

Resilience and Recovery:

The Important Role of Older People's Groups and Organisations

Age Scotland's National Conference 2021

Wednesday 22nd September 2021, 10.00am-3.30pm

A day for reflection, discussion, networking and inspiration

On-line with the opportunity for some members to participate in the conference in person at venues in Aberdeen, Edinburgh, Glasgow and Inverness



Age Scotland's 2021 conference theme is Resilience and Recovery

The COVID-19 health pandemic has transformed all our lives and profoundly affected older people's groups and organisations. As the success of the COVID-19 vaccination programme sets Scotland on a course towards recovery, we will look at the impact of the health pandemic on older people's groups and organisations.

We will discuss the safe return to activities and services and share ideas on the development of new ways of working that will improve health and well-being outcomes for older people, combat loneliness and isolation and grow caring communities.

Looking to the future we will consider how we rebuild a vibrant, healthy, inclusive and resilient network of older people's groups and organisations to ensure that Scotland is a great place in which to live and grow older in.

As well as contributions from our guest presenters throughout the conference we will be screening short films that have been made over the summer months with Age Scotland members. These film clips remind us of the vitality of older people's groups and organisations before COVID-19; recognise the experiences, commitment and resilience of volunteers and staff during the health pandemic; and, highlight the hopes

and challenges facing older people's groups and organisations in the coming months.

This is Age Scotland's sixth national conference. The conference is free and open to all Age Scotland members and invited guests.

The conference will be screened on-line and presented in three short, distinct sessions with breaks in between. Delegates can choose to attend the full conference or join selected sessions only.

We anticipate that most members and guests will join the conference on-line but we are also working to enable some members to attend in person at venues in Aberdeen, Edinburgh, Glasgow and Inverness. This option may be of particular interest to members who want to participate in the conference but do not have internet access at home and those who would like to meet up with other Age Scotland members and staff. We are working with all venues to ensure that some of our members can meet up in person at the conference safely.

We look forward to welcoming you to Conference 2021.

Our Contributors

Jason Leitch CBE

Jason has worked for the Scottish Government since 2007 and in January 2015 was appointed as The National Clinical Director in the Health and Social Care Directorate. He is a Scottish Government Director and a member of the Health and Social Care Management Board. Jason is one of the senior team responsible for the NHS in Scotland. He is an Honorary Professor at the University of Dundee and has become a well-known face during the COVID-19 health pandemic providing up-to-date public health information and reassurance to guide us through the emergency.



Marion E T McMurdo

Marion is Interim Chair of Age Scotland. She was formerly Head of Ageing and Health and Consultant in Medicine of Old Age at Dundee University. Her research focussed on the role of exercise, physical activity and nutrition as a means of postponing age-related decline. An enthusiast for public and patient involvement in research, Marion regularly speaks on the safety, fun and benefits of activity in later life. Marion retired from clinical medicine in 2015 and is currently Emeritus Professor of Ageing and Health and Chair of the Ethics Committee of British Medical Journal.



Sir Geoff Palmer OBE

Geoff is Scotland's first black university professor. Alongside his science and academic work at Heriot Watt University, Geoff is also a prominent human rights activist. In 2007, the bicentenary year of the Abolition of the Slave Trade Act, which outlawed the slave trade throughout the British Empire, Geoff published a book shedding light on Scotland's hitherto hidden involvement in the African slave trade. He is a former Trustee of Age Scotland.



Our Contributors

Brian Sloan

Brian is Age Scotland's Chief Executive. He joined the charity in 2012 from the worlds of financial services, hospitality and retail. Brian has also been involved in strategic business development for Young Enterprise Scotland and was Head of Business Development with Capital Credit Union, Britain's fifth largest not-for-profit cooperative. Since joining Age Scotland Brian has overseen the expansion of the charity's offering to improve the health outcomes for older people and strengthen Age Scotland's ability to tackle loneliness and isolation across Scotland.



