

Salford

LinkAge Plus

Increasing Physical Activity

This project provides training and resources for Care and Residential settings to develop their own Reminiscence sessions, Healthy Hips and Heart programmes, transport and staff costs to take small groups out of their care/residential setting to visit Salford Museum and Art Gallery and other cultural venues.

Increasing Physical Activity

Objective

In broad terms, the project:

- Fulfils the aim of developing support and care for the 'whole person', whatever their physical/clinical circumstances.
- Meets the principles of:
 - Working with others, involving residents and their carers on the design and content of the programmes;
 - Being flexible and proactive;
 - Increasing access to opportunities and services;
 - Increasing wellbeing;
 - Develops the theme of Participating in the Life of the Community by providing opportunities for social interaction, learning and activity.

Specifically, the project:

- Provides access to reminiscence resources for care and residential settings within the city of Salford.
- Provides bespoke training for staff at care and residential settings in order that reminiscence provision can be adequately sustained by workers and managers themselves. This training is delivered in partnership with the Healthy Hips and Hearts programme.
- Aims to reach staff, carers and residents of all care and residential settings within the city of Salford, as well as social groups and day centres that specialise in providing care for the elderly, including those with dementia.

Activity

Since June 2006 the following activity has occurred:

- Delivery of reminiscence session training to all staff at care homes and sheltered housing units across the city of Salford.
- Design, research and production of 22 picture packs – one for each ward and area of interest in Salford.¹
- Design, research and production of 10 handling boxes on a variety of themes.²
- Design, research and production of 4 travelling exhibitions on four different themes,³ they are on permanent tour around the care homes and sheltered housing units in the city.

¹ These packs contain old pictures and maps of each area that encourage individual and group reminiscence.

² Each box contains original objects that stimulate discussion and reminiscence.

³ At the seaside, In the Kitchen, Shopping and School Days.

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- Design and delivery of a bespoke tour around Salford Museum and Art Gallery for residents of care homes, sheltered housing units and dementia units.
 - Design and production of city-wide marketing materials for the project.
 - Design and management of web pages advertising the project and the services it provides.
 - City and region-wide advocacy of the project via project workers' attendance and presentation delivery at conferences, seminars and workshops.
 - Design and delivery of a Heritage and Health walk around Ordsall Hall and Salford Quays.

Achievements against objectives

From July 2006, the picture packs have been used over 1,300 times, and the handling boxes over 1,700 times. There have been over 900 exhibitions and over 70 visits.

Wider achievements

- Putting Salford Heritage Services 'on the map' for senior Council staff and staff at care homes and sheltered housing units. Thanks to the LinkAge Plus project, Salford Heritage Services are now seen as being able to directly contribute to the city-wide well-being strategy for older people and to services that have a direct impact on the elderly in the city.
- Better joined up approach to working with partners in the city of Salford in order to best serve the needs of some of its most vulnerable residents.

Resources

Resources created

- Information pack for staff at care homes and sheltered housing units.
- Website.
- 10 picture packs of different areas of the city.
- A wholly accessible handling collection, appropriate to the needs of staff and residents in care homes and sheltered housing units across the city.

Resources used

Staffing costs – part-time administrator working two days a week. Pop-up display stands cost around £1.5K each. Because the objects for handling boxes were old, period items, costs will vary depending on the subjects chosen, and local availability.

Key lessons learned

Partnership working with our colleagues in Adult Social Services and Salford Community Leisure has allowed the project to be the success it is.

Listening to our service users has allowed the project to grow and respond to need, galvanizing its popularity and sustainability.

Further information

Contact: Caroline Mean, Heritage Development Officer,
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Ref to website: www.salford.gov.uk/leisure/museums/reminiscence

Related documents

See website above.