



Rural Wisdom Policy Summary

Older People and Rural Issues



This document summarises policy at March 2021; policy may be subject to change or superseded beyond this date.

This summary publication is for you if you are one of the people involved in the Rural Wisdom work in Scotland or Wales - maybe as Development Workers, older people and others in rural communities, partners or stakeholders in Rural Wisdom sites.

Whatever your role, we hope this will help you identify key policy drivers and use these to:

- draw out key messages to share more widely
- access underlying policy to support challenge and change
- stimulate thinking and further investigation

to support rural communities, using learning from Rural Wisdom to feed into and develop policy.

Getting the most from this summary

This document gives an overview of the main Scottish and Welsh policies that affect older people living in rural areas. Some illustrative examples give ideas of what aims and approaches in policy documents can look like 'on the ground' in local areas. As a summary, it cannot include every policy but we hope that it will stimulate discussion and encourage people to share other policies they know about as well as many more examples of policy being put into practice.

Policies overlap and affect individuals and communities. To give a structure, this summary starts with 'people policies' that are more about the individual (Older People; Health, Care and Support, Social Isolation and Loneliness) and moves to 'place policies' (Rural Issues, Transport, and Communities taking the Lead).

More information is available from the underpinning **reference document** which discusses the policies in more detail with additional examples.

The summary sections are each broken down into the following areas



Further Reading

More information about Rural Wisdom, including development work, evaluation reports and case studies can be found on www.ruralwisdom.org

Older People - Rights and Voice

Policy Headlines

Scotland

- **A Fairer Scotland for Older People: framework for action** A human rights approach developed to challenge the inequalities older people face as they age. There are three main sections of the strategy: **Engaging with, and contributing to, communities; Accessing public and other services; Ensuring financial security.**
- **The Scottish Government's Minister for Older People and Equalities** Has the lead responsibility for Older People, Equality, and Social Isolation and Loneliness.

Communities

Older people have told us they want action to ensure they have access to:

- opportunities to remain actively engaged with, and involved in, their communities
- measures to improve community safety and reduce their vulnerability to scam callers and other kinds of elder abuse
- concessionary travel and transport
- activity that brings different generations together
- adequate housing that continues to meet their needs as they age.



Accessing Services

Older people want action to ensure they have access to:

- the public services they need
- adequate numbers of care sector workers in the wake of Brexit
- the health and social care services they require, including mental health
- opportunities to influence how health and social care integration is organised and delivered.



Financial Security

Older people want action to ensure they have access to:

- flexible employment opportunities
- measures and initiatives that promote their financial security (including pensions, benefits, meeting funeral costs and avoiding fuel poverty)
- support for planning for life changes
- measures to address the issues raised by the rising retirement age and the implications it has for older people's caring responsibilities and volunteering opportunities.



- **The Strategy for Older People in Wales 2013-2023.** The strategy's aim is for all people in Wales feel to valued and supported, whatever their age. **Addressing discrimination, lack of opportunity for fulfilled lives, poverty and environments that create dependence and exclusion.**
- **Older People's Commissioner for Wales** Promotes the rights of older people throughout Wales, **scrutinising and influencing a wide range of policy and practice to improve their lives.**



The Scottish and Welsh Older People's Strategies are similar in many ways. They each include the common themes of importance to older people:

- access to information and the services/social support they require
- good relationships and active involvement in their communities
- housing, transport and community space to meet their needs
- financial security

These are all themes that have been identified in Rural Wisdom sites in Scotland and Wales and so can provide 'a hook for local activity' as well as opportunities to show how strategy can be implemented on the ground to improve the quality of life and wellbeing of older people.

How can this work?



As rights based approaches, rooted in the

- Equality Act 2010
- Public sector equality duty
- Equality and Human Rights Commission (EHRC)

These Older People's policies can be powerful in creating positive change for and by older people.



Both Wales and Scotland have put in place processes and responsibilities to ensure that human rights and equalities legislation is put into practice to promote and protect the rights of older people. This includes the **Scottish Human Rights Commission**, an independent public body, accountable to the people of Scotland through the Scottish Parliament.



Public bodies have to produce an equality impact assessment

On key policy or service changes which need to address any potential impact on any on any of the groups including older people. **In Scotland, a further requirement for rural impact assessments has been introduced in some areas (see section on Rural Issues).**



Commitment to Coproduction

To encourage older people to engage with and contribute to their communities so that they can influence a range of services and activities to improve their areas as places to live.



