

It's Never too Late to
start Activity in Leeds

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Health Improvement Specialist

Demographic change

- 2011 Census – almost 150,000 in Leeds aged 60 and over (20% of the population)
- By 2021 - aged 50+ expected to rise to 256,585
aged 80+ expected to rise to 39,091
- Centenarians in the UK: a record 13,780 people who had reached the age of 100 were alive in 2013 - compared with 3,040 in 1983.
- The number of centenarians in Leeds at the 2011 Census was 111

A demographic revolution is underway throughout the world. Today, world-wide, there are around 600 million persons aged 60 years and over; this total will double by 2025 and will reach virtually two billion by 2050 - the vast majority of them in the developing world.

[World Health Organisation](#)

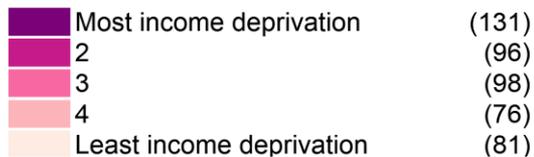
Income Deprivation Affecting Older People (IDAOP, IMD2015)

1 LSOA is ranked 84th in England (out of 32,844)
7 others are inside the top 500.

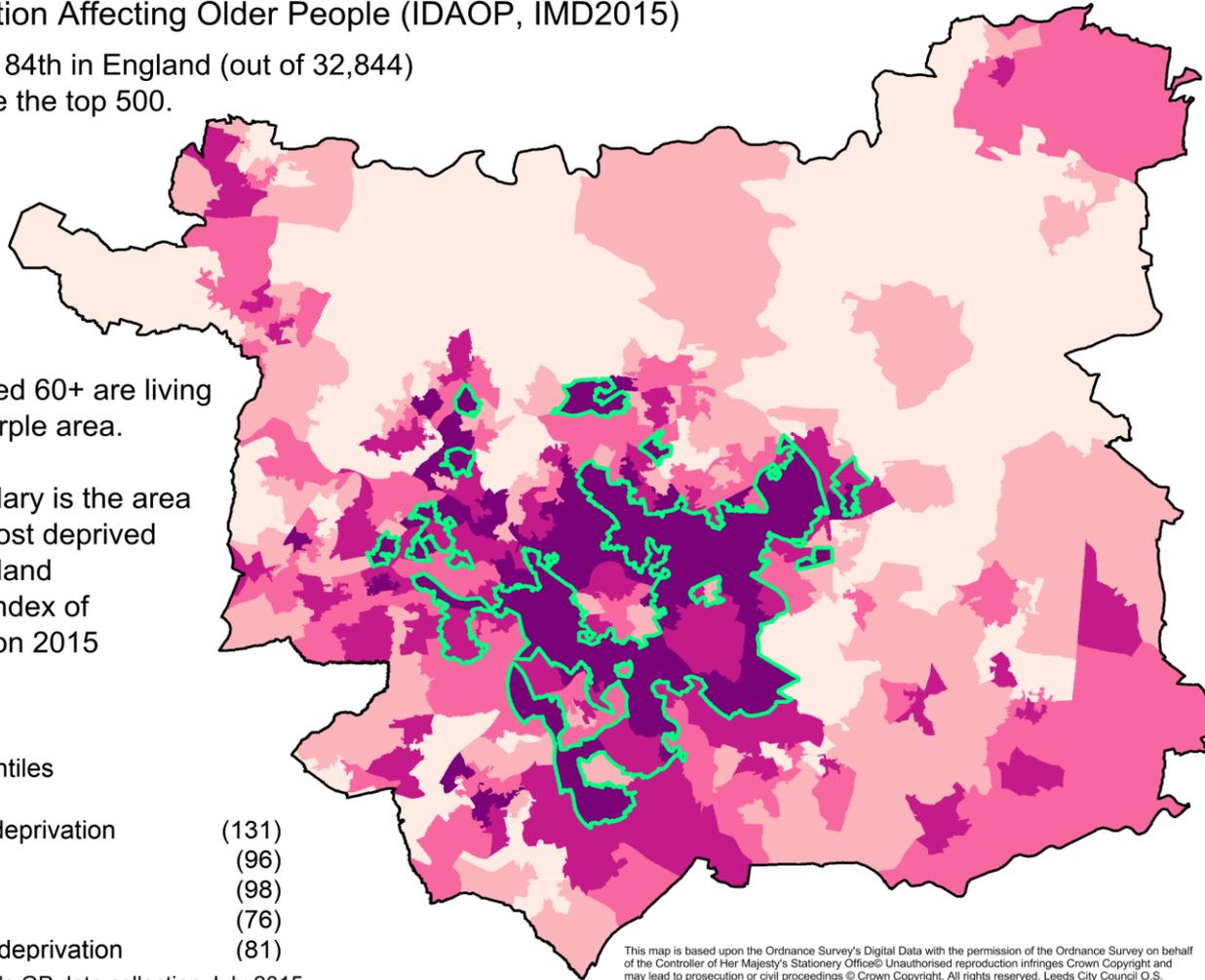
31,376 people aged 60+ are living inside the dark purple area.

