

In deciding what to focus on for our next survey, we considered the current governments NHS mandate and that of an organisation we have begun a working partnership with; ACHA. A brief synopsis of each is detailed below.

### **1) Published 30<sup>th</sup> Jan 2025**

Found at : [Road to recovery: the government's 2025 mandate to NHS England - GOV.UK](#)

Our 10 Year Health Plan, to be published in the spring, will deliver the 3 big shifts our NHS needs to be fit for the future: from hospital to community, from analogue to digital, and from sickness to prevention. It will deliver power to the patient and more freedom to the frontline. It will meet the Prime Minister's challenge, set out in the plan for change. The Rt Hon Wes Streeting MP; Secretary of State for Health and Social Care.

### **2) Published Spring 2025**

Academic Centre for Healthy Ageing Accessed via : [About ACHA - Academic Centre for Healthy Ageing](#)

People are living longer, but not always with good health and wellbeing. We want to make sure older people's lives remain as healthy, productive, independent and enjoyable as possible. For ACHA to make a difference to the lives of local people, the views and needs of everyone across our diverse community must be at the heart of shaping what we do: our research, our education programmes and most importantly, influencing the design and delivery of health and care services to improve the ways in which people can grow older. Community engagement means involving local residents (and representatives of local groups and organisations who know what matters to them) in guiding our work.

### **Age UK RBH voices of Experience Proposal for Survey**

Prevention and ageing well, seem to be the themes in focus here, and so we wanted to know about the preventative habits the older population in Redbridge have in regards to keeping physically and mentally well via sport and leisure activities. Having a snapshot of what people are currently doing, could provide a direction for further improvements, development and investment in further preventative work ( via healthier lifestyle choices) in terms of a wider offering of sports and leisure activities for older people in Redbridge.

We would therefore be very grateful if you could complete the survey and provide as much detail as possible. We will, as always create a report and feedback to Local government, local NHS trusts and ACHA and put the results on our website and publish as widely as we can.