



Living Well in Later Life Manager Recruitment Pack

Age UK Devon, 1 Manaton Court Matford Business Park, Devon, Exeter, EX2 8PF
Registered charity number 1019018 / Company number 02773453

The Age UK Network

The Age UK Network is made up of independent charities working together to improve the lives of older people across the UK and beyond. It operates at local, national, and international levels, combining grassroots community support with national advocacy and global outreach.

Local

- Over 120 local Age UKs (including Age UK Devon) operate independently but in partnership with the national charity.
- These local organisations are experts in their communities, tailoring services to meet local needs.
- They deliver a wide range of support, including social groups, information, advice, and wellbeing programmes

National

There are four national Age UK charities:

- Age UK (England)
- Age Cymru (Wales)
- Age Northern Ireland
- Age Scotland

These national bodies campaign for older people's rights, influence policy, and provide support to local partners.



The Age UK Network cont...

International

- Age International is part of the network, focusing on older people in low and middle-income countries.
- It promotes the rights and wellbeing of older people facing poverty, conflict, and disaster.

Shared vision

Together, the Age UK Network works toward a vision of a world where every older person feels included and valued, and where ageing is seen as a time of opportunity, not decline.



About Age UK Devon

Age UK Devon is an independent local charity dedicated to improving the lives of older people across Devon. Established in 1950, the organisation celebrates 75 years of service in 2025, marking a long-standing commitment to helping older people live healthier, more connected, and independent lives. We improve the lives of older people in Devon through delivering services that provide and enable:



Our values

We support older people in Devon to take **positive action** to improve their lives, independence and wellbeing.

We provide clear expert quality assured information, advice and support to help older people make **informed choices** about their lives.

We embrace the diversity of our clients, staff and volunteers; and we listen to and value all contributions.

We promote and enable **active and fulfilling** later lives.

We encourage meaningful social connections to **tackle loneliness** and isolation.



Our services

Our current services and activities are categorised into three workstreams:

1. Living Well in Later Life

Age UK Devon delivers a range of free, or affordable, community-based activities for older people. Current community activities include:

- Exercise classes and gentle physical activities, e.g., exercise to music, tai chi, walking football and walking tennis
- Friendship groups, social drop-ins and craft/activity groups
- Reminiscence groups

We also offer chargeable Seated Exercise Training, designed for people who wish to lead chair-based exercise sessions tailored to older adults with limited mobility. This training provides participants with a thorough understanding of the physical and mental benefits of seated exercises, equipping them with the skills and confidence to effectively plan and deliver sessions, whether one-on-one or in group settings.

More information about our current delivery can be found from page 14 onwards



Our services cont...

2. Advice & Wellbeing

Age UK Devon's free Information & Advice service delivers a holistic telephone service for older people, their carers, friends and relatives.

Our friendly and knowledgeable advisors provide clear, expert and confidential information on a range of issues affecting later life.

We can offer advice on welfare benefit entitlement, social care and housing options, and can provide details of local services and social activities. Our service is supported by a wide range of clearly written literature available free of charge.

We cannot offer regulated advice, such as legal, financial, or debt advice. Our Advice is Quality Assured.

We offer a free and confidential welfare benefits entitlement check for people over pension age. If there are entitlements identified, we advise on how to proceed with making applications and can offer practical support with completing the difficult and off-putting benefits forms.

We have a small team of Benefit Advocates who can make home visits for completion of Attendance Allowance forms. All our visiting volunteers are fully trained and undertake a Disclosure and Barring Services check.



Our services cont...

2. Advice & Wellbeing

The Better Later Lives project is aimed at people over pension age who have experienced, or are at risk of experiencing, a 'significant life event' such as a bereavement, relationship breakdown, deterioration in health, financial changes, or a change of living arrangements.

Our advisors will offer a home visit to help the person concerned to think about what they want to achieve, or regain, following a life change. After our initial visit any remaining follow-up work or support will be provided over the telephone or by post/email.

Trained staff deliver our Scams Awareness Programme which includes:

- One-to-one advice sessions for older people who are worried about being scammed, have been scammed and/or would like advice to avoid them in the future
- Presentations and talks to raise awareness of scams to organisations who support older people such as community groups, social groups and sheltered housing

Our Advice & Wellbeing team are available Monday to Friday, 9am to 3pm by telephone: 0333 241 2340 and by email: infoandadvice@ageukdevon.org.uk.



