



Northern Excellence in Active and Healthy Ageing Symposium

June 6th, 2017, Horizon Conference Centre, Leeds

Executive Summary

Prepared by: Nicola Wilson, the Northern Health Science Alliance (NHSA) on behalf of the Active and Healthy Ageing North Operations Executive, June 2017

Section 1: What Took Place?

- On June 6th 2017, a unique group of approximately 135 people joined their voices together to heed a call to arms and commence a regional response to the challenge of improving the health and wellbeing of the older population of the North of England, generating objectives for the 'Active and Healthy Ageing North' (AHA North) programme.
- The Symposium was designed and delivered by the newly created AHA North Operations Executive, chaired by Richard Stubbs, Managing Director of Yorkshire and Humber Academic Health Science Network (Y&H AHSN). The AHA North Operations Executive comprises of representatives from the four Northern Academic Health Science Networks (Yorkshire and Humber, Greater Manchester, North West Coast and North East North Cumbria), Newcastle University's Centre for Ageing and Vitality and the Northern Health Science Alliance (NHSA).
- The Symposium attracted senior level expert speakers from across the UK and Europe; giving their invaluable insights into the state of play of managing the challenges of active and healthy ageing, across the North of England; Scotland, Wales and Northern Ireland; and Campania Region of Italy.
- Attendees represented a variety of stakeholder sectors, including but not limited to Industry, NHS, Commissioning, Local Authority, Third Sector, University and SME.
- The morning session, from 09.30 until 12.30 chiefly comprised of key note presentations alongside regional exemplars of excellence in active and healthy ageing. After lunch, further

exemplars were presented before attendees were invited to participate in a ‘round-table’ workshop, whereby given opportunity to address and discuss specific topics, whilst also dropping into the ‘ideas cloud’ (a space designated for ideas and suggestions outside the topics).

- The Symposium concluded with a plenary session and the key messages and ideas arising from the round-table workshop are summarised within ‘Section 2’ below.

Section 2: Summary of Round-Table Workshops and ‘Ideas Cloud’

	Topic Facilitators	Discussion Synopsis
Falls Prevention	Professor Chris Todd (University of Manchester) Sumaiya Sufi (Lancashire County Council)	When does ‘old age’ start? - Biological Age Vs Actual Age?
		De-medicalise ageing
		Focus on younger audience as well – e.g. Grandchild to grand parents
		Simple messages in the right locations – e.g. Super Markets
		Ensure you reach isolated populations
		Digital Literacy must be considered
		Bring technology early into people’s lives and make it person-centric
		Exemplars! Exemplars!
		Share experience and best practice of community assets
		Educational and fun technology e.g. Gaming, Exercise to music, Tea-towels – “It works we want more of it”

e-Frailty	Professor Martin Vernon (NHS England) Sumaiya Sufi (Lancashire County Council)	Pan – Northern collaboration needed (recognize the complexity)
		Funding for implementation
		New roles in healthcare for frailty
		Evidenced based briefings for commissioners
		More support for primary care but requires a whole system approach
		Earlier intervention
		Share exemplars (Supporting locally to test and implement from examples, but ensuring they have had the appropriate evaluation)
		Share real-life stories of patients
MSK	Dr Liz Lingard (NHS England RightCare) Helen Ridley (AHSN North East and North Cumbria)	MSK QOF – Exercise and Movement
		Simplify pathways and make it fun
		Earlier intervention and stratification, life-course approach making it a habit
		Raise awareness through better health literature
		Needs do not change overnight when you are older – life course management
		Focus on reducing sarcopenia & role of exercise
		Motivation and community – healthily life years not expectancy

Pan-Regional and Cross-Sectoral Collaboration	Nicki Wilson (Northern Health Science Alliance)	Multi-disciplinary approach crucial, not just GPs
	Philippa Hedley-Takhar (Yorkshire and Humber AHSN)	Priority next step: to engage Patients and the Public and foster involvement in a Pan-Northern AHA programme
		AHSNs and NHS – Needs Buy-In beyond health
		Call for an ‘Atlas for the North’ on AHA best practice
		Trans – Regional project ideas for immediate scale up e.g. the ‘Protein Pill’ being developed at Leeds Beckett University and ‘Standing Tall’ Project for the North
		CHC Model as an exemplar model of successful pan-regional collaboration
Ideas Cloud	Graham Armitage (Newcastle University)	New ways on engaging?
Rebecca Verlander (Yorkshire and Humber AHSN)	Age Friendly cities	
	Prepare for prevention	
	Create vision for later life earlier on in life course	
	New routes for technology access for the elderly	
	How we lead our lives = how we age	
	Better access and use of co-produced technology	
	Need a Broader approach to evaluation e.g. Social impact and third sector	

Section 3: AHA North Operations Executive Next Steps

Week Commencing June 19th, 2017 – Symposium Executive Summary plus Speakers' slides will be made available to attendees

End June 2017 – a communications portal will be created to share news and updates on the AHA North programme with the Symposium attendees and partner organisations. **If you do not wish to receive communications via this platform, please inform Nicola.Wilson@thenhsa.co.uk** at your earliest opportunity.

Mid July 2017 – Full write up of the Symposium (including attendee list) and next steps statement from the AHA North Operations Executive will be circulated to Symposium attendees

All enquiries relating to becoming more involved in the AHA North programme or relating to any aspect of AHA North activity should be directed, in the first instance, to Nicola.Wilson@thenhsa.co.uk