents.

TITLE	EXPLANATION	TIMELINE
Age-friendly Champions	AFBP to recruit volunteers to support the project by championing existing age-friendly practices and inspiring others to do the same.	2024-2026
Age-friendly Digital Taskforce	AFBP will work with stakeholders and residents to collaboratively address and raise awareness of the issues raised.	2024-2026

AGE-FRIENDLY PARTNERSHIP PROJECTS 2024-2026



TITLE	EXPLANATION	TIMELINE
Age-friendly Ward Walks	AFBP will work with local Councillors to pilot a Ward Walk for older adults to address specific issues that are related to the eight domains of an Age-friendly Community.	2024-2026
Anti-ageism Campaign	AFBP to lead a campaign to raise awareness of the harms of ageism across the borough and encourage all residents to take action against ageism.	2024-2026
Awareness Campaigns	AFBP will work with Age UK Barnet and Barnet Council to promote and raise awareness of the issues raised.	2024-2026
Equalities & Co-production	<p>Ongoing engagement and co-production with Barnet's diverse communities, community and faith organisations, businesses and public service organisations to continue to develop new initiatives that will create an Age Friendly Barnet for all older people, promoting equality and inclusion for all.</p> <p>This is an overarching project, but with more focus in certain areas of this call for action.</p>	Ongoing
Mobile Information Service	AFBP to start up a mobile service which acts as a 'pop-up shop' around the borough to give information to older adults who are less aware of community events, information and services.	2024-2025
Silver Sunday: Celebration of active ageing in the borough	AFBP will continue to celebrate Silver Sunday, running an annual event to celebrate active ageing in Barnet	October 6 2024 October 5, 2025