

Later Life Newsletter

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Mental wellbeing of older people in care homes The National Institute for Health and Care Excellence (NICE) has published a new quality standard to help care homes tackle loneliness, depression and low self-esteem in older people: [read more](#)

Caring for someone with dementia? Survey deadline extended to 31st January This short survey by Carers UK focuses specifically on people who are or have recently been, both working and caring for someone with dementia. Takes about 10 minutes to complete via Survey Monkey: <https://www.surveymonkey.com/s/caringforsomeonewithdementia>

Understanding Loneliness: who is lonely and when? The Campaign to End Loneliness recently held a workshop in partnership with Professor Christina Victor, to discuss how to identify people who are lonely, and better target services or support. A short summary film can be [watched here](#). A full film of Christina's presentation can be [found here](#). For further information about future events, please [sign-up to the Campaign to End Loneliness](#)

A new way to relieve fuel poverty An estimated 300,000 older people are

dependent upon heating oil, and paying significantly more for their energy than those with gas. South West Forum on Ageing Chair, Tony Watts, has negotiated an arrangement with the UK's biggest supplier to community groups which will enable seniors to enjoy discounts of typically 8-15%. Other oil users are also welcome, as well as community buildings and care homes - to help reduce prices. Call 01993 224 111 or visit www.seniorbuyingpower.co.uk There are also plans to negotiate a monthly payment arrangement as well as offer other essential services to seniors at discount prices. To find out more email: tony.watts@swfoa.org.uk

Wales is coming together to reduce energy bills. The Cyd Cymru collective energy switching scheme is grouping individuals in Wales together to bulk buy energy for a better price. Register at www.cydymru-energy.com or by calling 0800 093 5902.

Post Office Community Enterprise Fund 25 PO branches have each won £10,000 in the [Community Enterprise Fund](#) competition for their proposals to support local people, businesses and tackle isolation among older people. Winners will use the money to implement their ideas such as providing free wi-fi access and IT training, developing community apps and websites and schemes to help people, including the old and vulnerable in the winter freezes, by keeping them in touch with neighbours, local services and charities.

The 2012 Olympic and Paralympic Games and their legacy have inspired a huge range of activity, in the fields of sport, volunteering, culture and others. To

recognise this breadth of legacy activity the Government has established the 'inspired by 2012' brand, which can be used by projects and initiatives inspired by the Games. [Read the guidelines](#) which show the brand and provide information on how to use it.

Impact of an Ageing Population on Service Design and Delivery in Rural Areas This research project, carried out by TNS BMRB and the International Longevity Centre UK on behalf of Defra, has recently been [published](#). It seeks to identify the issues around ageing and older people and how these impact upon service delivery.

A Better Life: valuing our later years: What can help older people with high support needs to improve their quality of life? This research rounds-up the Joseph Rowntree Foundation's Better Life programme of work and presents a vision of what life can, and should, be like for all of us as we get older. [read the report](#)

On-line resources at North Yorkshire Libraries: Library members in Yorkshire and at other libraries across the country can download e-books, e-audio books and e-magazines and use the free online reference resources: www.northyorks.gov.uk/libraries What's happening in your library?

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