**HULL 2017 AND WELLCOME DEVELOPMENT GRANTS PROGRAMME**
**END OF PROJECT REPORT**

**GENERAL INFORMATION**

|  |  |
| --- | --- |
| **PROJECT NAME:** | Exploring Ageing |
| **PROJECT LEAD:** | Dr Debbie Kinsey |
| **REPORT DATE:** |  |

**INTRODUCTION**

Everyone who receives a grant from the Hull 2017 and Wellcome Development Grants Programme must complete this End of Project Report. Please read it straight away – you will need to collect the information throughout the lifetime of your project.

Please refer to your Agreement, and any changes you agreed with us, when you complete this Report.

This End of Project Report tells us:

* What has happened during your project as a whole;
* Your final income and expenditure figures;
* What you have learned from the project, how you have adapted to these learnings, and what you plan to do with this learning in future.

We will send you a separate online survey about you and your partners experience of the Hull 2017 and Wellcome Development Grants Programme as a grant recipient. We will process the information you give us to understand:

* The outcomes and impacts of our grant and support on your organisation;
* The effectiveness of our services and grants administration; and

We also use this information to report to our funders.

Please email this activity report to: wellcome@hull2017.co.uk

1. **PROJECT REPORT**

Please provide a brief update (3 or 4) sentences on each of the following areas to let us know how your project went, what you’ve learnt and how well we supported you.

**WORKSHOP PLANNING, DEVELOPMENT TIME WITH PARTNERS AND PROJECT MANAGEMENT**

We met as a whole team three times, as planned in the original proposal. Between meetings, all members of the team did additional work such as community engagement and further research.

**COMMUNITY ENGAGEMENT**

We sought the views of the local community through an online survey which was shared on social media, at workplaces, and in Hull-specific groups. Members of the team also met with and spoke to community groups they had links with, including Butterflies’ clients, youth groups, and coffee morning groups.

**ARTIST ENAGAGEMENT**

*Does the project allow for artists to engage with health research for the first time?*

The four artists have engaged with ageing research and theory for the first time. Our first full team meeting consisted mainly of a discussion of this research, and subsequent artistic ideas were framed around this.

**BUDGET**

In this section we ask for a final summary of the income and expenditure of your activity to date.

Pleasecomplete the Budget Template provided. The template includes instructions on how to complete it.

**Please use the space below for any comments and supporting information.**

The budget could not be attached to this report as the final invoice from one of the artists was sent at the end of October, so will be processed by the University for the November pay day. Though the invoice was for the amount expected, this means the final budget cannot be sent until late November, so the budget report will be sent separately to this report once we have received confirmation from the finance department.

**Specific Requirements - VAT**

If you are registered for VAT, your expenditure figures should not include VAT that you can claim back. If you are not registered for VAT, your figures should include VAT. You may need to get advice from your own accountant or the relevant tax office. For information about VAT and other taxes, contact HM Revenue and Customs (HMRC) through their website at [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

**B. MONITORING & EVALUATION REPORT**

1. **PROJECT MILESTONES**

**Please tell us how you did in achieving the key milestones\* for your project. Please insert you’re your project specific activity milestones in the table below. These should reflect the original proposal and include any revisions to those milestones.**

**\* Examples of key milestones include, number of project team meetings, workshops/sessions held with the community and number of participants etc**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **ORIGINAL TARGET\*** | **REVISED TARGET\*** | **TOTAL\*** |
| **PROJECT VENUE/LOCATION** |  |
| HU1 – HU9 | 3 |  | 3 |
| Not HU1 – HU9 |  |  |  |
| **Project Milestones/Activity** |  |
| Half-day development meetings (whole team) | 3 |  | 3 |
| Wellcome closed workshop | 1 |  | 1 |
| Wellcome public showcase | 1 |  | - |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**\*Original target: target(s) listed within your contract
\*Revised target: new suggested targets now that your project planning and delivery is underway
\*Total: final figures for the project as a whole**

**Please attach any additional information you feel would support your End of Project Report, this could include evaluation from community participants, creative material , support for further development of the project etc.**

1. **Project Team**

**Who was involved in developing your project? Please include yourself and your partners including any freelancers that you contracted for this project.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **TOTAL NO. INDIVIDUALS**  | **TOTAL NO. OF DAYS WORKED** | **TOTAL NO. OF HU1-HU9 RESIDENTS** | **TOTAL NO. OF DAYS WORKED BY HU1-HU9 RESIDENTS** |
| **CATEGORY OR ROLE** |
| Project Lead | 1 | 10 | 1 | 10 |
| Artists | 4 | 10 | 2 | 6 |
| Health Researchers (inc lead) | 4 | 15 | 3 | 14 |
| Community Partners/Groups | 1 | 3 | 1 | 3 |

