

14 April 2021

- 10:01:52 From Mercy Bwomono to All panelists : Morning All. I am Mercy Bwomono (CR BAME Dev't Officer) with CDA, Herts.
- 10:02:21 From John O'Callaghan : Good morning everyone. Many thanks for taking the time and trouble to join us this morning. Some great speakers/presentations lined up. Hope you enjoy - and get involved in the Movement!
- 10:02:29 From Stewart Hunt to All panelists : Morning all - Stewart Hunt - Apex360.
- 10:02:59 From Justine to All panelists : Thanks for organising the event.
- 10:03:21 From Justine : Thanks for organising the event.
- 10:03:45 From Angela Craxford Snelling to All panelists : Hi All, Angela here - HCT Pulmonary Rehab physio (seconded from Deputy clinical Quality lead therapy role)
- 10:03:45 From Gemma Millard to All panelists : Good morning everyone
- 10:10:14 From Will Slemmings : Please feel free to keep introducing yourselves throughout the presentations everyone.
- 10:11:02 From RichardH to All panelists : Hi all, really pleased to be attending this event - Richard Hill - Clock Cricket
- 10:11:18 From Shelley Woods to All panelists : Hi all, Shelley Woods from HSP, gathering your questions and comments!
- 10:11:24 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP to All panelists : Hello. Tim Anfilogoff Head of Community Resilience, Herts CCGs (4 days per week)
NHSE Regional Associate, Social Prescribing, East of England (1 day per week).
- 10:11:24 From jessicahardwick : Hi Everyone Im Jessica from Herts Help
- 10:11:51 From Stewart Hunt : Morning all - Stewart Hunt - Apex360.
- 10:12:03 From Tom Watkins : Hi, I'm Tom, Volunteering Development Manager at Communities 1st
- 10:12:15 From Kirsty Feasey to All panelists : Morning everyone, Kirsty from Active East Herts (kirsty.feasey@activeeastherts.org.uk)
- 10:12:17 From Carol Clark to All panelists : Hi Everyone, Carol Clark exercise & PSI instructor
- 10:12:21 From Claire Foster to All panelists : Hi All - Claire Foster from Dacorum Borough Council
- 10:12:41 From Fiona Deans to All panelists : Morning, I'm Fiona Deans from Herts Public Health
- 10:12:52 From rizaldy.tibio to All panelists : 'Morning all!
- 10:13:34 From michellejohns : Are we going to get some of these slides?
- 10:13:39 From rizaldy.tibio to All panelists : I'm Riz Tibio - Interim Falls Lead for East and North Herts NHS Trust
- 10:14:11 From Brick by Brick Communities to All panelists : Hello everyone. Brick by Brick Communities is a new community interest company based in Herts. We are working in partnership with Herts Sports Partnership and delivering seated exercise but are in the process of developing other exercise projects with them too. We have just received a grant from Herts County Council to deliver a project focused on the Clinically Extremely Vulnerable

and have decided to focus on people with long-covid. You can find us at www.bbbcommunities.com and @ByCommunities

