



## **Beyond Covid - Rebuilding community connections**

*For people that run or commission day services, activity supports or community provision for older people*

### **Topic and content details**

#### **Relationships and wellbeing**

- Reflections on impact of covid and lockdown, as well as other moves or changes that impact social connections.
- Story of Flourishing Lives and Claremont example.
- What can day services, housing based support and care services do to enable building/ rebuilding connections and supporting wellbeing

#### **Community Centred services**

- Reflect on the types of services and support that enable community
- Traffic lights as a model
- What we can do in our services to shift the behaviours and cultures

#### **Individual Gifts and Strengths**

- Older people have strengths and gifts not always recognised
- How do we learn about people and support their contributions?
- Gifts tools and profiles
- Learning and stories from Time to Connect project and Ageing Better

#### **Building Community Partnerships**

- Services often operate in isolation or see themselves as providing all the friendships and connections people need
- Many community relationships between services and mainstream benefit people using services
- Example of Paxton Green timebank work during Time to Connect and during Covid and Lockdown and the impact on people in NHHG

#### **Older People Led Strategies and Changes**

- Coproduction- what do we mean and how can we do it
- Stories from Bradford Age UK on developing their strategy and organisation
- Story from Age UK Wirral on shaping local health and care strategy with older and younger people locally
- What do we learn about coproduction and really hearing people's views

#### **From Theory to Reality**

- Reflections on messages and learning from series
- Small group discussions on putting things into action where you work