**Thinking about your project as a whole, what would you say have been the main successes and challenges for you and your project delivery team (approximately 500 words):**

**This can include formal and informal feedback given to you by staff and / or your own observations. You can use notes or minutes from project team meetings; informal conversations; emails etc. to inform this.**

The main success of the project has been the team members, from different backgrounds and with different levels of experience of this kind of work, working well together to develop an event which will be engaging, scientifically-underpinned, and contribute to future theory in itself. The idea for the artistic work to contribute to theory, and how to conduct this, is relatively novel, and should help to provide further links between the arts, sciences, collaborative working, and public engagement in issues around ageing.

As a team we were able to move from broad discussion of theory and research, and artistic experience, to the point where we had specific ideas of what we wanted to do using those discussions as a frame. For example, a discussion of “at what age does ‘older’ begin” led to the plan of the event becoming multi-generational and open, as everyone is ageing all of the time and the idea of “old” is very subjective.

As the summer, particularly during Hull2017, is a very busy time for the artists and the funding was announced at short notice, it was difficult at times for them to get involved to the degree they would have liked to, particularly in terms of work outside the meetings such as community engagement and further research (though all did contribute what they could).

It was also a challenge at times to balance the need to focus on detail (such as potential costs, different specific resources needed at future event) and the need to have the ‘bigger picture’, and different members had different preferences and strengths as to what level they work.

We wanted to include more general older community groups / organisations for older adults in Hull, but were unable to do so. Partly due to the short notice given their existing commitments over a busy summer, but also, in the case of AgeUK, that they did not have sufficient staff to become involved at this stage, though would be interested in the future. This period of development became more about making connections for future involvement, rather than the planned involvement of other groups at this stage.

At times it would have been helpful to have more communication from Hull2017/Wellcome, such as at the start that there was a delay in funding being sent (and how long that delay might be), and having more notice about what the workshop events at the end would entail, so planning for this could be incorporated into the project plan.

1. **Community Engagement**

Where possible we would like to know more about the demographics about the communities that you were engaging with:

|  |  |  |
| --- | --- | --- |
| **TYPE OF ENGAGEMENT** | **TOTAL** | **% FROM HU1-HU9 (please include first 3 digits of postcode)** |
| Number of participants\* | 42 (survey responders only) | 69% (various across HU1 – HU9 postcodes. Remaining 31% across HU10-HU17 postcodes). |
| Type of Engagement Activity (please list) |  |  |
| **TOTAL BENEFICIARIES** |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **TOTAL** |  |  | **TOTAL** |
| **AGE GROUPS – Comm unity Engagement** |  | **DISABILITY/LONG TERM ILLNESS – Community Engagement** |
| 0-2 years |  |  | Yes | 6 |
| 3-5 years |  |  | No | 35 |
| 6-10 years |  |  | Prefer not to say | 1 |
| 11-15 years | 2 |  | **CONDITIONS – Community Engagement** |
| 16-17 years | 1 |  | Learning disability |  |
| 18-19 years |  |  | Long-term illness/condition | 1 |
| 20-24 years |  |  | Sensory impairment |  |
| 25-29 years | 1 |  | Mental Health condition | 3 |
| 30-34 years | 4 |  | Physical impairment | 2 |
| 35-39 years | 3 |  | Cognitive impairment |  |
| 40-44 years | 2 |  | Other | 3 |
| 45-49 years | 5 |  |  |  |
| 50-54 years | 3 |  |  |  |
| 55-59 years | 7 |  |  |  |
| 60-64 years | 7 |  |  |  |
| 65-69 years | 4 |  |  |  |
| 70-74 years | 1 |  |  |  |
| 75+ years | 3 |  |  |  |
| Prefer not to say |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **TOTAL** |  |  | **TOTAL** |
| **GENDER – Community Engagement** |  | **ETHNICITY – Community Engagement** |
| Male | 8 |  | Welsh/English/Scottish/Northern Irish/British | 39 |
| Female | 34 |  | Irish |  |
| Transgender |  |  | Gypsy or Irish Traveller |  |
| Other |  |  | Any other White background  | 1 |
| Prefer not to say |  |  | White and Black Caribbean | 1 |
|  |  |  | White and Black African |  |
|  |  |  | White and Asian | **1** |
|  |  |  | Any other Mixed/multiple ethnic background  |  |
|  |  |  | Indian |  |
|  |  |  | Pakistani |  |
|  |  |  | Bangladeshi |  |
|  |  | Chinese |  |
|  |  |  | Any other Asian background |  |
|  |  |  | African | **1** |
|  |  |  | Caribbean |  |
|  |  |  | Any other Black/African/Caribbean background  |  |
|  |  |  | Arab |  |
|  |  |  | Any other ethnic group  |  |
|  |  |  | Prefer not to say |  |

1. **Additional Information**

**In the box below, please share any additional information that enhances your reporting regarding community engagement activity that you have undertaken, this could include evaluation reports, quotes, feedback comments, photographs from workshops etc. This should be separate to any information provided in PROJECT MILESTONES**

We did not set specific milestones around community engagement, so this is not listed in the project milestones section.