- 10:14:38 From Claire Pullen to All panelists : Morning everyone. Claire from East Herts council's community wellbeing and partnerships team
- 10:15:12 From John Molyneux : Morning, Hey all, John from MolyFit. Let's close this fitness gap!
- 10:15:37 From Charnai Harkness to All panelists : Hi,I'm Charnai- Senior health and fitness coach from Hertfordshire Sports village
- 10:16:00 From Brick by Brick Communities to All panelists : I heard about Molyfit - ti sounds great!
- 10:16:42 From APlazuk to All panelists : Morning, I'm Agnieszka Community Physiotherapist- West Herts Watford
- 10:16:45 From Samantha.king to All panelists : Good morning everyone! I am Sam, I am the Frailty CNS Lead at the Lister Hospital.
- 10:16:46 From Alison May to All panelists : Hi, I am Alison May from Neighbours Together project at W3RT in Watford and Three Rivers area.
- 10:17:03 From Jess Smith : Hi all, Jess Smith, Senior Development Manager from Saracens Foundation
- 10:17:27 From Dawn Tidmarsh : Good Morning,
- 10:18:03 From Su Harvey to All panelists : Morning all, Su from The Red Shed. We are a gardening project for people living with dementia and their carers - we're loving the sunshine in the garden today!
- 10:18:04 From Dawn Tidmarsh : Dawn Tidmarsh, Physio from Garden House Hospice/Hawthorne Rehab Centre
- 10:18:11 From Oonagh Sherlock : Hi Everyone - Oonagh Sherlock Community Development Officer at Stevenage Borough Council. Working with Irish Network, Douglas Drive, local councillors and others on Older People issues in the area.
- 10:18:55 From Rushna Miah to All panelists : Morning All, I'm Rushna BAME Covid Recovery Development Officer from CDA Herts
- 10:20:00 From Jan Stock to All panelists : Hi all , Chloe Gilbert , Deputy Operations Manager from Wodson Park Sports Centre.
- 10:20:31 From Lewis Hunt to All panelists : Hello everyone! - Lewis Hunt from Catalyst Housing - Borough of Broxbourne, Communities Team
- 10:20:33 From ydenham to All panelists : Hi all Yvette OT TI from West Herts Neurological Rehab Service
- 10:20:52 From Samantha.king to All panelists : Is this being recorded so we can share with our wider team? This is brilliant so far!
- 10:20:55 From Marlon Dwyer to All panelists : Hello Everyone - Marlon Dwyer Neighbourhood Investment Officer from Clarion Futures working across Hertsmere and East Herts.
- 10:20:57 From Tom Watkins : Thank you so much Dr Gray
- 10:21:07 From Cllr Annie Brewster to All panelists : Good morning everyone, Cllr Annie Brewster - Deputy Executive Cabinet Member for Public Health and Prevention, Hertfordshire County Council
- 10:21:08 From Tom Klymkiw to All panelists : Good Morning! Tom Klymkiw - Apex 360
- 10:22:13 From Muir Gray to All panelists : everything donut prevent frailty and falls will reduce the risk of dementia too , muir

10:23:32 From Muir Gray to All panelists : frailty is a complication and consequence of decades of inactivity , muir

10:23:55 From Muir Gray to All panelists : the frailty board is a very good initiative, mui

10:25:37 From Shelley Woods : Hi Samantha, yes the session is being recorded.

10:26:36 From Muir Gray to All panelists : the GP record system project will allow data collection eg 6 minute walking test

10:26:49 From Will Slemmings : I should have mentioned at the beginning, but for the best viewing experience of this event make sure you select 'Speaker View' in the top right corner of your screen

10:27:55 From Will Slemmings : Remember - If anyone has any questions for our speakers please submit through the Q&A functions at the bottom of your screen. Make sure you indicate who your questions is for

10:29:53 From Claire Pullen to All panelists : Q for Muir - how can we encourage working aged people with long term conditions such as asthma diabetes or overweight to value movement and not be afraid to be active? Especially people who don't value movement or like sports

10:29:55 From michellejohns : Sorry will we be getting any of the slides to share with our teams. Thanks

10:30:02 From Muir Gray : very good presentation anna , everything you are doing is dementia prevention too and you could add this to your brand because it is the condition that motivates people for action,muir

10:30:21 From Lewis Hunt : Hello everyone! - Lewis Hunt from Catalyst Housing - Borough of Broxbourne, Communities Team

10:30:53 From Justine : Hi,

I am Justine from HCT, Senior Care Home Practitioner on the Enhanced Health in Care Homes Program covering the Welwyn and Hatfield area.

10:31:20 From Muir Gray : our aim is to link an activity prescription to every drug prescription and repeat prescription , and brisk walking will be the single most important internetn

10:32:18 From Angela Craxford Snelling to All panelists : The CSP have a great video regarding falls prevention that can be obtained for GP surgeries too

10:32:21 From Elspeth Mathie : Morning everyone, Elspeth from University of Hertfordshire, research into older people and dementia and including the voices of people with lived experience in research Twitter @elspeth_mathie

10:32:43 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP to All panelists : We have BAME Covid Recovery workers in the voluntary sector talk to kate.belinis@cdah.org.uk - they started on Monday!!!