Our services cont...

3. Independence at Home

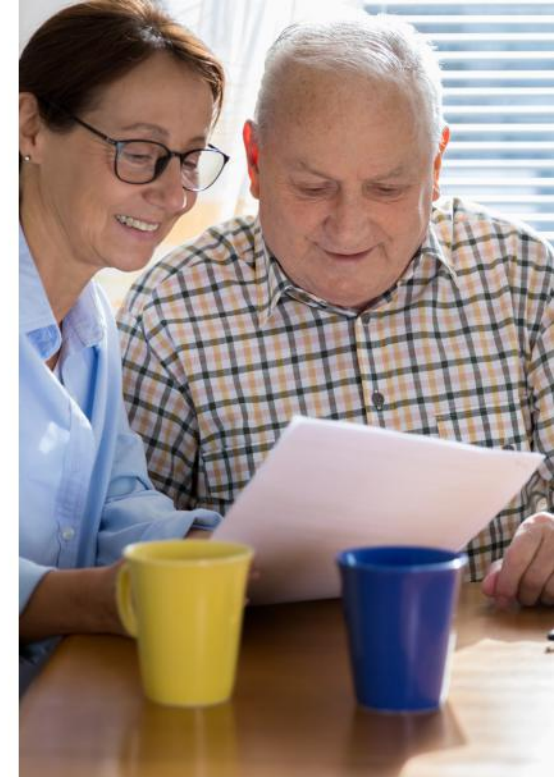
Our chargeable Enabling & Home Support Service enables older people to stay independent in their own home. Through regular visits our Home Support Assistants provide:

- Cleaning and housework
- Shopping (escorted and non-escorted)
- Companionship
- Planning and preparation of light meals
- Support with attending appointments
- Organising household paperwork

New clients are visited for an initial assessment, during which a personalised support plan is developed with them. If their situation changes, we adjust their plan accordingly.

Our Home Support Assistants are carefully selected, DBS (Disclosure and Barring Service) checked and complete a range of training including dementia awareness. We are covered by comprehensive liability insurance.

Our service operates in East Devon, Mid Devon and Teignbridge Mondays to Fridays between 9am – 4.30pm.



Our services cont...

3. Independence at Home

We deliver a Foot Care service for older people in East Devon, Exeter and Mid Devon.

Qualified Foot Care Practitioners deliver foot care clinics or make home visits to take care of older people's nails and feet. It is a chargeable service and payment is taken after each completed appointment.

Our Qualified Foot Care Practitioners have a diploma in foot health, which means they are qualified to work in the private sector to undertake routine clinical work necessary to maintain the health of the foot.

They have all undergone a DBS (Disclosure and Barring Service) check and are fully insured.

We are in the process of launching a new Ear Care clinic which will operate on the same basis as the Foot Care clinics.



Why social connection matters

Loneliness and social isolation are increasingly recognised as serious public health issues. Age UK reports that nearly 1.4 million older people in England are chronically lonely, and this can have a profound impact on both mental and physical health.

Key risks of loneliness include:

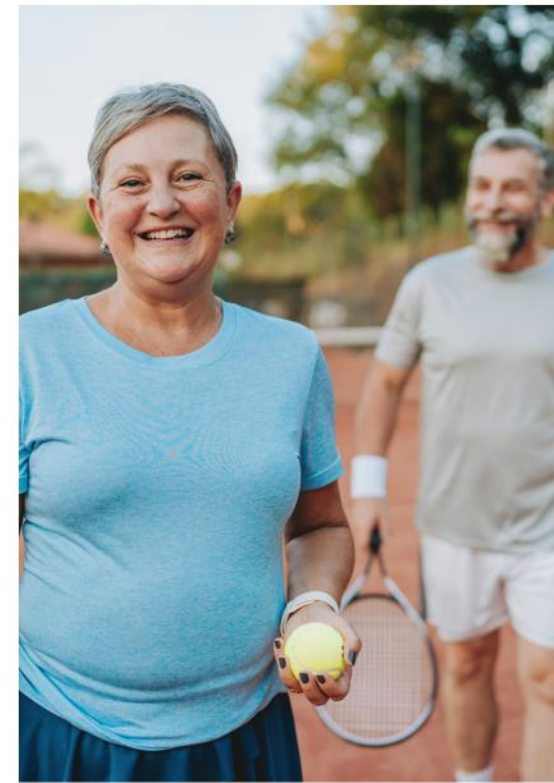
- Mental health decline – loneliness is linked to depression and anxiety
- Physical health deterioration – it can be as harmful as smoking 15 cigarettes a day
- Cognitive decline – lonely individuals are twice as likely to develop Alzheimer's
- Reduced quality of life – loneliness affects confidence, motivation, and independence

