

APSE SOUTHERN REGION SPORTS &
LEISURE SERVICES SEMINAR, 6 JUNE 2024



THE ROLE OF LOCAL COUNCILS IN
IMPROVING THE QUALITY OF LIFE FOR
OLDER ADULTS

Justin Griggs, head of policy and
communications

SESSION BRIEF

- The role of local councils in improving the quality of life for older adults.....
 - reducing the risk and effects of long-term health conditions
 - increasing physical activity levels
 - helping residents live longer, healthier and happier lives

FT BIG READ. LOCAL GOVERNMENT

Whitehall believes that boosting England's 10,000 parish councils could help revitalise democracy and level up the country. Critics say there is no panacea for the harms done by austerity.

By Peter Foster and Sebastian Payne



The government wants to give parish councils like Shrewsbury, above, a 'turbo boost'. Council chiefs Helen Ball, top, and Tony Hunt, below, approve

Chris Dickey/FT

The potential of parochial politics

the cramped offices of Shrewsbury town council, the wheels of local government are turning. The Midlands market town, which sits at a bend of the river Severn near



that's incredibly important to the future of this country has died a quick death because of [chancellor] Rishi Sunak."

But if the right formula of investment and autonomy can be achieved, then

Plymouth, Blackpool or Leicester. There is also a democratic deficit, with more than two-thirds of local councillors elected unopposed, according to a 2019 poll by the National Council

says, "but we're waiting to see evidence that it is going to be meaningful. And it's not just about money, it's about handing down the powers to shape existing fund-

Hunt says the council also coordinates with the local chamber of commerce and local churches and running a "Team Arundel" network



W. BLACKMAN.

G. WELLES.

J. JONES.

C. J. MORGAN,
Vice-Chairman.

F. C. CAPEL,
Chairman.

H. V. H. COWELL.

C. HIND.

H. L. HUXLEY.

G. G. BROWN.

E. L. TURNER, (Clerk.)

The First Parish Council of Wilmington, 1895.



///NALC
**PUT THE HEART BACK INTO
YOUR COMMUNITY**

LOCAL COUNCILS: CHANGING FAST, POTENTIAL VAST!

- NALC represents 10,000 local (parish and town) councils and 100,000 councillors
- Working closely with a network of 43 brilliant county associations to raise understanding of their potential, build capacity and confidence and help them fulfil their potential to work with others to support their communities
- £1bn+ spend, contributing £3bn to local communities
- All very, very, different – size, spend and ambition
- Cover 92% of the country but growing – Northampton, Queens' Park and Sutton Coldfield
- Doing more – devolution, health/wellbeing, climate emergency, neighbourhood planning, cost of living, young people and more...
- Providing local leadership, at the heart of place shaping and collaborating with others to tackle the challenges our country and communities face

PARISHES AND PARTNERSHIPS: TESTIMONIALS

DCN BETTER LIVES
STRONGER ECONOMIES
DISTRICT COUNCILS' NETWORK

“Joint-working, cooperation and collaboration between councils and between councils and other organisations provides for efficiency, effectiveness and ...public service improvement.”

