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Hants & IoW Social Prescribing Network Webinar

'Addressing Frailty and Social Isolation: Integrated Approaches to Ageing Well'

Tuesday 9 December 2025, 1-2pm

NHS
Hampshire and Isle of Wight

'Addressing Frailty and Social Isolation: Integrated Approaches to Ageing Well'

- **Welcome and Programme Review** – Angela Gill (Hants & IoW Social Prescribing Network Facilitator)
- **Tim Houghton**, Chief Executive, **Community First**
- **Abbie Twaits**, Senior Public Health Practitioner, **Hampshire County Council, Adults' Health and Care**
- **Dr Esther Clift**, Consultant Practitioner in Acute Frailty, **Isle of Wight NHS Trust**, **Portsmouth Hospitals University NHS Trust**
- **Fabian Cook,** Head of Transport and Mobility, **Community First**
- **Dates** for early **2026 Hants & IoW Social Prescribing Network** and **VS Health & Wellbeing Webinars**

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Voluntary and Community Sector perspective

Tim Houghton tim.houghton@cfirst.org.uk

9 December 2025

Challenges: Funding and Volunteers

- Many **groups** in the Health and Wellbeing Space are finding it difficult to secure funding and to recruit volunteers needed to sustain or expand services, despite growing demand

- Capacity in the VCSE sector can change quickly; expectations may need to be managed re support and/or taking referrals

- Grant funds are heavily oversubscribed

- Despite an uplift in intention to volunteer and a rising number of volunteer opportunities, the reality is different.

- 1.16 million fewer volunteers aged 50+ in 2024 compared to 2019 and 632,000 fewer people doing informal volunteering

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Collaboration is critical to address these challenges

What do SPN Members want and/or need most?

Where are the gaps, and what else can VCSE do to support?

- Mental Health
- Healthy weights and obesity
- Smoking cessation
- Live Longer Better

HIVCA (Hampshire and IoW VCSE Health and Care Alliance)
https://hivca.org/ Strategic Commissioning of VCSE services

Demonstrate the value and impact of the voluntary sector in preventing worsening health.

How can we work better together to unlock new/more funding?

- Lottery
- Household Support Grant and Crisis and Resilience Fund
- Adults Health and Care Strategy
- LCPs, Family First and Best Start
- Pride in Place in Gosport, Havant & Portsmouth

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Training

- **NASP Webinars**
  https://socialprescribingacademy.org.uk/events/social-prescribing-and-neighbourhood-health-looking-to-the-future/

- **Healthy Walks** – Walk Leader training for PCNs and other organisations. Contact tim.houghton@cfirst.org.uk

- **New MIDAS training centre for minibus drivers**
  https://www.cfirst.org.uk/training/midas/

- **Help with volunteers** https://volunteerfirst.co.uk/

- **Help for Groups**
  https://www.cfirst.org.uk/help-for-groups/

Community First

Established in 2017, the Hampshire and Isle of Wight Social Prescribing Network (HSPN) brings together over 500 members, including Social Prescribers, Health & Wellbeing Coaches, voluntary organisations, health professionals, PCNs, and local authorities.

How can the Hampshire and Isle of Wight Social Prescribing Network support you?

Collaboration and Info Sharing

Strengthen ties with key organisations to tackle social factors, address health inequalities, and boost outcomes.

Webinars and Events

Access topical health and wellbeing webinars and events for the HSPN and related health forums

Communication Support

Share your organisation's initiatives and successes through our member network and regular e-newsletters.

For past webinars, resources, and forums on health and wellbeing, visit:

cfirst.org.uk/HealthForums

Contact us to learn more about how the HSPN can support your organisation's goals:

HealthForums@cfirst.org.uk

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Forums organised by Community First. Community First is the trading name of Communities First Wessex.
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HIOW

Social Prescribing Network

Live Longer Better

Abbie Twaits
Senior Public Health Practitioner, Hampshire County Council

abbie.twaits@hants.gov.uk

Social Prescribing network – Tuesday 9th December 2025

Live Longer Better

The Mission

We want everyone to enjoy their later life as much as possible, so we have joined the national revolution to Live Longer Better.

Live Longer Better harnesses one of the best possible ways we can be healthy: moving more. No matter what age we are, or how many health concerns we have, we can take simple steps to stay as mobile and independent as possible, so we can all live longer better.