10:33:04 From robertameldrum@letchworthcentre.org to All panelists : Hi everyone -- I'm Roberta Meldrum from the Letchworth Centre for Healthy Living

10:34:27 From Rushna Miah to All panelists : Happy to connect and share ideas, my email address is Rushna9@hotmail.co.uk

10:35:52 From Muir Gray : rushna, please send a note to will, thanks ++++ muir

10:36:54 From Rebecca Hadley to All panelists : Hi everyone, Becki from University of Hertfordshire. Working with Elspeth, Elizabeth Pike and Claire Goodman on the physical activity and dementia project- which Elizabeth is talking about later in the session. Twitter @BeckiHadley project twitter page is @DEMCOMactive

10:36:59 From Rushna Miah to All panelists : Sure, Thankyou Muir

10:37:17 From Rushna Miah to All panelists : Hi Will,

10:38:47 From Shelley Woods : Hi all, the slides to the session will also be shared.

10:47:02 From michellejohns : Thank you

10:47:30 From Will Slemmings : If anyone has questions for Jess get them in now to be answered live

10:50:27 From Muir Gray : the CAB website is full of good information , muir

10:51:16 From Rebecca Hemmant to All panelists : Morning all. Rebecca from Dacorum Sports Trust, Hemel Hempstead.

10:53:17 From Muir Gray : lets make 2021 the Year of Reconditiong ,muir

10:53:53 From Muir Gray : this will affect health and social service this winter but action now can reduce the risk

10:55:58 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP to All panelists : We have 88 social prescribers in Herts, and they are all linked via HertsHelp (0300 1234 044). As Muir said it is all about networks. We need to ensure all opportunities to stay healthy are on the hertsdirect db and that all roles involved in helping people access know about what is available. Link workers can be key to helping people link to culturally appropriate support and with motivation (they have time to talk to people through their options). We need to invest more time in networking and Healthy Hubs, Libraries and others all need to be part of this joined up culture change with Herts Help as key default way in (they dealt with 140,000 calls in the last year, working in very integrated way with HCC, NHS and 10 District Councils. I am always happy to chat tim.anfilogoff@nhs.net

10:57:15 From Michelle Airey to All panelists : Hi my names Michelle and I work for HCPA where we run the Stop Falls service for Care Providers as Anna mentioned. We have a number of resources on falls prevention and exercise available via booklets, app and videos that may be useful. Our website is www.hcpastopfalls.info. These can be used by individuals themselves or the staff or family supporting them.

10:57:47 From Gemma Millard to All panelists : Would everyone like to put their twitter handle into the comments. We are @MolyFit and provide an online fitness platform to improve health and wellness in the older adult through exercise.

10:57:47 From Muir Gray : social prescribing is key , tim perhaps we could meet them to discuss how this will develop with our digital GP information system work ,and learn from you and other link workers

10:59:27 From Muir Gray : HCPA sounds great , and you will be reducing the risk of dementia and depression too , muir

10:59:44 From Muir Gray : ageUK is doing very good work locally and nationally

11:01:56 From Elspeth Mathie : Thanks Mark - really interesting findings from AgeUK - Wendy Wills (CRIPACC) University of Hertfordshire & colleagues also carried out research on Food and Eating during COVID-19 See Policy Briefings here <https://arc-oeo.nihr.ac.uk/sites/default/files/uploads/files/Covid-19%20Food%20Study%20Policy%20Briefings%20-%20All.pdf>

11:02:14 From Rushna Miah : Loneliness and isolation has impacted alot on people's mental health and wellbeing and physical wellbeing and as a result presented with psychosomatic symptoms, demotivation etc

11:02:24 From Dawn Tidmarsh : Here at the Hawthorne Centre we have been seeing patients with life limiting conditions since June for Rehab. Some had deteriorated significantly during lockdowns but many have improved/returned to pre-lockdown capabilities.