Light green boundary is the area of Leeds within most deprived 10 percent in England according to the Index of Multiple Deprivation 2015

IDAOP English quintiles



Population source: Leeds GP data collection July 2015

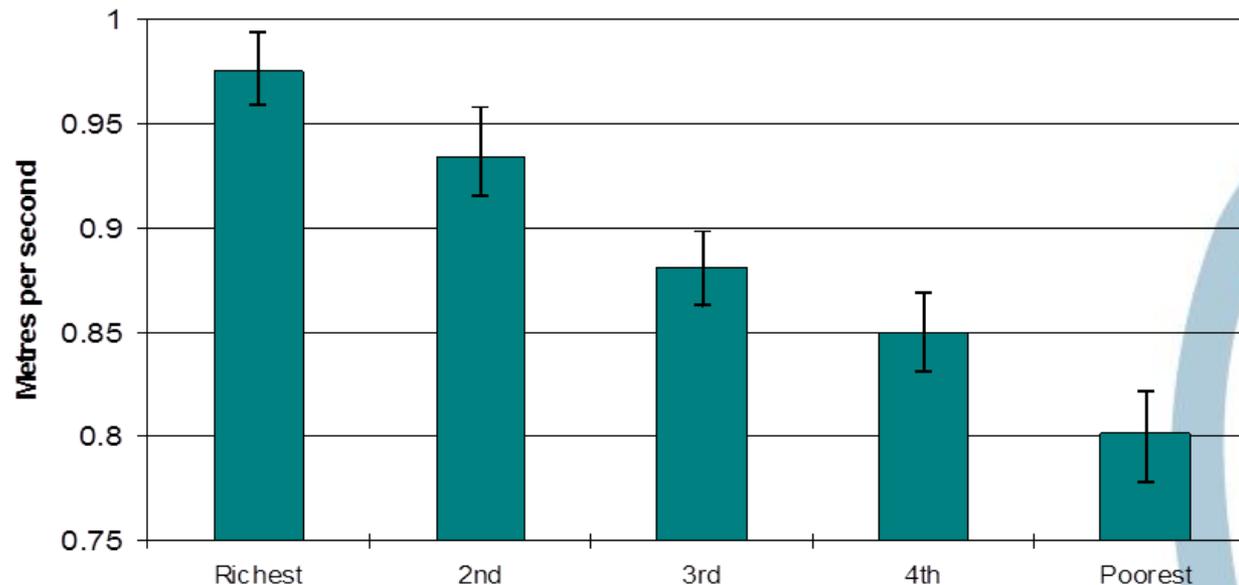


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Inequalities

Life expectancy - **10.8** years lower for men and 8.5 years lower for women in the most deprived areas of Leeds than in the least deprived areas. (PHE 2015).

Mean walking speed and wealth, people aged 60+



Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition:

'Leeds will be the best city for health and wellbeing'

And a clear vision:

'Leeds will be a caring city for everyone, where the poorest improve their health and wellbeing'

Advice for partners

The Time of Our Lives Ageing Well in Leeds

A Framework of Principles
Organisations that Work with
Older People in Leeds
2012-2016



The Time of Our Lives Charter

Ageing Well in Leeds

In Leeds we believe that all older people should have the opportunity to feel valued in their community and to live healthy, fulfilling lives with adequate access to, and choice and control over, any support that they may need.

