

# Health Improvement Plan Workshop November 2007 Collated Group Information

## Older People's Health & Well-Being

What has worked well?

Good Morning Programmes  
Safety senior's packs  
Older people's forum  
NICAS outreach counselling services for older people affected by substances and that is alcohol and prescribed medicines  
Cardio rehab, Thai Chi, Old Time dancing and such programmes within leisure centres  
Health wise scheme  
Shankill Leisure Centre & Andersonstown Leisure Centre provide all sorts of range of support programmes  
Leisure centres provide free access for older people  
Promote what has worked well eg Health improvement aspect & the social factor of the public places  
North & West Belfast Help the Ageing Consortium

What hasn't worked?

Timescale  
Less healthy population in North & West Belfast  
Lack of uptake of benefits such as Fuel Poverty & other benefits entitlement

What gaps are there?

Better co-ordination  
More awareness of existing schemes & services needed  
Better links with other voluntary umbrella agencies  
Apparently STI's are increasing amongst older people  
Acceptable transport for groups of older people especially disabled older people  
Timing of range of activities  
Afternoon sessions for less healthy and for less mobile individuals  
Areas for swimming

Proposed future action?

Good transport  
Encourage people to have good social networks

Liaison with leisure centres at strategic level

Belfast Council Elders Council agencies to liaise with Belfast Council on election and representation of elders council

Older people should be a key group under mental health