11:02:38 From michellejohns : Community Navigators also have a part to play supporting those who are leaving hospital and linking in with SP's and Link workers

11:13:54 From Alison Curtis Herts Libraries : Hope it's okay to share details of Hertfordshire Libraries new Fall Prevention Packs available to borrow for free from all Hertfordshire libraries. Contents include - seated exercise book, CD & DVD and falls prevention leaflets from ROSPA and Chartered Society of Physiotherapy: <https://herts.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/BIBENQ?SETLVL=&BRN=5033616>

11:15:31 From Alison Curtis Herts Libraries : Also a new digital skills webpage:
www.hertfordshire.gov.uk/digitalskills

11:15:36 From Angela Craxford Snelling to All panelists : It is important to recognise that women do not necessarily have a higher level of mental health issues, but they are often more likely to be diagnosed with this rather than men, who are more likely to be referred for organ causes for their symptoms

11:16:07 From Margaret Eames-Petersen to All panelists : Sampling frame - for age UK Survey? how were 2000 people recruited- was it via NHS services - seemed a high proportion of falls? very interested in enabling "digital inclusion " of older people " through buddy - to lend/give tablet or laptop - and someone to teach enable?? does age UK do rthis?

11:16:20 From Rebecca Hadley : Thank you for sharing this Alison - really interesting for our project! It would be great to chat about this further if possible. My email is r.hadley3@herts.ac.uk

11:17:41 From Alison Curtis Herts Libraries : Fantastic Rebecca - I will be in touch!

11:17:52 From Adam Howard : Hi everyone, Adam from Active East Herts here

11:18:29 From Tom Watkins : Communities 1st has been deploying volunteers to accompany anyone who has suffered with increased anxiety throughout lockdown on socially distanced, neighbourly walks with the aim of encouraging and supporting them to rebuild confidence and independence. This has been mostly older people but a surprising number of younger people have also benefited. As society opens up again we want to encourage more of these to happen and get people active and independent again

11:19:17 From Adam Howard : We are currently running a "Health Recovery" class virtually on Saturday mornings with a focus on breathing techniques and very limited movement to help get people back to a stage where they may be able to join a physical activity class. We have had a number of participants join who are recovering from respiratory illness so not ready for a full OTAGO style seated exercise class, but the Health Recovery class is starting to bridge that gap.

11:19:37 From Adam Howard : You can email me on adam.howard@activeinthecommunity.org.uk if this sounds of interest

11:21:29 From Rushna Miah : I am also the chair of Hertfordshire Asian Women's Association (HAWA) and I have set up online pilates, chair yoga, body conditioning exercises for ladies in the St Albans District. I have also set up online literacy classes too. I distributed 10 tablets (on loan) for those who didn't have a gadget in order to access online services. We also deliver healthy snacks to the BAME elders who attend the HAWA tiffin club on a fortnightly basis and have also offered a befriending and keep in touch service so that they can contact us for any help they need such as prescription collection, shopping etc.

11:21:41 From Rushna Miah : [Www.hawaherts.co.uk](http://www.hawaherts.co.uk)

11:22:14 From Elspeth Mathie : Tom Watkins - really interesting to hear - re: socially distanced walks, young and older

11:27:34 From Mark Hanna to michellejohns and all panelists : Hi Michelle - I have the £40 at the office for the client, are you still needing to collect?

11:28:24 From michellejohns : I'll get back to you

11:30:22 From Frances Kaufman : From Frances Kaufman, Small Acts of Kindness

11:30:30 From Muir Gray : great work by HAWA including the digital initiative muir

11:31:07 From Rebecca Hadley : The survey for Dementia Friendly Community Leads can be accessed using the following link: https://herts.eu.qualtrics.com/jfe/form/SV_42THgPPnQjru58y

11:32:03 From Rebecca Hadley : We would really appreciate this being shared if relevant

11:32:04 From Clare Smith to All panelists : The Library falls prevention booklet isn't as a download?? That would be really helpful??

11:32:09 From Muir Gray : physical activity has direct beneficial on the brain as well as on the blood vessels; this university programme is very important, muir

11:33:33 From Tom Watkins : Are there any training programmes which would be suitable for volunteers who want to support physical activity in people living with dementia? We already provide Dementia Friends Information sessions for all of our volunteers but could we do more?