- DCN report 2022

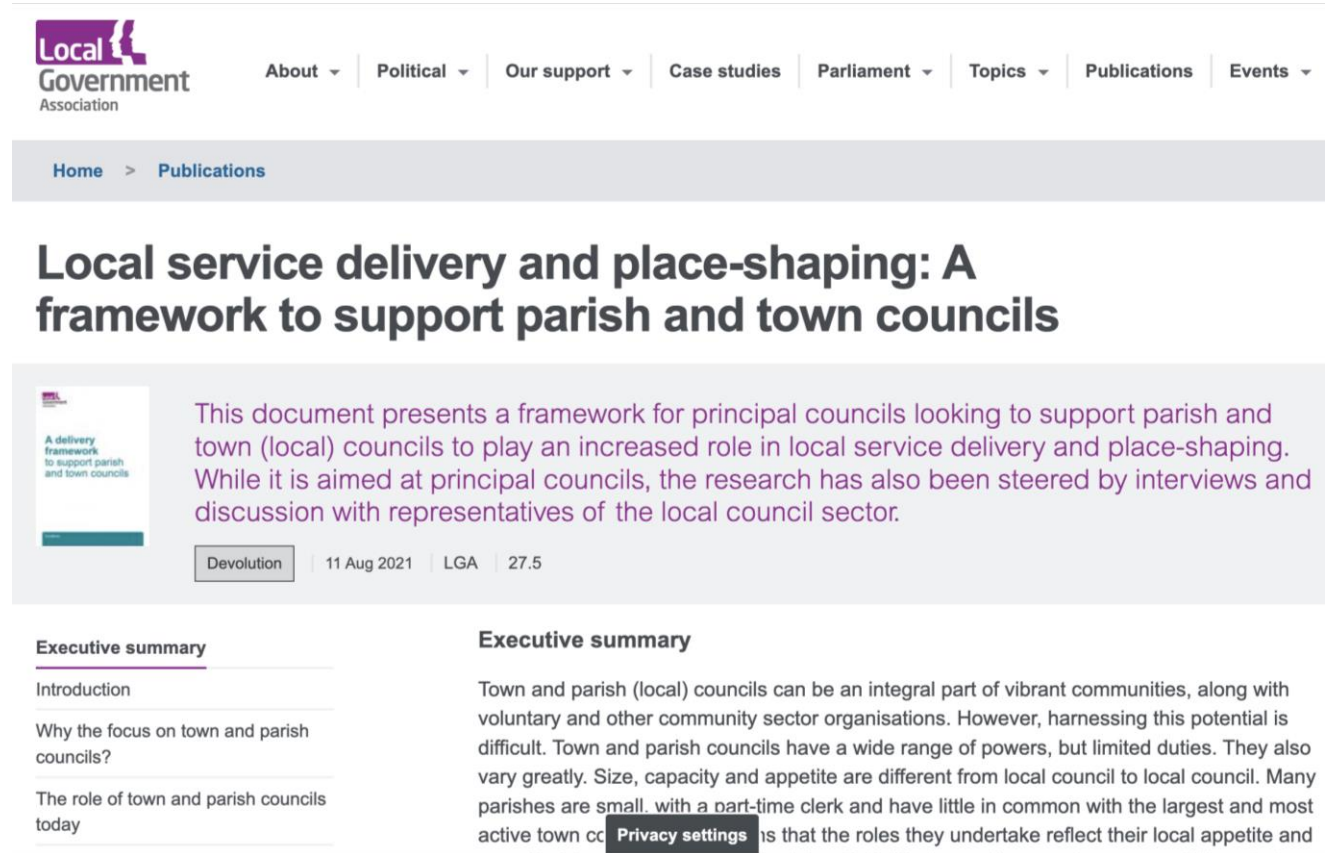


Bigger Is Still Not Better

PARISHES AND PARTNERSHIPS: TESTIMONIALS

“The potential of parish and town councils to contribute to vibrant and successful local and community governance has grown noticeably in the last decade.”

