



Ageing Well in Wales Heneiddio'n Dda yng Nghymru



Older People's Commissioner for Wales
Comisiynydd Pobl Hŷn Cymru

Adult Learning conference, Cardiff, 23 November 2016
Cynhadledd Dysgu i Oedolion, Caerdydd, 23 Tachwedd 2016



@talkolderpeople



www.olderpeoplewales.com

Ageing Well in Wales: background

- National Partnership Programme, launched Oct 2014. Five priority areas: focus on falls prevention, dementia, loneliness, learning and employment, age-friendly communities
- Strategic partners working on commitments
- Ageing Well Plan for each Local Authority
- Around 1,200 members at network level
- Phase Two Action Plan published Oct 2016, rolling programme of community network events pan-Wales
- Range of information, help & support on AWW website
- ‘Ensuring Wales is a good place to grow older’

Heneiddio yn Dda
yng Nghymru

Ageing Well
in Wales

Rhaglen bartneriaeth ar gyfer
gweithredu ar y cyd ar draws
Cymru ac yn Ewrop

A partnership programme for
collaborative action across Wales
and in Europe



Opportunities for Learning & Employment

- Learning in later life important for a number of reasons. For some, important form of mental stimulation, acquiring new skills in later life, social interaction, prevents loneliness and isolation, sense of challenge, enjoyment & fulfilment.
- For others, learning is essential in acquiring new skills to remain in or re-enter employment. Traditional retirement model no longer relevant for increasing number of older people, need to update skills and develop new skills to boost employment prospects. Learning a crucial 'gateway' into work.
- Loss of 'lifeline' community services in recent years is having a huge impact on older people across Wales. Loss of public buses, toilets, libraries, day centres & lifelong learning has severely impacted on health, independence & wellbeing of older people.
- Adult Community Learning budget reduced by 37.5% in 2014/15. Huge impact on lives of older people e.g. "I had one thing to look forward to, my learning class. It's now been taken away from me. I feel so sad, and I don't leave the house now".
- OPCW: "Wales to pay 'high price' for lifelong learning cuts" (October 2015)

Opportunities for Learning & Employment

- **Key Outcomes:** Older people in Wales benefit from maximised opportunities for participation; to increase their income; feel empowered to effectively plan for their future
- **What we're doing:** Promoting existing community learning groups; help improve access to learning and education; training for workers of all ages
- **Phase Two Action Plan**
 - An increasing number of older people become digital users via the Digital Inclusion Strategic Framework for Wales, develop skills and confidence
 - An increasing number of older people are able to manage their finances better via the Financial Inclusion Strategy for Wales, feel more confident about planning
 - Development of a 'Guide to Ageing Well' so that older people become more resilient and better prepared
 - Communities are better supported and know how to set up community-based learning groups so that older people are able to access local learning and skills opportunities

A guide to setting up a community learning club

- Broad recognition that funding situation for adult community learning won't improve. What can be done using existing resources & knowledge, skills & experience of older people in Wales?
- Useful, practical, 'top tips' publication: how can individuals, volunteers, groups get a learning club off the ground?
- New approaches required, creative, innovative and cost-effective solutions to ensure that older people can continue to learn in communities across Wales
- Produced in partnership with Learning & Work Institute, Open University, Royal Voluntary Service, U3A, Men's Sheds

A guide to setting up a community learning club

Key messages

- Everyone has a skill to share: cooking, gardening, DIY, film, music, dancing, languages, local history, arts, crafts, IT
- Role of the U3A: over 50 networks across Wales, learning for pleasure
- RVS Grandfest: Inspiring learning between generations
- Men's Sheds: Bringing older men together, social network
- OpenLearn: Free online learning from the Open University
- Learning one of the '5 Ways to Wellbeing' (Connect, Be Active, Take Notice, Give). Learning can lead to a range of positive outcomes, mental and physical health impacts

A guide to setting up a community learning club

Starting your club

- What will your club do?
- How will I get people involved?
- What do I need to get started?
- Where will we meet?
- When should we meet?
- How do I let people know about the club?
- Running meetings
- Useful resources e.g. JRF Can Do Guide, websites, list of Community Voluntary Councils

Lifelong Learning should be truly lifelong!

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young” (Henry Ford)

“Life is a continual learning process. Each day presents an opportunity for learning”

“Intellectual growth should commence at birth and cease only at death” (Albert Einstein)

“Live as if you were to die tomorrow. Learn as if you were to live forever” (Mahatma Gandhi)

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in Wales



**Diolch yn Fawr.
Sylwadau/Cwestiynau?
Thank you.
Comments/Questions?**

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