Age UK has developed several programmes to tackle loneliness:

- 'No One Should Have No One' Campaign: Raises awareness and promotes community-based solutions
- Befriending Services: Volunteers offer regular phone calls or visits to older people, creating meaningful connections
- Promising Approaches Programme: Local Age UKs test innovative ways to identify and support lonely individuals, including tailored emotional and practical support
- Loneliness Heat Maps: Used to identify areas with high levels of isolation and target support effectively

Age UK Devon plays a vital role in reducing loneliness through:

- Community-based activities: Including Tai Chi, walking tennis, walking football, and events that encourage socialising
- Enabling and Home Support which helps older people remain in their homes while staying socially active



Why staying active matters

Physical activity is one of the most powerful tools for healthy ageing. It helps maintain independence, boosts mental wellbeing, and reduces the risk of chronic illnesses such as heart disease, type 2 diabetes, and dementia.

Even small, consistent movements can lead to significant long-term benefits such as:

- Improved strength and balance – reducing the risk of falls
- Better mental health – regular activity can lower depression risk by up to 40%
- Sharper cognitive function – movement supports brain health
- Greater independence – staying mobile helps with everyday tasks like shopping and cooking
- Social connection – group activities reduce loneliness and build community

Age UK in partnership with the Age UK Network offers a wide range of resources and programmes to help older people stay active:

- ‘Act Now, Age Better’ Campaign: Encourages people to view movement as an investment in their future. It promotes simple, everyday activities like walking, dancing, or gardening as effective ways to stay fit
- Exercise at Home: Free online videos and guides for chair-based exercises, stretching, and strength training
- Walking Football & Tennis: Fun, low-impact sports that combine fitness with social interaction
- We Are Undefeatable: A campaign supporting people with long-term health conditions to move more in ways that work for them



Our Living Well in Later Life Workstream

The successful candidate will be responsible for our Living Well in Later Life work that makes a tangible difference in the lives of older people across Devon.

They will be responsible for shaping and delivering a diverse range of community-based services and activities that reduce social isolation, improve health and wellbeing, and support older people to live independently for longer.

They will play a key role in developing strands of work that appeal to a wide range of older people and their needs, whether through physical activity, social connection, or intergenerational opportunities.

Working collaboratively with colleagues, volunteers, and external partners, they will ensure that services are inclusive, impactful, and aligned with Age UK Devon's strategic vision.

The role offers the chance to contribute to an organisation that is holistically tackling the challenges faced by older people, while also championing innovation, co-production, and continuous improvement in our service delivery.

We have detailed below our existing community activities.



Body Moves

Body Moves is a gentle exercise class designed to help older people stay active, improve mobility, and enjoy movement through music. This class has been running for over 20 years and promotes physical activity in a way that is accessible and enjoyable, helping participants build strength, flexibility, and confidence while connecting with others.

Key features

- Gentle exercise to music
- Led by a qualified instructor
- Supported by an Age UK Devon's volunteer
- Focus on fun, fitness, and wellbeing
- Suitable for all abilities

Delivery information

- When: Tuesdays, 11:30am – 12:30pm
- Where: Methodist Church Hall, Scalwell Lane, Seaton, EX12 2ST



Social Cafes & Friendship Groups

Social groups play a vital role in supporting the mental, emotional, and physical wellbeing of older people. According to Age UK and the Global Council on Brain Health:

- Social connections help maintain thinking skills and may slow cognitive decline
- Loneliness and isolation increase health risks, including depression and dementia
- Meaningful interactions provide emotional and practical support, boosting quality of life
- Shared activities foster a sense of purpose, belonging, and community
- Digital and in-person engagement both contribute to cognitive reserve and resilience

Joining clubs, classes, or social groups can help older people rebuild or expand their social networks, especially after life changes such as retirement or bereavement.