Empowering Older People to Make Change

Through the **Ageing Well Plan** aims to support communities in Wales to be more age-friendly.



Volunteering Matters has shared the learning from Rural Wisdom with the Commissioner's Office and communities across Wales via **Ageing Well** events.

They are also in regular contact with the **Ageing Well network lead**, whose work directly informs the Commissioner's overall activity.



In Scotland the Cross Party Group on Older People, Age and Ageing enables people and their organisations to contribute and be involved in influencing policy design and implementation. **It is supported by Outside the Box.**



There are third sector organisations in Scotland and Wales, often run by older people themselves, which campaign for older people's rights and better services that meet needs and are active at both national and local level – setting up local groups and/or contributing to national policy forums/working groups. **Two national organisations, which the Scottish and Welsh Governments work with closely, are Age Scotland and Age Cymru.**

Engaging with, and contributing to, communities

Hearing Older People's Voices

Older people have told us they want action to ensure they have access to:

- opportunities to remain actively engaged with, and involved in, their communities
- measures to improve community safety and reduce their vulnerability to scam callers and other kinds of elder abuse
- concessionary travel and transport
- activity that brings different generations together
- adequate housing that continues to meet their needs as they age

A Fairer Scotland for Older People: framework for action

Coproducing Reshaping Care in North Lanarkshire

Illustrates how coproduction approaches can be used at a Partnership level to empower people to make decisions on projects and services that help them maintain their health and wellbeing.

Voice and Control

The five fundamental principles of the Social Services and Well-being (Wales) Act 2014 include 'voice and control' and 'co-production' so older people can be involved in the design and delivery of services that help them achieve wellbeing.

Wales Third Sector Scheme

Describes coproduction as "building services around the person and the community and unlocking potential resources of time, money and expertise to combine with, not replace state support. It makes resources go much further by using them in different and new ways which strengthen individuals and communities".

Things to think about



Discussions in Welsh communities about becoming World Health Organisation (WHO) Age-friendly Communities have highlighted that rurality needs to be considered and that different approaches may be needed as a result for rural communities to achieve the status.



The Scottish Co-Production Network, which anyone can join, is a place for the sharing of learning and the exchange of co-production practice.



It's worth finding out who is responsible for 'Equality and Human Rights' and 'Older people' in your local authority and other public agencies so you can work with them to make sure policies are put in place locally.

Scotland

- **Health and Social Care Integration** Aims to improve care and support for people who use services, their carers and their families by putting a greater emphasis on joining up services and focusing on anticipatory and preventative. Overseen by the **Ministerial Strategic Group for Health and Community Care**.
- **Statutory guidance on health and social care integration** Informed by the involvement of the people at locality level/community representatives, representatives of the third sector, and people with lived experience.
- **Person-centred support** Delivering person-centred care is a strategic priority for NHS Scotland and the Scottish Government and a vital part of achieving the 2020 vision for Health and Social Care.
- **Social Care (Self-directed Support) Act 2013** To enable older people to have as much influence over their own care as they wish. Requires a range of options to be available e.g. a direct payment where a person can employ their own staff.
- **National Dementia Strategy 2017-2020** Aims to transform services and improve outcomes for people affected by dementia, including through the creation of **Dementia friendly communities**.
- **Scottish Mental Health Law Review and Mental Welfare Commission for Scotland** Monitor legislation to safeguard and support **adults with incapacity**.
- **Carers (Scotland) Act 2016** To improve carer support by placing a duty on local authorities to provide an informal carer with a carer support plan and support.

Wales

- **Social Services and Well-being (Wales) Act 2014** Provides the legal framework for improving and transforming the well-being of people who need care and support, including carers.
- **Carers Strategy for Wales 2013** Provides a framework within which agencies across Wales can work together to deliver services and support to carers.
- **A healthier Wales: long term plan for health and social care** For the ongoing transformation of health and social care addressing key findings from the **Parliamentary Review of Health and Care in Wales**.
- **Health and social services transformation fund** £100 million to support changes at national, regional and local level.
- **National Service Framework for Older People in Wales** Underpins a strengthbased approach for local authorities in Wales and the Direct Payments provision for any identified need for care and support.
- **Dementia Action Plan for Wales 2018 – 2022** Recognises the rights of people with dementia to feel valued and to live as independently as possible in their communities.