Dawn Skelton

Dawn is an exercise physiologist and Professor of Ageing and Health at Glasgow Caledonian University. She is passionate about exercise to prevent falls and fractures and championing research and evidence into practice for frailer older people and those with multiple medical conditions and disability. This includes influencing qualification standards for exercise instructors and supporting shared exercise pathways between rehabilitation and community partners.



Pennie Taylor

Pennie is an award-winning freelance journalist and broadcaster who specialises in health and care issues. BBC Scotland's first health correspondent, she has also worked for a number of newspapers including the Sunday Herald and Scotland on Sunday and regularly commentates for radio and television. Pennie is a great friend and supporter of Age Scotland and is chairing the charity's conference for the sixth successive time.



Programme



9.30am Registration and Refreshments

For conference delegates attending in person at one of our centres in Aberdeen, Edinburgh, Glasgow or Inverness.



10.00am Welcome and Opening Remarks

Professor Marion McMurdo, Interim Chair, Age Scotland
Pennie Taylor, Conference Chair.



10.15am Ask the Professor

Professor Jason Leitch, the Scottish Government's National Clinical Director responds to delegates' questions about the COVID-19 health pandemic and preparations for a safe return to delivering activities and services for older people.



11.15am Break



11.45am Workshops

Delegates joining the conference on-line will be able to choose from a selection of five on-line workshops delivered by Age Scotland members, partners and staff. Workshops are packed with ideas and activities to help older people's groups rebuild their services and programmes and reach out again to older people in communities across Scotland.

Delegates attending the conference in person at a centre in Aberdeen, Edinburgh, Glasgow and Inverness will be able to choose between taking part in one of our on-line workshops which will be screened at the venue, or networking with fellow delegates at the venue in either a "**Connecting back in**" workshop or hands-on arts based activity. The in person activities at the venue will be facilitated by members of the Age Scotland Community Development team.



1.00pm Break

Lunch will be provided for delegates attending the conference in person.



2.15pm Panel Discussion: Coming out of COVID-19 - the future for older people's groups and organisations in Scotland

What do we need to consider and work on in the coming months and years to recover from the negative impacts of the health pandemic and rebuild a vibrant, healthy, inclusive and resilient network of older people's groups and organisations across Scotland?

Our guest speakers Geoff Palmer and Dawn Skelton will join Brian Sloan and Age Scotland members and guests from across Scotland to share their experiences and reflections on the way ahead.

Introduced and chaired by Pennie Taylor.

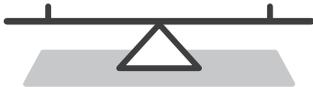


3.20pm Closing Remarks

Brian Sloan, Chief Executive, Age Scotland.

Workshops

Delegates will be able to take part in one workshop at the conference. Please tell us your first choice, second choice and third choice workshop preferences by indicating 1-3 in the box next to the workshops that you would like to attend in the booking form. We will do our very best to allocate you a place in your preferred workshop.



Workshop A

Diversity makes a world of difference

With Robin Iffla, Director and lead trainer of an Equality and Diversity company and Deputy Lieutenant for Stirling and Falkirk.

A quick explanation of what the Equality Act really means for us all. We'll discuss language and protected characteristics, such as age, and how the Equality Act protects us from discrimination.



Workshop B

Finding your way through the benefits maze

With Heather Smith and Jo Wakeley from Age Scotland's Information team and **Catriona Melville**, Policy Officer, Age Scotland.

Do you want to know more about the system of benefits and social security for older people in Scotland? What's working, what's not and what's changing? Come along to our workshop to find out about key issues and entitlements and what Age Scotland can do to help you through the maze. We'll let you know about Age Scotland's information, advice, workshops, new projects and our Check In, Cash Out social security take-up campaign.