The following activities are available in East Devon and Teignbridge:

Chudleigh Knighton Friendship Group

When: Every 2nd and 4th Tuesday

Time: 2:00pm – 4:00pm

Where: Chudleigh Knighton Village Hall,
Plymouth Road, TQ13 0HJ

Details: Includes group activities or simply tea and chat. Led by volunteers

Dawlish Social Café

When: Tuesdays, 10:00am - 12noon

Where: The Strand Centre, 32 The Strand,
Dawlish, EX7 9PT

Details: Drop-in coffee morning to meet new people and form friendships. Led by a volunteer

Seaton Social Café

When: Wednesdays, 10:00am - 12noon

Where: Number One, Scalwell Lane, Seaton,
EX12 2ST

Details: Drop-in coffee morning to meet new people and form friendships. Led by volunteers

Seaton Knit and Natter

When: Thursdays, 1:30pm – 3:30pm

Where: Number One, Scalwell Lane, Seaton,
EX12 2ST

Details: Knitting projects such as supporting the innocent Big Knit campaign. Led by volunteers



Sow & Grow

Sow and Grow in Exmouth was established in 2024 to encourage older people to engage in gardening activities to support physical health, mental wellbeing, and social connections.

The activity was designed to:

- Create opportunities for older people to use their gardening knowledge and skills
- Promote regular physical activity
- Provide a space to make new friends and reduce isolation
- Foster a sense of purpose and community involvement

Location: Hamilton Lane Allotments, Exmouth (4 raised beds)

Sow & Grow is currently on hold whilst we recruit a new manager who can relaunch the activity. A small team of staff and volunteers are helping to keep the beds watered and free of weeds.



Seaton Wetlands

Seaton Wetlands Activity Club is a collaborative initiative between Age UK Devon and the East Devon District Council's Countryside Team, designed to support older people in connecting with nature and reducing loneliness and isolation.

Led by the Countryside Team's Education Ranger and supported by an Age UK Devon volunteer, the programme includes:

- Bird watching (especially during migratory seasons)
- Bat walks
- Campfire cooking
- Creative crafts using natural materials
- Dawn chorus walks
- Seasonal workshops (e.g. autumn and Christmas crafts)
- Tea, biscuits, and social time after each session

Participants have reported building new friendships and even visiting the Wetlands independently outside of the organised sessions, reflecting the programme's success in fostering community and wellbeing.

When: Every other Friday, 10:30am - 12:00pm

Where: Meeting at Seaton Wetlands car park (unless otherwise advertised)



Sporting Reminiscence Groups

Sporting reminiscence is a powerful way to bring people together through shared memories of sport, whether watching, playing, or supporting.

These sessions are designed to reduce isolation, improve mental wellbeing, and spark conversation and connection among older adults.

Activities often include storytelling, quizzes, light physical games, and social time, making them especially beneficial for those living with dementia, depression, or other health conditions.

The following groups are available in East Devon and Teignbridge:

Exmouth Sporting Memories Club

When: Tuesdays, 10:30am – 11:30am

Where: GWRSA Exmouth Club, 3 Royal Avenue, Exmouth, EX8 1EN

Let's Talk Sport – Newton Abbot (on-hold)

When: Every third Wednesday of the month, 10:00am – 11:30am

Where: Lydford House, Hameldown Way, Newton Abbot, TQ12 2DG

Both sessions are led by volunteers.



Tai Chi

Our Tai Chi sessions are designed to help older adults improve their physical health, mental wellbeing, and overall balance and mobility. This gentle form of exercise combines slow, flowing movements with breathing techniques and mindfulness, making it ideal for people aged 50 and over, including those with limited mobility or long-term health conditions.

Benefits of Tai Chi

- Enhances flexibility, strength, and coordination
- Supports mental clarity and stress reduction
- Improves balance and helps prevent falls
- Encourages social interaction and community connection

Our Active in Later Life Coordinator delivers two weekly sessions:

Teignmouth

When: Wednesdays, 1:15pm – 2:15pm.

Where: Richard Newton Hall, Community Centre and Social Club, Higher Buckeridge Road, Teignmouth, TQ14 8QP.

Tiverton

When: Thursdays, 12:30pm – 1:30pm

Where: Exe Valley Leisure Centre, Bolham Road, Tiverton, EX16 6SG

The ambition for these sessions is to identify and train participants to deliver future sessions themselves, with ongoing support provided by our Active in Later Life Coordinator.