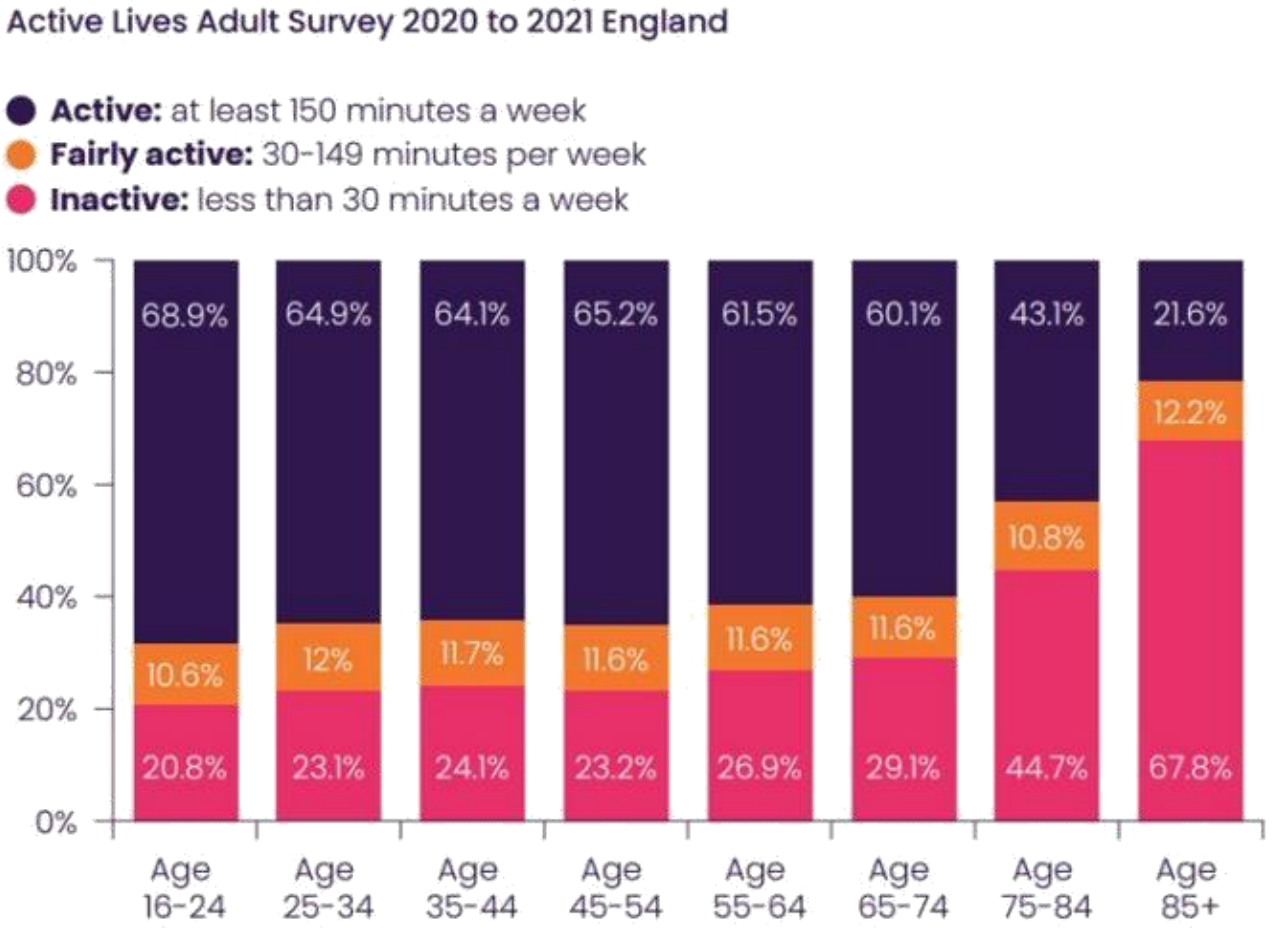
Live Longer Better

The Evidence

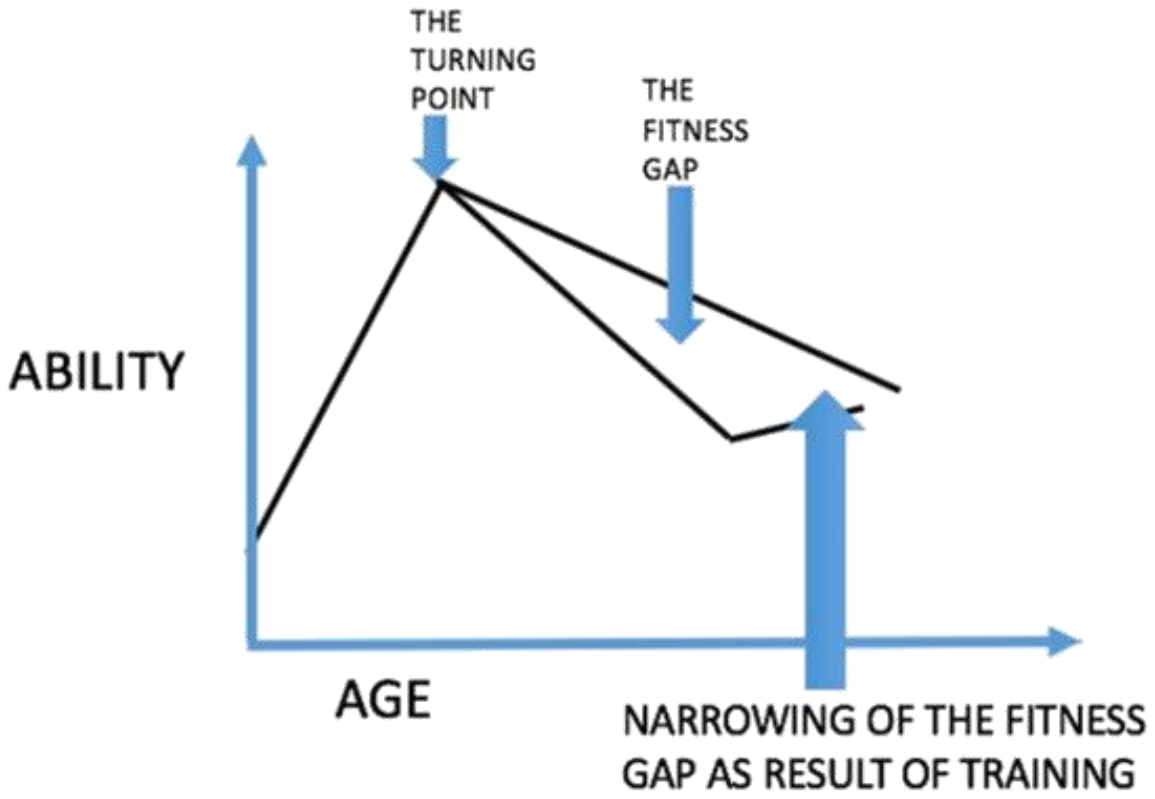
There is strong evidence to suggest that many major causes of disability and dependency can be prevented or delayed, meaning we can increase our active and independent years with our family and community.

There are of course some conditions we can’t prevent, but we can learn to reduce our risk of developing some as we get older or learn to live better with them.