11:34:57 From Tom Watkins : P.s. thanks Elspeth, great to see you here!

11:35:17 From Frances Kaufman : From: Frances Kaufman Small Acts of Kindness: Our main activity is distributing Warm in Winter gift bags and Bags of Kindness to 55+ people in Hertfordshire. This year we have compiled an Activity Book aimed at helping lonely and isolated people during the lockdown. Also we have compiled our "Purple Pages Information pack" containing leaflets from various organisations who are there to help. Plus a list of all Hertfordshire organisations who offer help but each one listed gives a telephone contact for those without digital access. Both of these are available to individuals or organisations as stand alone items. We also have gift bags available - full details available on our website or e-mail general@smallactsofkindness.co.uk.

11:37:27 From Muir Gray : well done small acts of kindness , paper is very important, one of our team , beth hope, is promoting the use of a pencil and a notebook to write down good things that have happened for which people are thankful and plans for things they are going to do ,for example stand up every time the ads come on the telly

11:37:41 From Neil - EA to All panelists : Golden Memories is a great idea and benefit to the participants

11:38:09 From Muir Gray : Excellent work by the University , you are very lucky in Herts to have this team , muir

11:38:29 From Muir Gray : and all our network theory is based on work in Japa

11:40:24 From Steven McFadyen to All panelists : I'm still here Elizabeth. Great summary of all your work. if anyone wants more information about Alzheimer's Society work then please do get in touch. Steven.mcfadyen@alzheimers.org.uk

11:40:35 From Alison May to All panelists : In the Watford and Three Rivers area, W3RT Neighbours Together team produce a guide call the What's On Guide. The original guide was a printed resource that highlights a local of activities to keep people active for people over 55. The guide as been relaunched as an online resource/database for only over the age of 21 to help combat loneliness and the project will be relaunching the printed version for people aged 55+ later this year. If people want to add activities to the guide or use the guide please contact us email neighbourstogether@w3rt.org or visit <https://www.mywellbeing.community/whatsonguide>

11:40:53 From Margaret Eames-Petersen : Have you investigated the affect of music and participation in singing groups on those with dementia for their wellbeing and health in Herts . Prof Jim MacManus knows of several singing groups in HERTS?

11:41:25 From Rebecca Hadley : Hi Tom, there are some organisations that provide training for specific activities, such as walks e.g. the Alzheimer's Society. However, many of the grass roots organisations we've been talking to have been speaking with people living with dementia to find out what they would like to do - that might be introducing people to local facilities (such as swimming sessions at the leisure centre) or setting up new activities.

11:41:48 From Alison.Goodchild to All panelists : its the PL - alison from watford

11:42:24 From Alison.Goodchild to All panelists : we were able to secure the money for golden memories as part of the Active Watford and three rivers

11:42:34 From Brick by Brick Communities to All panelists : We are planning some singing sessions for May. If you are interested keep an eye on our Twitter page [@ByCommunities](https://twitter.com/ByCommunities)

11:42:50 From ydenham to All panelists : Has everyone heard of DRUM (Disability Recreation Movement) based in Watford who offer exercise programmes and arts & crafts for anyone who has a physical disability

11:43:01 From Steven McFadyen to All panelists : Alzheimer's Society are working with the FA and other sporting bodies on our Sport United Against Dementia campaign too. it's worth looking at that too.

11:43:05 From Angela Craxford Snelling to All panelists : There are some links with National Opera who are developing a singing project

11:43:39 From Margaret Eames-Petersen : Would be great for UH to evaluate the singing projects in Herts through UH? and encourage every town to have one- and include those with dementia ?

11:43:46 From Rebecca Hadley : Our report will document how different organisations/individuals collaborate with each other and will provide some examples of best practice that will hopefully be useful for others. I hope that helps.

