

## Appendix B - Portsmouth City Council's offer to the over 60s

### Adult Social Care

#### Purchased and provided services

- Accommodation for persons who require nursing or personal care
- Older persons floating support
- Advice service for Portsmouth
- Advocacy and related services
- Brain injury advice and information
- Community equipment store
- Digital care management solutions
- Domiciliary care
- Hospital bridging service
- Extra Care
- Good Neighbour and home shopper service
- Support at home
- Social worker for End of Life support
- Stroke recovery and stroke survivors exercise class
- Day centre support for residents aged 65+

#### Independence and wellbeing team

IWT aims to support the residents of Portsmouth aged 18+ years to:

- Retain their independence and quality of life
- Keep well
- Avoid social isolation and loneliness
- Have a sense of purpose
- Promote community cohesion and integration

Current work includes:

- Community connectors
- Community cookery
- Community growing projects
- Ethnic gardening project
- Cross-cultural women's group
- Diversi-Tea Lounge
- Reading Friends
- Healthy activities and walks
- Catering and domestic services
- Information advice and signposting
- Meals on wheels
- Men's sheds
- Training for professionals and the voluntary sector

### Support for carers

- Carers breaks, including cookery and wellbeing sessions
- Sitting service
- Carers support groups
- Weekly dementia drop-in with Remind
- Guided support to access other services
- Open as a warm space for carers

### Targeted services linked to hospital admissions

- Urgent community response and virtual wards
- Portsmouth Community Assessment Team
- Portsmouth rehab and reablement team

### Libraries

- Libraries are accessible spaces; it is noteworthy that Portsmouth libraries do not charge fines or reservation fees.
- Reading Groups are held at several libraries, also external reading groups - meeting in homes or other community venues i.e. pubs.
- Home Delivery service for the vulnerable, housebound - receiving reading material and social connection. Delivery of this service includes engagement of volunteers. The offer includes books to borrow in large print and spoken word for those who would struggle with standard print. This provision also includes the electronic library - eBooks with adjustable font sizes and eAudio books in MP3 format that can be downloaded at home. At the 60+ Festival, workshops are provided every year to demonstrate how to use these services.
- 'Reading Well - Books on Prescription for Dementia' - includes books & resources for people who have dementia, caring for someone with dementia, or would like to find out more about the condition and living well.
- Broad collection of books providing advice on health & wellbeing.
- Various clubs in libraries, arts and crafts, sewing clubs & signposting to other clubs & community groups in the city.
- Regular free courses run by partners such as City of Portsmouth College, offering support with computer use.
- Warm and welcoming spaces, including hot drinks, for all the community.
- Several libraries have Friends groups associated with them who fundraise for the libraries and undertake activity such as maintaining the associated gardens (e.g. Carnegie, Beddow).
- Our Vision Impairment Service runs an innovative group for adults, including a variety of support groups for older adults with disabilities.

### Museums

- D Day Story, our flagship museum, offers discount tickets for seniors who are 60+ (with additional discount if booked online).
- Bookings to the museum are regularly taken for over 60s groups.
- DDS are offering 2 talks at this year's 60+ Festival, which is included in the museum ticket.

- Volunteering opportunities onboard LCT-7074 may also appeal to this age group.
- DDS museum was redeveloped with accessibility as a primary objective: this includes level access, hearing loops throughout, audio guides & easy access guides.
- 60+ Festival is being promoted widely by the Visit Portsmouth team and details are available at our museums & information point.
- Cumberland House are offering a private tour as part of the 60+ Festival.

### Events

- The **60+ Festival** this year is running from 1-15 October. The festival includes 86 different activities (some offered more than once - total of 144 activity sessions). The festival is open to anyone in the city over 60. Over 52% of the activities were free. 2000 booklets were printed and distributed across the city and the festival was published widely online.
- **Armed Forces Day**, held in the summer, honoured all those who serve / served in the Armed Forces. 25 organisations came to trade - 18 of these organisations were veterans organisations or traders specific to older people, for example, Age UK. All traders were able to trade for free to promote their associations/ organisations. Any veteran was welcomed to the hospitality tent to receive free food & refreshments throughout the event.
- **Civic events** are held throughout the year to honour all different veterans and those serving with the Armed Forces in the city. These events include parades, wreath laying and lunches for veterans (D Day Memorial, Seafarers, Remembrance, Falklands).

### Community Centres

10 community centres within Culture, for the most part run by charitable community associations, offering a range of programme breadth including physical activity, social activity and health promotion activity. The centres all have open memberships for all to take part.

### Sports & Leisure

BH Live (who run the majority of our sports/leisure facilities) deliver wider social benefits via their contract with the Council.

Activities offered to older persons:

- Walking Football and Walking Netball is available to over 50s at the Tennis & Gym Centre, Hilsea and Mountbatten.
- TOFFs over 50s social sports group for badminton, short tennis and table tennis at Mountbatten
- Exercise class via NHS referral for persons with COPD, available at Mountbatten and Wimbledon Park
- Cardiac rehabilitation programme, held at Mountbatten.
- Two classes for individuals with Parkinsons held at Mountbatten
- SEND swimming is available for those with a disability, at Charter.
- Escape-Pain rehabilitation programme is available for available for over 45s with chronic joint pain, held at Mountbatten and Pyramids

- Any person with a long term health condition can also engage in an exercise referral scheme, undertaken at Mountbatten or Pyramids.
- Any person with a mental health condition can participate in Portsmouth Interaction. This offers sports and conservation activities to support individuals with a range of conditions.

Mountbatten Health & Fitness Suite has been modelled to improve and increase numbers of cardiovascular equipment, free weights and dedicated space for activities such as stroke rehabilitation.

### **Volunteering**

Broad range of opportunities exist across various services for older people to get involved.

These include, but are not limited to:

- Volunteering and work parties for Hilsea Lines, Portsdown Hill, Milton Common & Baffins Pond conservation. This is very popular with retirees who can commit to these groups to the extent to which they feel able to physically and with regard to time commitments.
- Volunteering at our Waterfront Garden Centre to support the social therapeutic growing project 'growers'.
- Volunteering at our History Centre.
- Volunteering via the HIVE - school reading volunteers, Be There For Care befrienders, Digital Buddies for example.
- Volunteering at the Landing Craft Tank, for Museums Service.

### Housing

The City council continues to **own and manage sheltered housing stock** (managed by the housing service) and the **Extra Care accommodation** managed by ASC.

We have now completed our **Homelessness Strategy** which we will require a change to our allocation policy. The work to update and/or change the allocation policy will take place in the new year and is likely to include work to support more movement within the social housing stock in the city for residents wishing to downsize.

Our private sector housing team support residents to remain **safe at home and our relaunched 'telecare' service** now features a wide range of products and services available to all tenures. The link below features the service and products. We are keen to promote the service and products. They tend to have been narrower in focus and linked to 'vulnerable adults' with adult social care as a key client. There are a wider range of adults of all ages who don't meet the adult social care thresholds but have support needs which the service is designed to meet. The pandemic really challenged our thinking and the service is designed to support needs linked to age as well as a wider range of needs.

The private sector housing team also provide the disabled facilities grant services.