- LGA report 2021



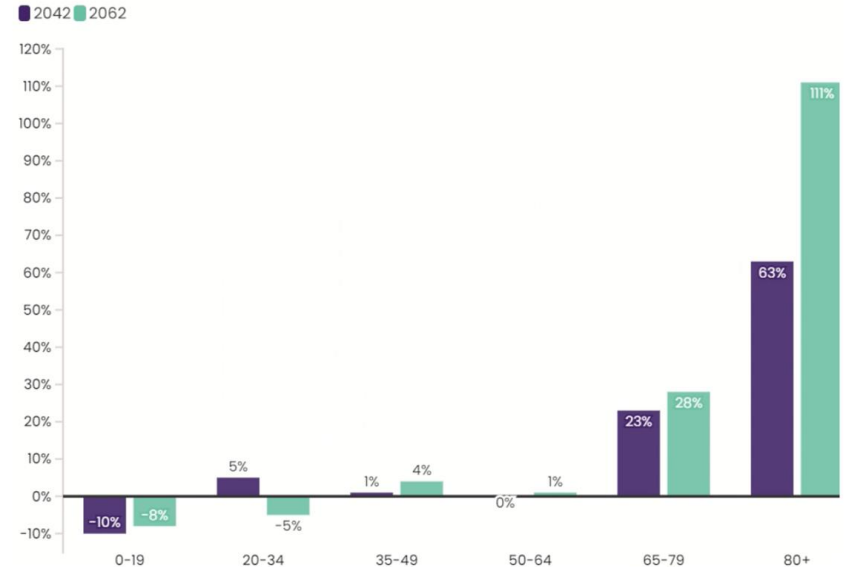
The screenshot shows the website of the Local Government Association. The header includes the logo and navigation links: About, Political, Our support, Case studies, Parliament, Topics, Publications, and Events. The breadcrumb trail is Home > Publications. The main heading is "Local service delivery and place-shaping: A framework to support parish and town councils". Below the heading is a summary: "This document presents a framework for principal councils looking to support parish and town (local) councils to play an increased role in local service delivery and place-shaping. While it is aimed at principal councils, the research has also been steered by interviews and discussion with representatives of the local council sector." Metadata includes "Devolution", "11 Aug 2021", "LGA", and "27.5". The page is divided into two columns, both with an "Executive summary" section. The left column lists "Introduction", "Why the focus on town and parish councils?", and "The role of town and parish councils today". The right column contains the start of the executive summary text: "Town and parish (local) councils can be an integral part of vibrant communities, along with voluntary and other community sector organisations. However, harnessing this potential is difficult. Town and parish councils have a wide range of powers, but limited duties. They also vary greatly. Size, capacity and appetite are different from local council to local council. Many parishes are small, with a part-time clerk and have little in common with the largest and most active town councils." A "Privacy settings" button is visible at the bottom of the right column.

THE STATE OF AGEING 2023/24: CENTRE FOR AGEING BETTER

- England has an ageing population with more of us living longer than ever before
- 21 million people aged 50 plus
- “Our society and our policies need to change now to keep up with this radical shift.”
- Parish and town councils can play a key role
- NALC is working with Centre for Ageing Better to promote age friendly communities
- <https://ageing-better.org.uk/summary-state-ageing-2023-4>