11:44:10 From Steven McFadyen to All panelists : Music for Dementia is a great national project that support and engage music and dance. -

11:44:13 From Steven McFadyen to All panelists :
https://m4dradio.com/?gclid=Cj0KCQjwpcdqDBhCSARIsAEUJ0hNNX3j2rpHn4PkNlzml4KQ1yT_E3JVpFe8IFfxcel6DfPL-nQTx_XgaAjwKEALw_wcB

11:44:19 From ydenham to All panelists : website for DRUM <https://drum.btck.co.uk/>

11:44:22 From Tom Watkins : That's great, we want to make sure that staff and volunteers who support physical activity programmes are dementia friendly and able to adequately provide and welcome people living with the condition. From our perspective we want to prepare volunteers as well as we possibly can to not only support people to stay active directly but also to support sports clubs and be knowledgeable

11:44:38 From Margaret Eames-Petersen : Link to church groups and Gospel singin groups

11:45:14 From Steven McFadyen : I'm still here Elizabeth. Great summary of all your work. if anyone wants more information about Alzheimer's Society work then please do get in touch. Steven.mcfadyen@alzheimers.org.uk

11:45:23 From Elizabeth Pike : Contact details: e.pike@herts.ac.uk

11:46:26 From John Molyneux : Some great work going on, pleased to be invited to this. At MolyFit we promote wellness in the older adult using exercise. We have just started a free online live class 11am Tuesdays to help lockdown reversal. <http://www.MolyFit.co.uk/live> Please have a look, this was yesterdays:
<https://youtu.be/TQ6IGvlz4tE>

11:46:32 From RichardH to All panelists : We have used an indoor format of cricket with groups of people living with dementia prior to lockdown. They have provided some really fun moments and sessions. We hope to bring this back into care homes etc once allowed

11:47:32 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP : Can we share the list of people attending so we can build on this amazing network of like minds?

11:47:57 From Cathy.Curtis to All panelists : Yes please, just thinking that myself, Tim

11:47:59 From Louise Smith : Welwyn Hatfield Community Fund provides grants for initiatives that improve activity in the area - this may be relevant for some attendees. Details <https://www.better.org.uk/whcf>

11:48:12 From Rebecca Hadley : Thank you for the links John!

11:48:16 From Will Slemmings to All panelists : We will be developing a contact list of everyone happy to do so which will be hosted on our movement website in the very near future (website to be shared following the event)

11:49:14 From Will Slemmings : We will be developing a contact list of everyone happy to do so which will be hosted on our movement website in the very near future (website to be shared following the event)

11:49:16 From John O'Callaghan : Excellent programme John (MolyFit). We (HSP) look forward to working with you to ramp up this work on behalf of Hertfordshire's older residents.

11:50:57 From Justine : I've recently started a new job under the Enhanced Health in Care Homes Framework, aimed at supporting care homes to improve the health and wellbeing of care home residents and reduce avoidable hospital admissions among other things.

Is anyone here doing /or interested in doing work specific to care homes?

11:51:58 From Lindsay Bottoms to All panelists : Just for everyone to note in case you are wanting to look at how effective some of these physical activity programmes are on physical function - we have new equipment in our sports science labs here at UH. The most interesting equipment is the GRAIL treadmill. It will enable us to undertake research looking at trips and falls. It can also be used to help train and improve balance in older people. You can see what it is here: <https://www.motekmedical.com/solution/grail/>. Just thought I would share that :)

11:54:43 From Anna Makepeace to Justine and all panelists : Hi, I hope you are enjoying your new role. We are doing lots of work to support care homes, including link with the care providers association. Happy for to contact me and we can catch up - anna.makepeace@hertfordshire.gov.uk

11:54:56 From michellejohns : what great services being offered

11:55:18 From WilsonJ10 to All panelists : Hi Jade, is there any additional cost to get onto the Active Ageing Programme?

11:55:20 From John O'Callaghan : Great adaptive use of technology by HILS.

11:55:34 From Muir Gray : GREAT conversations

11:56:43 From Rebecca Hadley : Caroline, I noticed your question to Elizabeth about linking up with organisations in Watford. I have been in touch with Alexis Neighbour who is a Dementia Friends Champion for Watford. If you'd like to be involved in meetings or want to stay in touch about how this progresses, feel free to email me r.hadley3@herts.ac.uk

11:56:58 From Justine : Thank you very much @AnnaMakepeace. I'll get in touch.