Walking Football

The Age UK Walking Football Programme was developed in partnership with Sport England and the Football Association between 2021 and 2023. It aimed to bring walking football into local communities to help older people stay active, improve wellbeing, and reduce social isolation. Age UK Devon received funding to set up Walking Football sessions in Bideford, Dawlish and Newton Abbot.

Key objectives of Walking Football

- Engage older people, especially those from underrepresented communities
- Increase physical activity and social connection
- Target individuals from lower socio-economic backgrounds and those with long-term health conditions
- Ensure sustainability of walking football groups beyond initial funding

Programme highlights (combined national statistics)

- 1833 older people participated
- 86 walking football groups were established
- 2800+ sessions delivered across 38 local Age UKs
- 69% of groups continued beyond the funded period

Impact (combined national statistics)

- 82% of participants reported improved physical health
- 78% reported better mental wellbeing
- 100% would recommend walking football to others
- Many participants gained confidence and became volunteers or group leaders



Walking Football

Our sessions in Dawlish and Bideford concluded successfully, with players gaining the skills and confidence to join official local league teams. We're fortunate to have retained one of our Dawlish players, who now volunteers at the Newton Abbot session.

Age UK Devon continues to deliver Walking Football sessions in Newton Abbot, in partnership with Devon FA:

When: Tuesdays, 10:30am – 12:00pm

Where: Devon FA Headquarters, Newton Abbot, TQ12 1EJ

Volunteers play a vital role in supporting our sessions by:

- Welcoming participants
- Taking attendance records and payments
- Assisting with paperwork e.g. participation forms
- Delivering and refereeing sessions
- Promoting a friendly and inclusive environment

Volunteers receive:

- Induction, training and ongoing support
- FA Playmaker training
- First Aid training
- Free Walking Football sessions
- Branded Age UK Devon kit
- Reimbursement of travel expenses
- Opportunities to contribute to their community and be part of a supportive team

Our sessions support:

- Improved physical health
- Enhanced mental wellbeing
- Reduced loneliness and isolation
- Increased confidence and independence
- Community-led sports groups



Walking Tennis

The Walking Tennis Programme is a national initiative launched by Age UK in partnership with the LTA Tennis Foundation, aimed at promoting physical activity and social engagement among older people. It is designed to be a gentle, inclusive version of traditional tennis, making it accessible to people of all abilities, including those with limited mobility or no prior tennis experience.

Key features of Walking Tennis

- No running or jumping is allowed
- Two bounces of the ball permitted (optional)
- Played on smaller courts with modified equipment
- Focuses on fun, fitness, and friendship
- Open to anyone aged 50 and over

The programme is being delivered across eight local Age UKs, including Age UK Devon, and is part of a broader effort to reduce inactivity, loneliness, and isolation among older people.

Age UK Devon began delivering Walking Tennis sessions in July 2024, with support from the LTA Tennis Foundation. We deliver two weekly sessions, in Exmouth and Sidmouth:

When: Thursdays, 10:00am – 11:30am

Where: Exmouth Tennis & Fitness Centre, Withycombe Village Road, Exmouth, EX8 3AE

When: Tuesdays, 11:00am – 12:30pm

Where: Coburg Fields Tennis Courts, Coburg Terrace, Sidmouth, EX10 8NH



Walking Tennis

Volunteers play a vital role in supporting our sessions by:

Welcoming participants:

- Taking attendance records and payments
- Assisting with paperwork e.g. participation forms
- Introducing players to coaches

Volunteers receive:

- Induction, training and ongoing support
- Free Walking Tennis sessions
- Branded Age UK Devon kit
- Reimbursement of travel expenses
- Opportunities to contribute to their community and be part of a supportive team

Our sessions support:

- Improved physical health
- Enhanced mental wellbeing
- Reduced loneliness and isolation
- Increased confidence and independence



Event: Exmouth Santa Run

The Santa Run is a festive, family-friendly fundraising event that we've hosted in early December along the Exmouth seafront. Participants don Santa suits, or hats, and run either a 2.5K family

Event history

2022: First-ever Santa run held, marking the launch of this community tradition

2023: Second event with increased participation and local engagement

2024: Postponed due to sea wall repairs and safety concerns

2025: Provisional date agreed with Exmouth Town Council

Event information

- Location: Beach Gardens, Queens Drive, Exmouth
- Routes: 2.5K and 5K, both out-and-back along shared pavements
- Start times: 5K at 10:00am, 2.5K at 10:05am
- Entry includes:
 - Santa suit or hat
 - Festive medal
 - Bottle of water
- Entry fees depend on age and whether participants select a Santa suit/dress or just a Santa hat
- Open to all fitness levels and ages
- Our staff and volunteers marshal routes for safety
- Corporate sponsorship is secured

The manager is responsible for the planning and delivery of this annual event with support from the wider team.