Live Longer Better

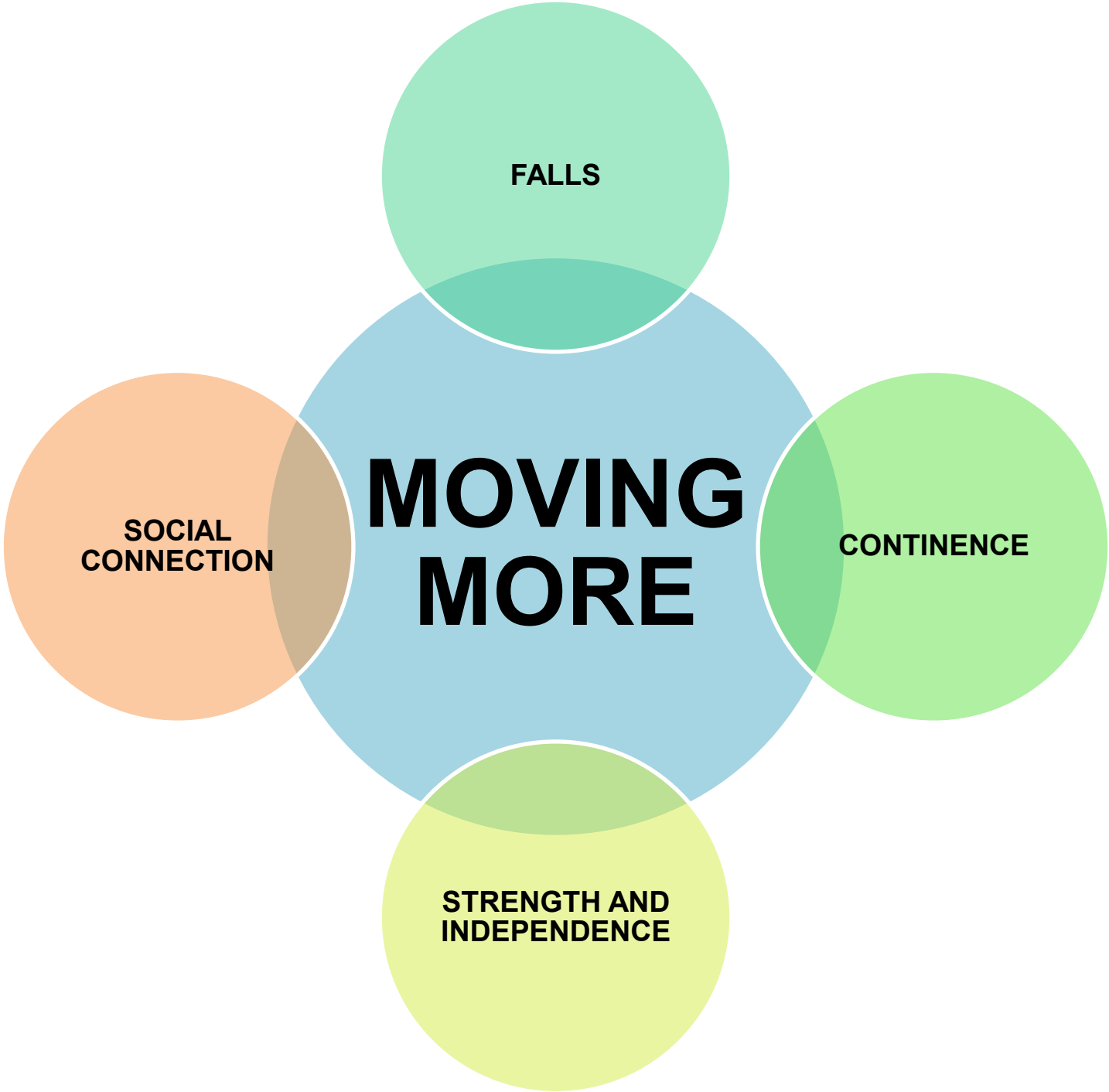


Data source: **Active Lives Adult Survey 2020 to 2021 England**



Currently:

- Continence is a taboo topic.
- We are risk averse around older people being active.
- We are unclear what strength and balance exercise are and why they are important
- Solutions don't tend to be sustainable or rehabilitative e.g. pads for continence, pendant alarms for falls, befriending for loneliness.



NHS

Live Longer Better and prevent incontinence

Incontinence is NOT an inevitable part of ageing.

There are many ways to prevent, reverse or better manage any continence concerns you may have.

If you do experience symptoms, you are not alone. However, it is not something that you need to put up with and there are many ways to take back control and maintain your quality of life.

Start making your action plan today.

- Stay active every day
- Food and drink
- Lifestyle
- Toilet habits
- Medical
- Top tips for males
- Top tips for females

Hampshire County Council

Live Longer Better HAMPSHIRE

Managing incontinence

If you are experiencing incontinence, contact your local continence service to get the right support whilst trying some self-help options below to help better manage symptoms.

If you experience leaks when coughing or laughing:

- ☐ Practise your pelvic floor exercises (both men and women). Remember, it may take 3 to 6 months of doing pelvic floor exercises before you see results - don't give up.
- ☐ Find support to maintain a healthy weight. Call **Gloji Hampshire** on **0800 048 9509** if you need support.
- ☐ Seek help to quit if you smoke. **Smokefree Hampshire** offers support to give up smoking. Call them on **01264 56309** or **0800 772 3649.**

If you have a sudden urge to go to the toilet:

- ☐ Practise your pelvic floor exercises (both men and women). Remember, it may take 3 to 6 months of doing pelvic floor exercises before you see results - don't give up.
- ☐ Think about swapping out drinks that make you rush to the toilet, such as caffeine or alcohol. Switch to your favourite decaf teas or non-alcoholic equivalents of your chosen beverage.
- ☐ Speak to a health professional who may prescribe bladder training exercises.

If you experience issues getting to the toilet in time:

- ☐ Try to take part in regular strength and balance exercises to get to the toilet without fear of falls or rushing.
- ☐ Look to include good lighting, grab rails or signs to help you find or use the toilet.
- ☐ Wear practical clothing that can be taken off easily.

NHS

Live longer better and avoid falls

Falls are NOT an inevitable part of getting older.

You should always tell your GP or another health professional if you have a fall as it may be a sign of a new or worsening health condition.

There are lots of ways to reduce your risk of falling.
Start making your action plan today.

- Be active
- Hydration
- Foot care
- Medicine
- Alcohol
- A safe home
- Falls Friends
- Eyesight
- Dizziness

Hampshire County Council

NHS Services provided by:
Southern Health NHS Foundation Trust
NHS Frimley

Live Longer Better HAMPSHIRE

Steps you can take to live well and avoid falls

Be active every day

Improving your strength and balance can reduce your risk of a fall.