11:57:15 From Margaret Eames-Petersen : what was the name of the technology - HILS used to connect with older people at home in covid - on a tablet -was it "sky-hunter"? i did not catch it quite?

11:58:12 From Elspeth Mathie : Justine - Claire Goodman (University of Hertfordshire) leads lots of research on care homes <https://arc-eoe.nihr.ac.uk/news-insights/news-latest/arcs-response-covid-19-care-homes-research>

11:58:58 From Simon Barfoot : The HILS application used was "Skype" I think

12:00:07 From Justine : Thank you very much @Elspeth. I'll have a look.

12:00:18 From shashi chawla to All panelists : Who should I contact I wish to volunteer and have few ideas. Thanks

12:00:47 From Elspeth Mathie : & my email: [Elspeth E.J.Mathie@herts.ac.uk](mailto:Elspeth.E.J.Mathie@herts.ac.uk)

12:01:42 From WilsonJ10 to All panelists : Hi Katherine,

12:01:54 From Justine : Brill. Thank you @Elspeth.

12:01:54 From Brick by Brick Communities to All panelists : Rebecca Hadley - Please could you share your contact details?

12:02:01 From Margaret Eames-Petersen : Thanks very much .. great to have HILS in Herts -and to have collaboration with UH, SE, HCC ,OH etc ,Great to hear - and hope it snowballs !

12:02:24 From WilsonJ10 to All panelists : Hi Katherine (HILS), what type of instructors are used for these classes?

12:04:18 From Claire Pullen to All panelists : East Herts Community Grants programme also provides grants to help people stay active, take care of their mental health and achieve a healthy weight. Details <https://www.eastherts.gov.uk/community-wellbeing/funding-community-organisations-and-individuals>

12:06:43 From JDean to All panelists : HILS active ageing is a fantastic service. We as community therapists often refer onto them follow our intervention as our service is only commissioned for 4 weeks.

12:08:10 From Muir Gray : could we use a video of her using the chairlift for heart things!!!!

12:08:31 From John O'Callaghan : Wonderful case studies. Well done HILS.

12:08:47 From Simon Barfoot : So Inspiring HILS what a great programme - well done!

12:08:48 From Samantha.king to All panelists : Amazing case studies! Great work guys!

12:08:51 From Tom Watkins : great results! excellent work

12:09:02 From Rebecca Hadley : Such wonderful examples. Very moving.

12:09:13 From toptonevideo to All panelists : Great to learn about everything going on in Herts in this important area.

12:09:15 From John Molyneux : Amazing

12:09:15 From Marlon Dwyer to All panelists : brilliant programme

12:09:38 From Justine : Great work HILS.

12:09:42 From Angela Craxford Snelling : Thank you HILS we in HCT love that we are connected with you as you make a huge difference to our client population as we make so many onward referrals to you!

12:09:51 From Katherine Marwood : Please feel free to email us at active.ageing@hertsindependentliving.org :)

12:09:58 From Katherine Marwood : Here is our video! <https://youtu.be/ivwO2DL6RR0>

12:10:18 From Claire Pullen to All panelists : How wonderful. your interventions are making a real difference for individuals

12:10:27 From Rushna Miah : Could contact emails be shared please.

12:10:46 From Katherine Marwood : Thank you Angela!

12:10:47 From juanita to All panelists : Exercise referral schemes are running in many Leisure Centres. It would be great if exercise were to be prescribed for some patients rather than medication in the first instance

12:12:52 From Katherine Marwood : A few answers to questions I saw:

- 1) Cost: there is currently no cost as we're fully funded by Sport England. We are currently seeking more funding and may ask clients to make a small contribution towards their sessions too.
- 2) Technology: we use Skype as you can set it up to automatically answer calls. If you watch our video there is a section where our team member Jess explains our full tech package and how we support clients to access this.
- 3) Types of instructors: we have team members who specialise in chair based exercise, some in OTAGO, and some postural stability instructors - we use the right instructor for the right client depending on their level of ability :)

12:12:55 From Muir Gray : the revolution is alive and well in Hertfordshire! VIVA THE REVOLUTION, muir

12:12:56 From Jade Amis to WilsonJ10 and all panelists : We have a variety of instructors, Chair based exercise, OTAGO & PSI.