Training: Seated Exercise

Age UK Devon's chargeable Seated Exercise Training is a structured programme designed to equip individuals with the knowledge and practical skills to deliver safe, effective, and engaging chair-based exercise sessions for older adults and those with limited mobility.

The training promotes physical and mental wellbeing through gentle movement in a supportive and inclusive environment.

The training is ideal for:

- Individuals working or volunteering with older people
- Community group leaders
- Carers and support workers
- Anyone interested in promoting active ageing

Participants receive a certificate of attendance upon completion. The training is suitable for both group and one-to-one delivery and can be adapted to meet the needs of diverse client groups.

Age UK Devon offers this training both in-person and virtually, making it accessible across the county. The organisation is actively expanding its delivery to meet growing demand and support more individuals in leading seated exercise sessions within their communities.

1. Physical, Mental & Emotional Benefits

Seated exercise supports:

- Physical health: Improved circulation, flexibility, posture, strength, and balance
- Mental wellbeing: Enhanced mood, confidence, and reduced anxiety or depression
- Emotional resilience: Greater sense of purpose, improved sleep, and reduced stress



Training: Seated Exercise

2. Safety and Suitability

Participants are trained to:

- Recognise when exercise is not advisable (e.g. illness, pain, dizziness)
- Adapt sessions to individual needs and abilities
- Promote a “If it hurts – don’t do it!” approach to ensure safety

3. Planning and Delivery

The training covers:

- Risk assessments and venue preparation
- Session planning with warm-up, main activity, and cool-down
- Use of music, equipment, and inclusive communication strategies
- Monitoring participant wellbeing and collecting feedback

4. Practical Techniques

Participants learn a wide range of exercises including:

- Mobility and stretching: Shoulder lifts, trunk twists, side stretches
- Strengthening: Leg lifts, arm curls, resistance band work
- Circulation boosters: Toe taps, arm swings, claps
- Pelvic floor exercises: Slow and fast twitch techniques
- Massage and sensory stimulation: Using spikey balls, stress balls, and bump balls

5. Equipment Use

Training includes guidance on using:

- Stress balls for grip and dexterity
- Spikey balls for sensory stimulation and massage
- Thera bands for resistance training
- Soft balls for leg and arm strengthening



Development opportunities

This role offers exciting scope to shape and expand Age UK Devon's Living Well in Later Life workstream. The successful candidate will have the opportunity to:

- Restart paused activities such as Let's Talk Sport in Newton Abbot and Sow & Grow in Exmouth, ensuring they are refreshed and responsive to current community needs
- Collaborate with EX5 Alive to establish a new community activity in Cranbrook, supporting the development of local partnerships and increasing our reach in East Devon
- Respond to local demand by designing and delivering a diverse range of new activities that reflect the interests, abilities, and cultural backgrounds of older people across Devon
- Expand the delivery of Seated Exercise Training, both in-person and virtually, enabling more individuals and organisations to support older adults with seated exercises
- Pilot innovative approaches to physical activity and social connection, including intergenerational programmes, outdoor wellbeing sessions, and targeted outreach in areas not yet represented by Age UK Devon

This is a dynamic and rewarding opportunity to lead meaningful change, co-produce services with older people, and help shape the future of ageing in Devon.



Why join Age UK Devon?

Joining Age UK Devon means becoming part of a passionate, purpose-driven team committed to improving the lives of older people across the county. As a member of our organisation, you will:

- Make a meaningful impact: Help shape and deliver services that reduce loneliness, promote wellbeing, and support independence
- Work collaboratively: Engage with a dedicated team of staff, volunteers, and partners who share a commitment to positive ageing
- Grow professionally: Benefit from opportunities for training, development, and innovation in service delivery
- Champion inclusion: Contribute to an organisation that values diversity, listens to its community, and strives for equity in later life
- Be part of a legacy: Join us in our 75th year of service, building on decades of experience while embracing new ideas and approaches

We are looking for someone who shares our values, brings creativity and compassion to their work, and is excited to help shape the future of ageing in Devon.