We created an online survey to gather views from people of all ages in Hull about our ideas, what they feel are the important issues around ageing, and about access needs. The responses to non-demographic information questions are attached to the end of the report. These have informed our discussions and will continue to do so as the project is developed further.

Additionally, informal discussions with local community groups members of the team have connections with were conducted using similar questions to the online survey. These were not always formally recorded (so are not included in stats above), but, again, these responses have and will continue to inform the project’s development.

1. **FUTURE DEVELOPMENT**

**Thinking about any future development of your project can you tell us of your plans? Do you intend to further develop the project? Do you have plans to secure future funding and will the partners continue to work together to secure any additional investment?**

It is currently planned that the team will secure further funding for a Celebration of Ageing event in Hull. This will be a two-week event, including two days at the end which have a higher concentration of events. There will be five main collaborative arts projects running through the two weeks, and a few smaller events such as pop-up talks. The individual projects will be underpinned by scientific theory, and will be created through collaboration between scientists/researchers, artists, and the community. Events will happen in different areas of Hull, and, while the work will be generalizable, it will have a focus on Hull and ageing as related to place. The Celebration will be cross-generational, as everyone is ageing all of the time, and will explore ageing throughout the lifespan and between generations.

Throughout the project will be at least one embedded ethnographic researcher, who will investigate the processes and outcomes of the arts projects, and event as a whole, with the aim of contributing to and creating new theory on ageing, perceptions of ageing, and what it means to age “well”. Individual projects will also be evaluated. In this way, current research will inform the arts projects, and the arts projects will inform current research.

The project lead is leaving Hull at the beginning of November, so it is planned the team will still work together but with a different project lead. Additional members will also be recruited, such as a project manager, and further community engagement work to develop the project will take place.

**Celebration of Ageing - Survey responses** (responses organised under headings where appropriate)

*1. What do you think about the idea of a celebration of age & ageing in Hull?*

*A good idea*

* A good/great idea (x 16)
* Brilliant our older people have a wealth of information and even though some young people seem to think its old hat I wish they would just listen we have all been young although it might have been a long time ago
* We’re all ageing, all of the time so effectively we’re just celebrating life
* A wonderful idea as we are all ageing and the ageing process begins from the day we are born, if not before.
* Fantastic!, ageing is something we all do,, so it would be great to celebrate it.
* Something that gets forgotten & it needs celebrating & people need to be made more aware!
* It would be great to see the very oldest people in our communities being celebrated for all that they have contributed to Hull
* Age and aging needs to viewed more positively and although brings challenges, there are lots of benefits which can be passed on throughout all age ranges.
* It's a fantastic idea and something that is not often given much thought until it impacts people directly (eg. I had an elderly father who recently died and it gave me memorable experience of spending time in an elderly care facility)
* Very interesting and rarely discussed.
* Ageing should be celebrated
* Great idea - especially if the University gets involved, because it might counteract some of the perceived prejudice in the University, particularly against older women.
* Brilliant. Older people are undervalued in society.
* It’s a good idea because ageing is part of life
* Very good it will show different aspects of aging
* A fabulous innovative idea, we really need to highlight the issues of each generation to myth bust and get people to understand... walk a mile in my shoes!
* I think it has the potential to be an exciting and engaging project
* Great idea. We may be older but still have a lot to offer
* Anything to help our elderly people is vital
* A good idea in view of an ageing population

*Not a good idea*

* Personally I don’t like the idea
* Bad idea. All events should be for everyone.
* What's to celebrate being closer to death, ridiculous!

*Unsure*

* Is there not something similar in the autumn? Although I think this might be more along classes and meeting places.
* Think it is a great idea. There is an older person day run by Age Concern at the Royal Hotel in September. I don't know how well it will go down in Hull.
* I think it's an interesting idea. I'm not sure how much there is to celebrate, though. For many people, ageing is about the decline of their powers and the loss of their autonomy.