By signing this charter we pledge to:

- Value older people and the knowledge, skills and experience that they can contribute to Leeds.
- Work to promote positive images of ageing and ensure that older people are always treated with dignity and respect.
- Empower older people to have control over their life and over any support that they may require; promoting independence and choice.
- Promote active citizenship by providing different opportunities for older people who contribute to society for as long as they wish, for example through working, intergenerational work, lifelong learning or volunteering.
- Address health inequalities in Leeds to ensure that the health needs of all older people are being met.
- Work to promote health and wellbeing among older people through appropriate housing, social inclusion and encouraging healthy lifestyle choices.
- Promote ways that older people can gain and retain friendships in Leeds and highlight the networks of support available in their local communities.
- Hear the voices of older people and work in partnership with them to develop accessible services which will meet their needs and address any disabling barriers they may face.
- Provide up-to-date, easy to understand and accessible information on the different services and options available for older people in Leeds; enabling older people to choose and access the support or services that would most benefit them.
- Focus on older people within their communities when considering their needs and wishes, rather than thinking of them solely within organisational boundaries.

Signature:

 Kate Washford
 Chair of Leeds City Council
 Chair of the Leeds Initiative

Signature:

 Ursula Howard
 Chair of the Leeds Initiative
 President and Leeds PCT Cluster



Indicators

- Infant mortality
- Good educational attainment at 16
- People earning a Living Wage
- Incidents of domestic violence
- Incidents of hate crime
- People affording to heat their home
- Young people in employment, education or training
- Adults in employment
- Physically active adults
- Children above a healthy weight

Governance: Ageing Well in Leeds

Leeds Social Value Charter an important enabler

“I want to live on a level where people around us to look out for us.”

Leeds: a WHO Age Friendly City

In 2014 Leeds was included in the World Health Organisation's (WHO) Global Network of Age-friendly Cities and Communities.

<http://agefriendlyworld.org/en/>



AGE-FRIENDLY WORLD
adding life to years

WHO Age Friendly Checklist

- Outdoor spaces and buildings;
- Transportation;
- Housing;
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services

The local picture...

Placing a strong emphasis on health and wellbeing within the voluntary and community sector.

Clinical Commissioning Groups have been investing voluntary sector in Leeds. These grants have ranged from £2000 to £100,000 resulting in programmes of work s to clear health outcomes. Such programmes have included walking, chair based and dance interventions

Public Health and Clinical Commissioning Groups have invested into Leeds Let's Get Active which includes community! programmes

Health Improvement

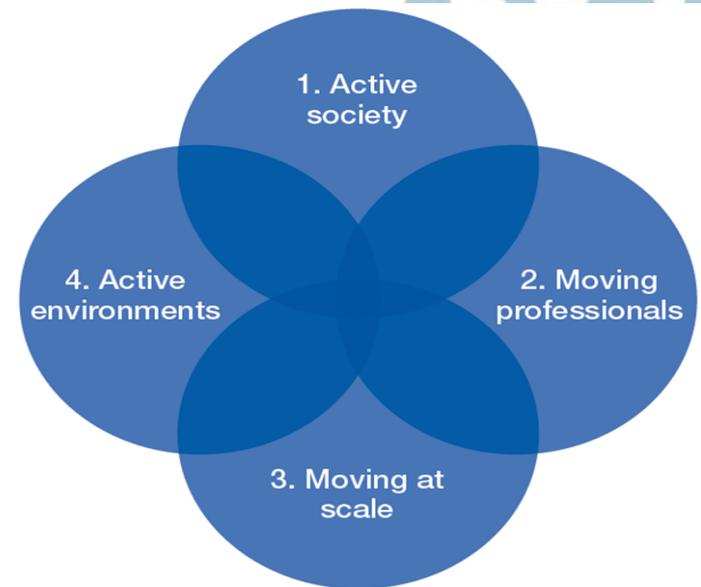
Improving the health of older people through physical activity and contributing to reducing the % of adults who are inactive (23.6%).

Promoting the Chief Medical Officers older peoples guidelines and providing opportunity to participate.

By working towards the 4 Active Domains:

1. Active society
2. Moving professionals
3. Moving at scale
4. Active environments

(Every Body Active Every Day)





Physical Activity Plan on a Page

Who to target?