How can this work?



Community led solutions have proved to be effective in urban and rural areas by enabling people to access support from their own communities to meet their needs. Examples can be found in the [NDTi CLS Paper 5 CLS in Scotland](#).



Community opportunities to keep active

For older people's physical and mental health including through social prescribing and local self-help groups.



Dynamic leadership will be needed to instigate change, empower others and lead by example as well as to create the conditions for continuous innovation and improvement (from A Healthier Wales).



Reablement and Hospital at Home

Encouraging independence through time-limiting episodes of restorative support or intermediate care at home after/as an alternative to hospital admission/ acute care



A report in October 2019 My Support, My Choice published by the Alliance/ Social Work Scotland summarised the views of SDS users and made recommendations to improve practice including through early intervention.



The **Independent Review of Adult Care in Scotland** was published in February 2021. The recommendations include promoting working with communities, early intervention and support, strength-based conversations and move from competitive commissioning towards trust based, collaborative commissioning.



Integrated Care Fund

To drive and enable integrated working between social services, health, housing and the third sector and independent service providers in Wales.

Reablement

Dumfries and Galloway Health and Social Care Partnership introduced the Short Term Assessment Reablement Service to maximise service user knowledge, capacity and confidence to live independently at home

The service receives between 80 and 90 referrals per month, with on average 63% achieving independence as defined by their personal goals, resulting in no reliance on formal care with an estimated cost avoidance of over £3m in terms of social care and a little under £150k in terms of acute inpatient costs.

Person-centred support in Denbighshire

Charles has early onset dementia which has affected his confidence and impacted on Hilda's on mental health. Hilda was desperate for some respite support and wanted to arrange for a sit-in service for Charles. Through Denbighshire CLS, they were referred to a Community Navigator who visited the couple at home, and asked Charles about all the things he had enjoyed in the past, his hobbies and interests. Together they discussed a variety of local opportunities which he might like to try, and now Charles is attending two local community groups every week, adapted to his needs. Charles' confidence has improved, arguably more than it would have done with a sit-in service at home, and Hilda has a much-needed break and her mental wellbeing has improved.

Motherwell

was the first dementia-friendly community in Scotland, when its town centre was declared dementia-friendly in 2012. As well as awareness training for key staff, this also involved installing clear and concise signage, ease of navigation, lighting, seating areas and types of flooring.



The Care and Wellbeing Co-op are a group of micro providers providing care and support to people in rural Perthshire, helping to shape care and support for people in the area.

Walking Friends Wales

A 3 year project set up to help older adults start walking in their communities, make new connections and be a voice for what needs to change in their local walking environment. Small groups of people meet weekly, initially led by a volunteer, to explore their local communities by foot and get to know each other.

This project is led by Living Streets and was awarded £220k for three years through the Welsh Government's Healthy Active Fund and Sport Wales with an aim to reduce loneliness.

Remote island communities

Orkney, Shetland and Western Isles – all face specific challenges around tackling social isolation and improving connectivity, as well as economies of scale and access to services. In these areas CLS is enabling agencies to work with local communities to respond to their needs, aspirations and ideas.

Things to think about



Carers Wales

Research by **Carers Wales** found that there is some way to go to translate strategy into practice. (E.g. Only 15% of carers had a needs assessment in the year up to March 2020 and 41% had not heard of a carer's needs assessment before the survey). In response to these findings, Carers Wales are calling on the Ministerial Advisory Group on Carers to focus on its strategic role in moving carers rights forward and planning support services for unpaid carers.



Impact of Covid 19 on older people's health and social care

In Scotland, some key policy areas, legislative changes and guidance were revised to assist in the delivery of care during the lock down period particularly in relation to mental health. This has prompted concerns about the potential of this impact in some areas of policy on human rights.

Social Isolation and Loneliness



Policy Headlines

Scotland

A Connected Scotland:

Our strategy for tackling social isolation and loneliness and building stronger communities

- Empower communities and build shared ownership
- Promote positive attitudes and tackle stigma
- Create opportunities for people to connect
- Support an infrastructure that fosters connections.

Wales

Connected communities:

A strategy for tackling loneliness and social isolation and building stronger social connections

- Increasing opportunities for people to connect
- Improving community infrastructure (e.g. planning, housing and transport)
- Cohesive and supportive communities
- Build awareness and promote positive attitudes.