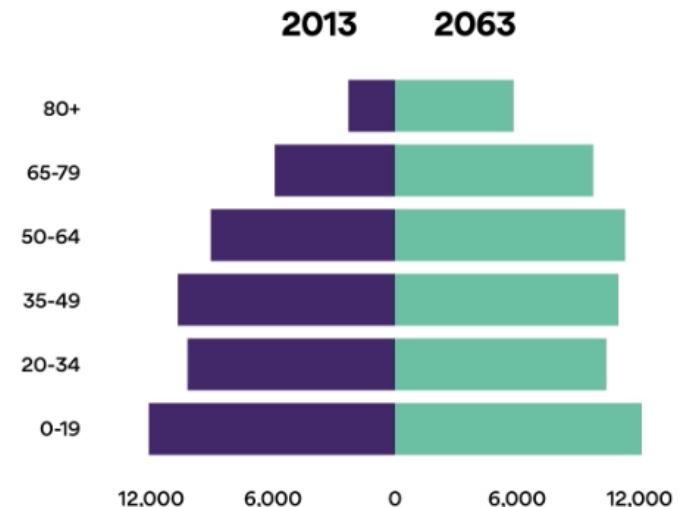
changing age structure

Percentage change in the population of England by age group



or Ageing Better

Number of older people will grow over the next 40 years
Numbers in thousands



79 members of UK Network of Age-friendly Communities

- Antrim and Newtownabbey
- Ards and North Down
- Armagh City, Banbridge and Craigavon
- **Banbury**
- Barnsley
- Bath and North East Somerset
- Belfast
- Birmingham
- Bolton
- Bournemouth, Christchurch & Poole
- Brighton and Hove
- Bristol
- Buckinghamshire
- Bury
- Calderdale
- Cardiff
- Carlisle
- Causeway Coast & Glens
- Cheshire West
- Cumberland
- Derry City and Strabane
- Doncaster
- East Lindsey
- Fermanagh and Omagh
- Flintshire
- **Framlingham**
- Greater Manchester
- Hastings
- **Hebden Royd**
- Isle of Anglesey
- Isle of Wight
- Kirklees
- Knowsley
- Leeds
- **Leighton- Linslade**
- Lisburn Castlereagh
- Liverpool
- Liverpool City Region
- London
- London Borough of Barnet
- London Borough of Hackney
- London Borough of Kingston Upon Thames
- London Borough of Lambeth
- London Borough of Lewisham
- London Borough of Newham
- London Borough of Southwark
- London Borough of Sutton
- Manchester
- Melksham
- Mid and East Antrim
- Mid Ulster
- Middlesbrough
- Newry, Mourne and Down
- Newcastle upon Tyne
- North Norfolk
- North Yorkshire
- Nottingham
- Perth and Kinross
- Plymouth
- Rother
- Salford
- Sefton
- Sheffield
- South Ayrshire
- South Gloucestershire
- South Lakeland
- South Lanarkshire
- South Tyneside
- **St Ives**
- Stevenage
- Stockport
- Stoke-on-Trent
- Sunderland
- Torbay
- Trafford
- Vale of Glamorgan
- Wigan
- **Yate**
- York

Stevenage and Hertfordshire



HEALTH AND WELLBEING: PLACESHAPING

*“Our health and wellbeing is shaped by much more than just our health care. The **places we live in** affect our health in countless ways, including through the way a **neighbourhood is designed, access to green spaces and the provision of good public transport.**”*

“The social environment plays a key role too: strong social relationships or, conversely, stressful living conditions, can impact on our mental and physical health, and there is evidence that good urban design and planning can help to encourage positive social interactions and improve health.”

- Creating Healthy Places, Kings Fund 2019

LOCAL COUNCILS: AGE PROFILE

- Councillors:
 - 11% of councillors aged under 45
 - 81% between 45 and 75
 - 8% over 75

(Source: NALC Census Survey 2018)

- Clerks
 - 26% aged between 31 and 50 years old
 - 39% between 51 and 60
 - 27% between 61 and 70
 - 8% over 70

(Source: De Montfort University survey 2023)

HEALTH AND WELLBEING: ITS WHAT WE DO!

- Giving older people a voice
- Allotments
- Leisure and recreation centres
- Parks and open spaces
- Outdoor gyms
- Trees (including planting)
- Transport
- Volunteering
- Social prescribing
- Community centres and village halls
- Public toilets
- Age/dementia friendly communities
- Good neighbour/befriending schemes
- Public realm (eg seating)
- Street lighting
- Providing grants
- Neighbourhood plans
- Providing information
- Community events!

HEALTH AND WELLBEING: EXAMPLES

- Feock Parish Council, Cornwall, collaboration with VCSOs to reduce isolation and loneliness
- Milton Parish Council, Cambs, community warden scheme
- Devon Dementia friendly parishes around the Yealm, 5 small parishes working together
- Corbridge Parish Council, Northumberland, loneliness campaign with NHS/churches/Age UK
- Audlem Town Council and 5 parishes, Cheshire, carers respite
- Essex Association of Local Councils, mental health first aid training
- <https://www.nalc.gov.uk/our-work/health-and-wellbeing>

TOPICS

Creating healthier communities

Crohn's and Colitis

Dementia

Epilepsy

Healthwatch

Loneliness

Mental health

MENTAL HEALTH: LOOK AFTER OURSELVES!

Mental health in the workplace, by the Mental Health Foundation, outlines ten steps to follow to protect your mental health:

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink responsibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others



Civility & Respect

IN COLLABORATION WITH SLCC, NALC, OVW, COUNTY ASSOCIATIONS

**1287 councils have signed
the Civility & Respect Pledge**

[The pledge](#)

[Take the pledge](#)

[See who has taken the pledge](#)

[Resources](#)

WHAT NEXT?

- Local government funding: principal authorities and local councils
- New government: priorities
- What's the picture in your area? Changing fast, potential vast?
- Build links with local councils/county associations
- Promoting/supporting excellence and sharing good practice

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