Age
and physical activity
reduces significantly

Socioeconomic
areas across Leeds
where older people live
in poverty

Disability
and **Long Term**
conditions participate
less in physical activity

Reduced physical
activity through life
course across in **Gender**
with a particular lack of
female participation

At risk groups who
participate less in
physical activity are BME
groups, LGBT and
migrant communities

Important to
Embed the
CMO
guidelines
creating
conditions
'Active Society'

PHE Domains

Active Society

> Campaigns
> Info access to
change
behaviour

Active Environments

Healthy Cities
approach

Age Friendly

Move Professional

Public/ ~~Vol~~
Workforce

Grass Routes

Walking

Cycle

Parks &
recreations
bowling greens
etc.

LA Facilities

Private Facilities

Bot & Chat

Chair Based
Exercise

Extend
Exercise

Tai Chi

Yoga

Pilates

Exercise to music

Water Exercise

4. Move at scale that interventions are: *measurable, permanent & consistent*

Targeted Offer

Dance in time – Female

Dance and Dementia

Walking Football – Male

Walking Sports– Male/Female

PSI – 20 week class

Cardiac Phase 3

Pulmonary Rehabilitation
(Community)

Long Term Neurological Conditions

Cancer Rehabilitation

Stroke Rehabilitation

Key

LIVE – initiatives or programmes currently
running

Limited – initiatives or programmes sporadic

GAP - Initiatives or programmes not running

Specialist

PSI - 8 week class (group)

Otago – 3 week (1-2-1)

Pulmonary Rehabilitation (Clinical)

Long Term Neurological Conditions

Cancer Rehabilitation

Stroke Rehabilitation

Cardiac Phase 4 (group)

"..... it is logical and ...
safer to suggest that older
adults whose mobility is
compromised start by
increasing their strength
and improving their balance
before embarking on aerobic
training".
WHO World Report on Ageing
and Health (Oct 2015)

Older People in Transition

Frail Older People

ACTIV

Active Ageing

We know that y
preventing illne

Where can I

- [Leeds City Cou](#)
- [Leeds Sailing a](#)
- Active Life Sess
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- [Falls Preventio](#)
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- programmes a
- [Parks](#) Leeds ha
- [Sports Clubs](#) 
- Find activities a
- For informatio
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erobics, circuits, gym).

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Moving at Scale

POSTURAL STABILITY EXERCISE (PSE)

- Have you recently fallen?
- Are you unsteady on your feet?
- Have you lost confidence to get out and about?

It here is the class for you! Specifically designed to improve your Balance, your Strength and your Co-ordination PSE is a 23 week programme of exercises. Your Physiotherapist or Health Professional can refer you to the programme. For more information please contact:

Maureen Amosworth 07631 270622
Email: Maureen.Amosworth@leeds.gov.uk

Leeds ageUK

IS IT FALLPROOF?

Leeds CITY COUNCIL

BAT AND CHAT

PLAY FOR FREE

KNOCK BACK THE YEARS WITH A GREAT GAME OF TABLE TENNIS

SHOW US YOUR SKILLS, PLAY A GREAT GAME AND BE SERVED A TEA AND COFFEE AFTER!

PING! PINGENGLAND.CO.UK

Leeds CITY COUNCIL

Dancing in Time

Exploring the health and wellbeing benefits of dance for older adults

June 2016

YORKSHIRE DANCE

LEEDS

UNIVERSITY OF LEEDS

Walking Football

Turn up, give it a go.

Free Session

Thursday 9th October
7pm to 8pm.
Pudsey Leisure Centre, Market Place,
Pudsey, LS28 9BE

Men are starting to ask us about opportunities to play **Walking Football** in Leeds. This may interest you if you are –

- In your 50s, 60s and 70s plus.
- Never played football before.
- Play football, but find it hard to keep up with younger players!
- Reluctantly retired from playing football. Please come dressed ready to play and share your opinions with us.

Where can I get more information?
Contact Allyson Bertram on 0113 395 0196 or email allyson.bertram@leeds.gov.uk

Interested? Book your place now by contacting Allyson Bertram. Details above.

Pudsey Leisure Centre

Leeds CITY COUNCIL

based activities rolled out and integrated into referral pathways:

- Bat and Chat centres **x13**
- Dance in Time research project **x3**
- Postural Stability Exercise Classes **x18**
- Walking Football **x4**



A social Movement – #AgeFriendlyLDS