How can this work?

'Sunshine Café' in Leeswood, North Wales

A volunteer run community café which opens every Thursday morning for local residents of all ages to get together and have a chat over a tea or coffee. In response to a survey about the café, one resident commented "It has made a big difference to the community and for people that live alone."

Campaign to End Loneliness

has recently produced 'Promising Approaches Revisited: Effective action on loneliness in later life', a framework and guidance for tackling loneliness and isolation. This includes more than 50 examples from across the UK, including some in Scotland and Wales that were started during the first phase of Rural Wisdom.

Things to think about



The Scottish Government made funding available to support people shielding and tackle isolation during the pandemic and is working with the third sector on longer term plans to implement the strategy.



Loneliness and isolation among older people have increased dramatically during the Covid pandemic. The community response however to provide support during this time has been outstanding and there have been many examples of how communities themselves have provided support and assistance, highlighting the importance of adopting a community led approach into the future.

Rural issues and communities

Policy Headlines

Scotland

- **Bringing Rural Policy into the Mainstream** Includes creating a **Rural Economy Action Group (REAG)**, whose purpose is around implementing change and achieving outcomes so that the rural economy's full potential can be realised.
- **The Islands (Scotland) Act 2018** Duties to consider the impact of any new national policy on island communities
- **Safeguarding Scotland's remote rural communities** a consultation process on introducing new legislation to consider the impact of policy changes on mainland rural communities
- **Age, Home and Community: a strategy for housing Scotland's older people 2012-2021** which aims to provide housing and housing-related support for older people in Scotland. Monitored through the **Age, Home and Community Monitoring and Advisory Group**

Wales

- **The Rural Health Plan** was concerned with improving integrated service delivery across Wales which is now incorporated into:
- **National Service Framework for Older People in Wales** and **A healthier Wales: long term plan for health and social care**
- **New Development Fund Programme (NDF)** Seeks to create vibrant rural places with access to homes, jobs and services
- **The Environment (Wales) Act 2016** Ensures managing natural resources sustainably remains a core consideration

How can this work?

The Scottish Rural Development Programme

provides money and support for projects run by businesses, individuals and groups to help create vibrant rural communities, protect and enhance the environment and support rural businesses.

The Community and Renewable Energy Scheme (CARES)

encourages the local or community ownership of renewable energy across Scotland. The programme aims to contribute to meeting the Scottish Government target of 1GW of community and locally owned renewable energy by the end of the 2020 calendar year, and 2GW by 2030.



The Scottish Government has encouraged a broader range of housing with support for older people through new models of care including extra care housing and promoting the use of intermediate care so that people can live in their own homes.



In December 2020, the Welsh Government announced increases in land transaction tax the Welsh version of stamp duty tax hike on second homes in Wales) to help raise £13m for social housing. The move is part of the Welsh Government's budget for 2021-22 - and came into force immediately. It will see second home-owners paying a 4% levy when they buy properties up to £180,000, rising to 16% for homes worth at least £1.6m.

Scottish Rural Action

A third sector organisation whose purpose is to ensure that all people living and working in rural Scotland have the power to enact change in their communities and can actively engage with peer groups, government and policy makers in order to do so. **There is information on the Scottish Rural Parliament and other resources and support available on the website**

Housing Options

is an information and advice process that councils in Wales and Scotland use when someone approaches them with a housing problem and was initially focused on reducing homelessness. More recently this approach has been broadened out to make sure older and disabled people receive appropriate advice and information.

Cynefin Community Land Trust

is a new community land trust set up to cover the area of mid and south Wales, to support projects which deliver affordable and sustainable homes with land, with opportunities for occupants to develop land-based businesses. The objective is to help regenerate rural Wales, giving young people the opportunity to live there.

Things to think about



Brexit effects on funding

A range of funding streams for rural areas is available in Scotland, some of which are European Funding streams and, as in Wales, there are concerns about the potential impact of Brexit on future funding arrangements. The Scottish LEADER Programme invested more than £63 million from 2014 to 2020, while benefiting 1,034 projects and aiding over 2.25 million people. LEADER ends in April 2021 and there is considerable uncertainty about a pilot programme which the UK government is said to be developing as a replacement.