*2. Are there any issues around age or ageing you are particularly interested in or think we should explore? (This can be "ageing" at any age).*

*Health*

- That people are living longer and are more active for longer!

- I am 64 today but I still 24 my body tells me different finding something to keep us young and active and not stress full exercise

- Health, diet, wellbeing x2

- Ageing in people (children and the elderly) with kidney failure.

- For older people ageing: Remaining healthy, discussing community and hospital care and what happens when you do become unwell. Celebrating all different flavours of healthy.

- Dementia, health, social isolation, multi-age interaction

- Service provision and opportunities for older people

*Social interaction*

- Loneliness & reaching elderly people to get them into more community activities/groups

- Getting people out into the community to keep an eye on the elderly people who live alone

- family links as we age - with more mobility families are further apart and it is harder to stay in touch unless we use digital means

- People feeling lonely and isolated

- More social activities and transport for groups

*Work*

- the impact of work and retirement age, post-retirement income specifically low income for those historically working in low paid industries;

- The issues around people having to work much longer - how this can be managed so the experience is both good for the employee and valuable for the employer

- The workplace and co-workers as sources of support at different stages of the life-course.

- Women's pensions as she is 59 and now has to wait to 68 before she gets her pension. Finance issues as she is a Social Care helper and has 3 illness's herself and can't get the support she needs herself - therefore some support from social services / council / charities etc.

*LGBT issues*

- LGBT in older people & LGBT at different ages.

- I think there are some groups in which aging is not particularly looked at and hold interesting thoughts; e.g. LGBT groups and the eternal partying and socialising into later age, or expectation to do so, traditions at specific ages and places people from LGBT communities migrate to when they get older; e.g. from Hull to Hebdon Bridge.

*Across the lifespan*

In addition for younger people ageing: becoming a teenager, a young adult, adult, middle aged etc. What people wished they knew. Embracing who you are earlier rather than later. What you can achieve as a younger person and that having not yet "aged" is not a barrier. Your political currency and responsibility.

- I think people's experiences and their stories concerning age and aging, and how these differ... what is it like being in your 30s, to how someone who is aged 60 remembers it, maybe.

- Getting the generations to share their stories, a child's, a teenager, an adult, and a 'proper grown ups' view of an event or their day, just to share Celebrate the difference and similarities of our lives...

-how to best capture older people's histories

- Perceptions of ageing historically vs in the modern world. eg 1 wisdom acquired through age and experience vs financial burden on society. eg 2 the 'invention' of the teenager.

- Also cultural issues such as musical preferences changing over a lifespan and the change to preferring Radio 4 over R1 or R2.

- The different ages of music - all styles. All my family, mum and dad, grandmum and grandad, aunties and uncles all love music.

*Intergenerational links*

- Different ages spending time together - eg. examples of infants spending time with the elderly have been seen in mainstream media recently, citing the benefits for all concerned!

The idea of 'time' and how it speeds by or drags by for different age groups

- I'd like to improve the relationship between all age groups, with a particular emphasis on bullying and vulnerability. It would also be useful to promote the sharing of experience between the old and the young.

- More interaction between young children, teenagers & older people

- At what point do young people begin to see us as irrelevant?

*Challenging stereotypes*

- I like the idea of challenging what it means to be part of a particular decade, like a teenager or in your 60 s or 20s or whatever. The perceived stereotypes of what you should be doing with your life. Why it seems important to celebrate big birthdays and what they mean

- The influence and power of older people in transforming other peoples lives. Their political and social power

- The pervasive cultural idea that ageing is bad and something to be avoided and particularly how this links with gender and harmful ideas that women should remain 'youthful'. Also ideas about the value of ageing, continuing a journey of personal development and contributing to society. We need to appreciate our older people, make them feel needed and facilitate contributing to society in as many ways as possible.

- Social isolation, society's pre-conceived notions of the elderly. Hurtful remarks dressed up as jokes. Where the elderly feature in their families i.e. included or an embarrassment or source of cash?

- How older people seem to disappear under the radar. How older people can contribute to society.

- Some people need their perceptions changing

- The negative perception that ageing is a bad thing, it is a privilege to age!

- Challenging the myths you can’t do certain things after a certain age

*Other*

- The link between biography and place. The sense of being at home, and belonging, in particular places. The role and importance of personal possessions in maintaining a sense of self.

- older people’s hardy attitudes and fortitude

- At what age do people need or want anything age specific?

- The transition into your 50's both the physical and the mind set. It is such a grey area, as you are not yet old and not young. It is an age that is neglected.