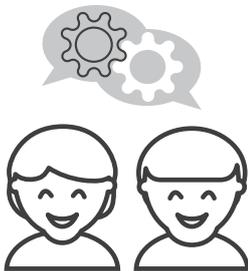
Workshop C

Use it, don't lose it – keys to healthy ageing



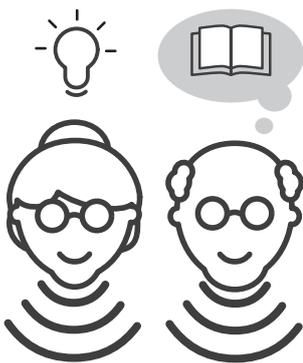
With **Lauren Forsyth**, Strathclyde University's Still Going project and **Doug Anthoney**, **Gillian Harris** and **Cara McGurn** from Age Scotland's Health and Wellbeing team.

Long periods of lockdown when many older people weren't able to leave home had a significant impact on physical health and mental wellbeing. But the good news is that the negative effects can be reversed with regular, gentle, accessible exercises and activities to boost overall wellbeing. In this workshop Lauren will talk about the **Still Going project** which aims to help people over the age of 50 stay active, healthy and independent for longer, using the LifeCurve app - a tool to help us identify activities of daily living we have difficulties with and then find exercises and activities that will help us to maintain or improve our abilities. There will also be an opportunity to take part in **Age Scotland's Power Quiz** - a fun activity to keep body and mind in good shape - with healthy active ageing trainer, Cara McGurn, who will be sharing tips on how to stay well and feel our best as we move into autumn.



Workshop D

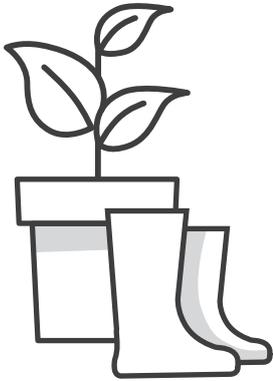
Keeping connected through friendship calls, on-line learning and shared activities



With **Graham Galloway**, Chief Executive Office, Kirrie Connections, **Michelle Supple**, Director of Charity Services, Age Scotland and **Anne Walsh**, Chairperson, u3a Scotland.

One of the hardest parts of the COVID-19 health pandemic has not being able to meet with friends and family, attend the clubs and activities we enjoy and get fulfilment from, and access peer support. In this workshop **Kirrie Connections**, **u3a Scotland** and Age Scotland will discuss adapting their services and activities during lockdowns to provide telephone befriending and on-line classes and support group meetings that enabled people to maintain connections with others, grow new friendships and share doing interesting activities together whilst still being physically apart. We'll reflect on the successes, the challenges, the learning and how these experiences will shape some services and activities for older people in the future.

Workshops



Workshop E

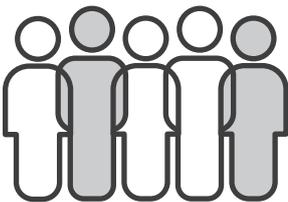
Nature, growing and enjoying the outdoors

With **Gail Barton**, Chief Officer, Town Break (Dementia Support Services) and **Jane Mitchell**, Manager, Mearns and Coastal Healthy Living Network in Aberdeenshire.

Town Break (Dementia Support Services) reaches out to families affected by a diagnosis of early to moderate stage dementia providing a raft of support and activities for people in Stirling and Falkirk areas. The charity has a long standing partnership with TCV (The Conservation Volunteers) which brings people together to create, improve and care for greenspaces and in recent months has been developing their own garden area. **Mearns and Coastal Healthy Living Network** organises a range of popular volunteer-led services and activities to support the health and wellbeing of older people including community gardening groups, intergenerational projects, group health walks and nature talks in the winter months. In this workshop we'll hear more about the vital work of these two organisations, discuss the importance of having access to green spaces for our health and well-being and share tips and ideas for future outdoor activities.

Workshop F

Connecting back in



With members of the **Age Scotland Community Development team**.

This informal workshop opportunity is only available to delegates attending the conference in person. The content will be slightly different whether you are attending in Aberdeen, Edinburgh, Glasgow or Inverness but all will aim to offer member groups and organisations the chance to network.

For further information please contact:

Tel: 0333 323 2400

Email: nationalconference2021@agescotland.org.uk



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Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: 153343
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