Although neither the Environment Act (Wales) Act nor the Rural Development Programme mentions older people living in rural areas specifically, the NDF is clear that 'the futures for rural areas are best planned at the regional and local level'. This means that older people trying to lead change through Rural Wisdom need to engage with Public Service Boards (see below) to influence the development and use of Strategic and Local Development Plans.

Policy Headlines

Scotland

National Transport Strategy (NTS2)

Emphasises the commitment to a transport system that reduces inequality, is accessible to all and affordable

Wales

Connecting Communities in Wales

Project to build and support a demand responsive transport network in communities all across Wales. Funded by the Welsh Government and European Union

How can this work?



The Connecting Communities in Wales project had significant achievements, from creating new partnerships and services, hosting Transport Innovation Networks across Wales and delivering a range of training to community transport providers/ The project ended in December 2020 and so has recently released a suite of resources looking at how community transport providers can undertake effective fundraising to develop initiatives such as 'Bus Buddies'.



Age Scotland has produced a summary report of their findings. From major process of consultation with hundreds of Scotland's older people on their transport needs. This ensured that older people's voices were heard in the process of shaping the new National Transport Strategy (NTS2).

Things to think about



The Wales Centre for Public Policy published What Works in Tackling Rural Poverty in 2018. This evidence review noted that the Welsh Government had supported a wide range of programmes to address rural poverty but recent estimates suggested that almost a quarter of the rural population of Wales is living in poverty. The causes of rural poverty are complex and multi-faceted, but transport in rural areas is known to be an important contributory factor.



Scottish Transport Strategy - whilst there has been some progress made in some cities with the provision of a broader range of accessible transport, challenges remain to provide regular, accessible transport in rural areas.

Llanwrtyd Wells Community Transport

LWCT is a not-for-profit Social Enterprise providing services for residents in the mid-Powys area of Wales. This area, adjacent to what some call the 'Green Desert of Wales', is very rural and sparsely populated. There is very little public transport so getting to the shops, hospitals or other services can mean a long journey.

LWCT run a Community Car, Shopping Bus and Outings for local, mainly older, residents. Few grants are available so to make costs affordable, LWCT subsidise the service through an Events Recycling Service and contracts with Powys County Council to manage and operate some of the Council's most rural school transportation

Upper Tay Transport Group

Based in the Aberfeldy area of Highland Perthshire and initially supported through Rural Wisdom. The group has used the Perth and Kinross Council's Community Transport Fund to employ a part time development worker to help them extend sustainable community transport initiatives including lift sharing and bicycle hire.



Bus Buddies

is one of several services delivered by Pembrokeshire Association of Community Transport Organisations (PACTO), an organisation that brings together the very small rural community transport operators across the county. Bus Buddies could be described as 'befriending on wheels'. It provides support and companionship for people who need additional support to be able to use community or public transport to get out and about.

Onward

aimed to design and develop a financially sustainable service for Scottish people with dementia to support the transition of retiring from driving, keeping them both mobile and connected to their communities. In parallel, Go Upstream put people with dementia together with travel service staff, in order to help them share experiences and expertise, improve travel services and build a better understanding of dementia by designing solutions together.

These projects have enabled people living with dementia to co-design practical solutions for people who had to retire from driving, drawing on their own direct experiences. They benefit because transport service providers are better trained and dementia aware, and they themselves are empowered to influence the mobility and transport provision most relevant to them.

Communities taking the lead

Policy Headlines

Scotland

- **Community Empowerment (Scotland) Act 2015** Drives public service reform by focusing on where partners' collective efforts and resources can add the most value to their local communities and to reduce inequalities through a Community Planning Partnership (CPP).
- **Land reform: Community right to buy legislation** allows communities in Scotland to apply to register an interest in land and the opportunity to buy that land when it comes up for sale
- **Volunteering for All: national framework** recognises the importance of volunteering to Scotland and sets out the framework and strategic outcomes to promote volunteering

Wales

- **Well-being of Future Generations (Wales) Act 2015** The Act is about improving the social, economic, environmental and cultural well-being of Wales. It will make the public bodies listed in the Act think more about the long-term; work better with people and communities and each other; look to prevent problems and take a more joined-up approach. Each Public Service Board (PSB) must carry out a well-being assessment and publish an annual local well-being plan.
- **The Third Sector Scheme (TSS)** Requires the Welsh Government to set out how it will promote the interests of third sector organisations.

How can this work?



