



# Welcome to Hastings Community Network

**17<sup>th</sup> July 2019**

Ageing Well in Hastings and St Leonards

*One of eight Locality Networks supporting community resilience across East Sussex*





# Agenda

- 9.30 Registration and Networking (Downstairs)**
- 10.00 Welcome (All move upstairs)**
- 10.10 Introductory Activity**
- 10.20 Setting the Scene**
  - Introduction to Open Space**
- 10.40 Open Space - Session 1**
- 11.10 Refreshment Break and Networking**
- 11.40 Open Space - Session 2**
- 12.10 Brief Feedback from Open Space Hosts**
- 12.30 Next Steps and Closing Remarks (All move upstairs)**
  - Networking and Evaluation**
- 13.00 Event close**





# Welcome



**Steve Manwaring (HCN Executive)**

**Teresa Flower (East Sussex County Council  
Locality Link Worker)**

**Ann Lowndes (Hastings Seniors Forum)**

# When does old age begin?



<https://www.youtube.com/watch?v=dZ-2Tk-R80g>



# Setting the Scene



**Steve Manwaring**  
**(HVA Director and HCN Executive)**

**Steve Hare**  
**(Age UK East Sussex CEO)**

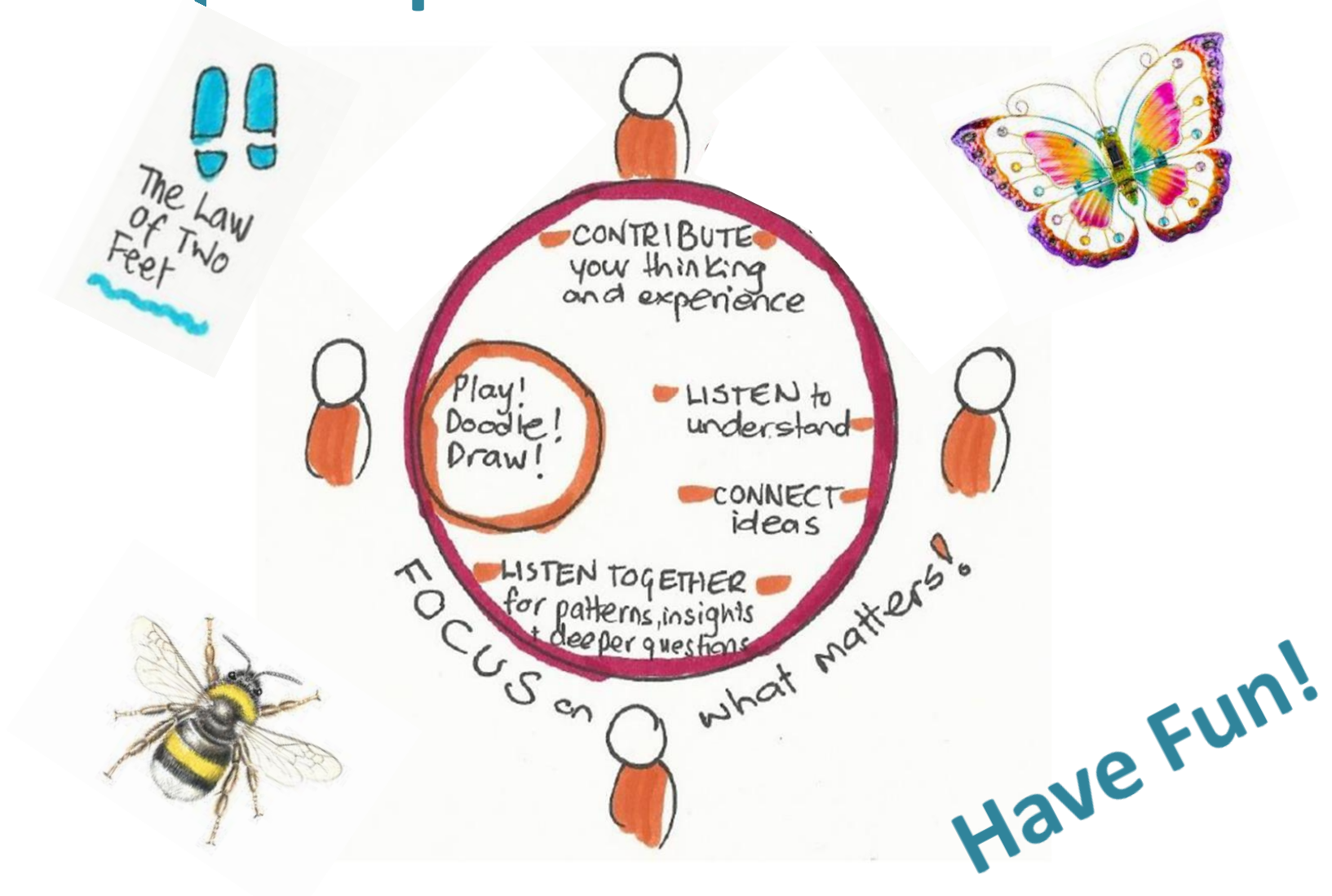


# Setting the Scene

**Peter Thorpe**  
**(HVA Deputy Director)**

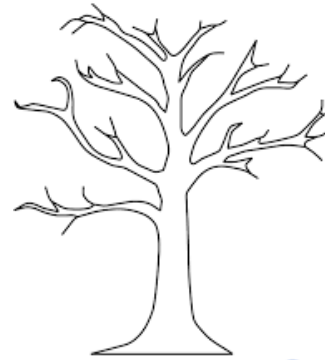
**Debby Anderson**  
**(HVA Age Friendly Volunteer**  
**Project Worker)**

# Open Space Conversations



What Does it mean to Age Well in Hastings and St Leonards?

# Open Space Conversations



**What does ageing well mean to you?**

## Age friendly Volunteering



**Creating a living, breathing and growing Hub**



**What impacts on our health and wellbeing?**

**What great things are happening already?**

## Creating a Shared Vision



# Open Space Conversations

1. **This Space Visioning (upstairs)**
2. **What will ensure this space develops and grows? (upstairs)**
3. **An Ageing Well Network - what great things are happening already? (Downstairs)**
4. **Age Friendly Volunteering – what does this look like? (Upstairs)**
5. **Every Picture Tells a Story - what do these say to you about ageing? (Downstairs)**
6. **What Do We Mean By Ageing Well? Make it personal! (Downstairs)**
7. **The Road of Life - what this means for ageing well? (Upstairs)**
8. **Three clouds – moving forward (Downstairs)**



# Next Steps



- HCN 'Bite Size' meeting on July 29<sup>th</sup> (for those that couldn't make it today)
- Ageing Well in Hastings and St Leonards HCN Report produced
- Report shared widely and used to inform future planning
- Bank Building Planning Group
- Next HCN planning commence – making the links between past and future 'Hot topics'



# Hastings Community Network

**SAVE THE DATE!**

Hot Topic: An environmentally themed event

Date: Friday 18<sup>th</sup> October 2019

Venue: TBC

Booking will be open soon at:

<https://hastingsvoluntaryaction.org.uk/events>

# Information Sharing After Today

1. Ensure you have given consent for your contact details to be shared on the sign in sheet today
2. Ensure the activities, groups, events, support and opportunities you offer locally are listed on ESCIS. **Its FREE** and is used widely by practitioners and the community

[www.escis.org.uk](http://www.escis.org.uk)

[info@escis.org.uk](mailto:info@escis.org.uk)





# Hastings Community Network

## Ageing Well in Hastings and St Leonards

Thank you for making this morning so special

**Please don't forget you evaluation forms.**

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