- I think your opinions on life from age of 50 onwards

- Cultural and social changes in Hull since WW2

- Loss of independence

- I personally don’t want to celebrate getting older

*3. Where would you like an event to happen?*

No preference x2

City centre x10

Marina area

Somewhere local x3

Bransholme

Longhill / East Hull

Schools x2

Sports teams

Community groups / centres around Hull x2

Independent businesses

Ferens & museums x2

Local parks / Queens Gardens x3

Somewhere easily accessible by public transport x4

Somewhere with disabled access x3

University of Hull x5

Burton Constable

- During or between visiting at HRI/CHH. On the wards/day unit.

- Elderly care facilities

- More smaller towns/villages & hamlets to reach thousands who can’t or don’t want to travel far!

- street parties? dance halls? the places that older people loved when they were younger?

- churches - often older people attend but younger people stop going when they reach puberty. it would be good to see people reaching out spiritually across the generations in collaboration with local churches, university chaplain and multi faith groups

- I suggest that initial workshops are held in local community venues, working towards a combined event in the town centre; possibly in Queens Gardens.

- I think being in a University can be good but can also be off putting to people, if they have never been here before.

*4. What would help you to attend a workshop/event?*

*Accessibility*

- Not too long in length

- Having it on weekends/evenings due to work x8

- Outside of school times

- Easy transport close to where we live x4

- Free travel x3

- Venue is local x3

- Knowing about it x2

- Minimal cost / free to attend x2

- Accessible & interactive for all ages (child friendly so I can bring my daughter & feel welcome)

- Easy accessibility

- Somewhere to sit

*Content of events*

- Realisation that “old” people nowadays want rock & pop music & modern art not Bing Crosby & war songs

- Tea & cake / free refreshments x2

- Being of interest x5

- Free stuff and/or advice and help

- Done with tangible outcome, not just a talking shop

- To be able to get different opinions from different people

- Meeting other people that are attending

*Other*

- Knowing people there, having someone to go with

- Involving established organisations to add validity

- If someone famous was on, for example Callum Scott who is from Hull

- An invitation. But for others they might need encouragement, a buddy, career, friend to enable them to get there.

- Motivational leadership & advertising

- By getting all group of care in the community together we could make a difference. By bringing these groups together could mean more transport available to get people there

*5. Any other comments?*

- Think this is a bit pointless

- Hull really should be going into dementia-friendly now to ensure all elderly people are looked out for in a secure environment

- We did run a friendship club up till last Christmas and at one time we had 60+ people we gave them a three cause meal did craft and even started our own choir but there was no one to take it on so we had to close it would be nice if there was more of these Friendship clubs

- I like the idea of having a mixture of some more 'serious' workshops - such as 'Death Cafes' and those covering life and practical skills such as IT for elderly, life skills for young men and women (just leaving college/moving out etc) - and then social events to perhaps bring the young and old together. Care home dates for young people, take an elderly person to the bingo and other fun stuff.

- ageing makes me think on the one hand, 'those were the days' and on the other hand 'times were hard then, people don't know they're born now...', all those lovely phrases that some older people possess, and the contradictory nature of memory. I hope that we can celebrate aging in Hull in the way it is celebrated so beautifully in some other cultures.

- keep in mind the threats of racism, homophobia and Brexit to allow celebrations that bring different people together rather than celebrating in silos

- Glad that ageing is being viewed positively

- It's a positive idea especially as it's not just about the elderly... But all ages are embraced. Look to Europe... latin America, Japan, China. See how they deal with ageing. Two types of ageing - your mind and your body and sometimes they don't always correspond

- As younger people don't believe that there are older people about, most are hidden away in care homes and at home with some of them with literally one foot in the grave... I think we need to roll them out / wheel them out for a big get together, tea-party, picnic - old fashioned style / war style. Also a lot of Mum's now work full time, and there is a separation so more cross-generational activities and happenings. She has two grandchildren and worries for them too, therefore the older generation have had lives and could pass stuff over, their life stories and how they ate too as children are getting overweight eating bad diets and burgers. Maybe information for younger generation on banking, credit - some kind of citizen courses.

- It's an amazing idea as all ages can engage with each other and all ages can identify with that. There is an old saying ' it takes a community to raise a child' and we should keep that alive. We live in a individualistic society nowadays so this idea of a festival of ageing well could address that.

- Social isolation makes people very depressed and there are so many people that experience this who would benefit by being able to meet people who they could form social network with and also make new friends

- Food is always a good draw, tea and biscuits cuts across all ages as a welcome sign.

- I suggest that the pool of City of Culture Volunteers is included as a resource for support and participation.

- "Ageing" can be lonely and frightening or it can be rewarding. Sharing life experiences with younger generations (without judging!) can be great fun.