Foundation Scotland is involved in administering approximately £4million each year in community benefit funds from wind farms across Scotland. This is an example of how communities can use Community benefit clauses in public procurement in Scotland - clauses that feature in public sector contracts in Scotland and are a way for the public sector to ask suppliers they buy from to give something back to the community the goods or services are being bought for.



Community land trusts (CLTs) in Wales are community-owned organisations run by their members with a primary purpose of developing affordable homes. The National CLT Network lists some 225 existing CLTs across England and Wales, about 60 of which have developed 700 homes between them



Age-friendly communities and Dementia-friendly communities are ways to promote community-wide change for people of all ages.



Volunteering Matters, has been co-ordinating volunteering in Wales by individuals during the pandemic. These roles range from reducing loneliness and isolation to improving health and wellbeing, in local communities throughout Wales.



TEC Scotland the Technology enabled care programme which aims to ensure greater digital inclusion by combatting the impact of social isolation due to the recent pandemic. Led by the Scottish Government and delivered with Connecting Scotland.



Digital Communities Wales is a Welsh Government project which is delivered by the Wales Co-operative Centre. It supports third sector and other organisations that are working with digitally excluded people. This includes delivering digital inclusion activities during the pandemic so they can make a bigger impact.

Vital support from Voluntary Sector

A New Welsh Government report (December 2020) commends local authority and volunteer partnership for rapid response to COVID-19. Ruth Marks, CEO of Wales Council for Voluntary Action, said:

“Since the beginning of the pandemic, the voluntary sector has stepped up its services to provide vital support to those most vulnerable. 22,528 people have registered to volunteer this year on Volunteering Wales and WCVA, County Voluntary Councils and Local Authorities have worked in collaboration to ensure these volunteers were able to support people in need”.

The Galson Estate

A community-owned estate of 56,000 acres of coast, agricultural land and moor in the North West of the Isle of Lewis in the Outer Hebrides of Scotland. The estate comprises 22 villages with a population of nearly 2,000 people. In addition to being landlords for the estate and managing all estate business in-house, the Trust undertakes a large range of projects on behalf of the community. Current projects range from renewables and energy efficiency projects to tourism and youth projects. Funding gained from the Wind Turbines at Ballantrushal is distributed through the Trust's Community Investment Fund which provides grants to community led projects and friends.

Things to think about



Third sector resilience fund for Wales

As part of a £24 million fund to help the voluntary sector respond to the coronavirus, the Welsh Government is providing survival and recovery support to voluntary organisations in Wales during the Covid-19 pandemic. It will involve a blend of 75% grant and 25% initially interest free loan to be available to voluntary sector organisations towards the costs of ongoing revenue expenditure, including salaries.



There are numerous funding opportunities for the third sector in Scotland including the Lottery and funding to help voluntary organisations to develop social care services and promote social welfare (section 10 funding).

Concluding Reflections

Policies that are relevant to older people and rural communities are increasingly taking a rights-based, strength-based approach to older people's wellbeing.

They recognise the importance of co-production and local communities' contribution to decision making and service design and/or provision.

There is relatively little about older people in rural communities specifically.

Much of the rural legislation is concerned with the economy, planning and the physical environment, rather than how people live in local communities.

Approaches to supporting and sustaining rural communities in Wales and Scotland have often been led by the availability of EU funding programmes.

Recent progress in Scottish Government policy affecting people in rural communities includes the introduction of rural impact assessments and asset transfer policies.

There are starting to be opportunities for asset transfer to communities in Wales too, but it is important that asset transfer – wherever it takes place - should always be used for community benefit rather than be about local authorities transferring services.

This partnership approach is also vital to translate policy into practice so it can have a positive effect on older people living in rural areas. Otherwise, as Rural Wisdom and other programmes have found there is likely to be a 'policy - on the ground divide'.

Successful implementation of policies will rely on local organisations and people taking the initiative and working together to use policies as hooks to make change happen.

The Covid 19 pandemic has highlighted a collaborative approach with local communities and third sector organisations coming to the fore with flexible, person centred support. Where local authorities and partners have worked with communities to do this in a non-siloed, joined up way, it has been effective in providing support and increasing community connections and resilience.

Quick Links Scotland:

- [Outside the Box](#)
- [The Scottish Government](#)

Quick Links Wales:

- [Volunteering Matters Cymru](#)
- [The Welsh Government](#)