12:13:18 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP : And thanks for your inspiration, Muir!

12:13:47 From Peter Simmons : Some great presentations and an excellent opportunity to get the more mature involved in physical activity. Peter - volunteer in various sports suitable for the more mature audience

12:13:48 From Marlon Dwyer to All panelists : Clarion Futures would like to collaborate with more groups across Herts to contribute to this work please feel free to share my email.

12:14:01 From Elspeth Mathie : great connections and to hear so many Herts examples. Thanks very much for great introduction Muir...

12:14:50 From Elizabeth Pike : Thanks to Muir for inspiring this movement and to everyone at HSP for organising today's event and connecting us all

12:14:51 From Simon Barfoot : Fantastic presentations and speakers, encouraging, informing and making a great difference with more to come!

12:14:54 From kb : Thank you so much, extremely informative presentations.

12:14:57 From Cllr Annie Brewster to All panelists : Well done Will, Muir et al.....superb session, vital collaboration

12:15:13 From APlazuk to All panelists : thank you so much for such a informative presentations.!

12:15:15 From Debra Weekes to All panelists : Great event - good mix of national and local info. Hope this kicks starts a strong LLB network.

12:15:55 From Justine : For those doing / or interested in doing work that supports care homes, we are more than happy to signpost the care homes to you.

Feel free to get in touch - justine.musiime@nhs.net

12:16:19 From Peter Simmons : Hopefully this programme will be linked into Social Prescribing by GP practices

12:16:39 From Katherine Marwood : If you want to see more case studies about clients who have won our Wellbeing Client of the Season award, you can see those stories here: <https://hertsindependentliving.org/news-media/>

12:16:55 From Tim Anfilogoff, Herts CCGs, Regional Facilitator for SP : Rushna can you email me, I can't get your email to work so probs have wrong address. Cheers

12:16:56 From Katherine Marwood : Some really inspiring older people achieving great things :)

12:17:22 From Trudi.Clarke to All panelists : Very informative, thank you everyone!

12:18:38 From Rushna Miah : Will do Tim

12:18:46 From Rebecca Hemmant to All panelists : Thank you to you all, some amazing examples which are so positive for the future

12:18:56 From Neil - EA to All panelists : A very good insightful event. many thanks

12:19:29 From Cathy.Curtis to All panelists : This has been so useful and inspiring . Thank you.

12:19:34 From Marlon Dwyer to All panelists : Fantastic webinar

12:19:35 From Justine : Incredible work presented here. Thank you to all the presenters and the organisers.

12:19:36 From John O'Callaghan : Many thanks to you all for joining us today. The Movement (...and the Revolution) is under way!

12:19:37 From Tom Watkins : Thanks Will & all

12:19:43 From Jess Smith : Thanks all

12:19:43 From Keren to All panelists : thank you very much

12:19:44 From John Molyneux : Thank you for today, amazing. A revolution is just what I need to get the blood circulating

12:19:46 From Laura to All panelists : Thank you

12:19:47 From michellejohns : THANKS

12:19:52 From Rushna Miah : Many Thanks

12:19:53 From Alison Curtis Herts Libraries : Fantastic - event thank you

12:19:53 From Elspeth Mathie : Thank you so much

12:19:55 From Clare Smith to All panelists : Thanks all of you

12:20:00 From Rebecca Hemmant to All panelists : you guys are still on...

12:20:02 From Angela Craxford Snelling to All panelists : Thank you!

12:20:07 From Rachel Howard to All panelists : Thank you enjoyed the session

12:20:11 From toptonevideo : Excellent all round. Will have to get out there and do my bit!

12:20:18 From Brick by Brick Communities : Great presentations. Thank you!