I've had a fall in the last 3 months. I'm going to...

- ☐ Contact my GP Practice Team for support through the NHS, which can include NHS balance classes.

I'm feeling a bit wobbly on my feet. I'm going to...

- ☐ Find a local Steady and Strong class, designed to improve your strength and balance. Call **0370 779 0106** or visit **hants.gov.uk/balance**

I'm feeling steady and want to stay that way. I'm going to...

- ☐ Be active every day and do strength and balance exercises, such as circuit or resistance training, ball sports, yoga or tai chi at least twice a week.

Medicines

Some medicines, and taking a lot of medicines, can make you more likely to fall.

I'm going to...

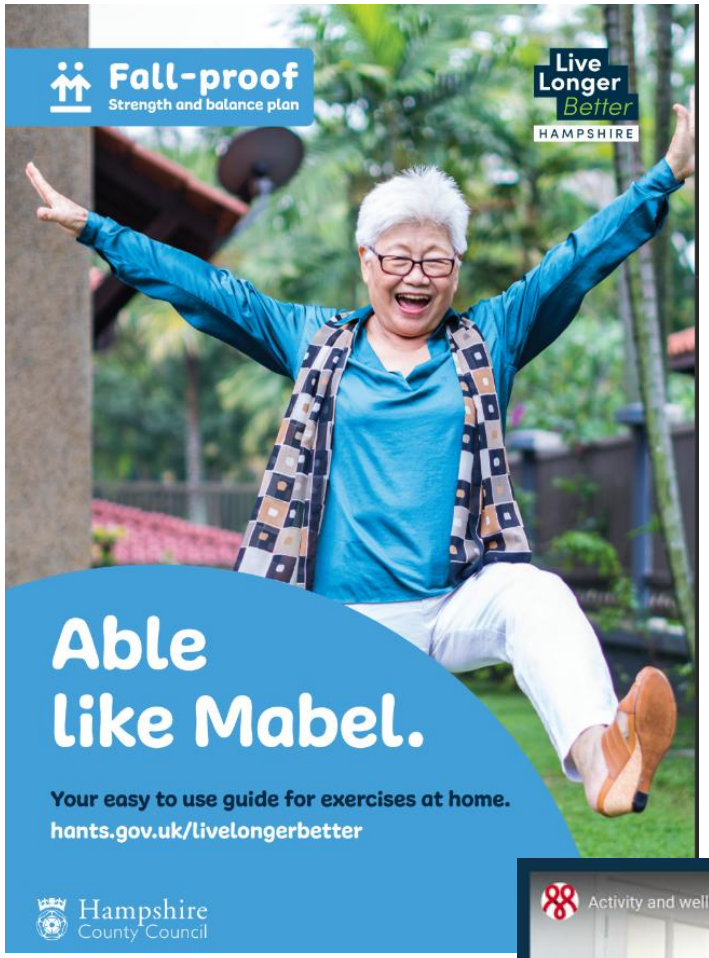
- ☐ Follow instructions for taking and storing medication.
- ☐ Have a medication review every year. Speak to your GP Practice team or pharmacist to make an appointment.
- ☐ Speak to a pharmacist about medication reminder systems.

Foot care

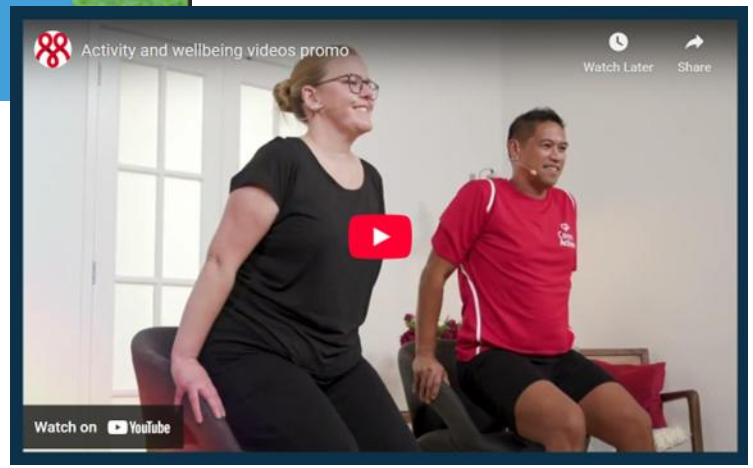
Keeping your feet and footwear in good condition can help you to stay steady.

I'm going to...

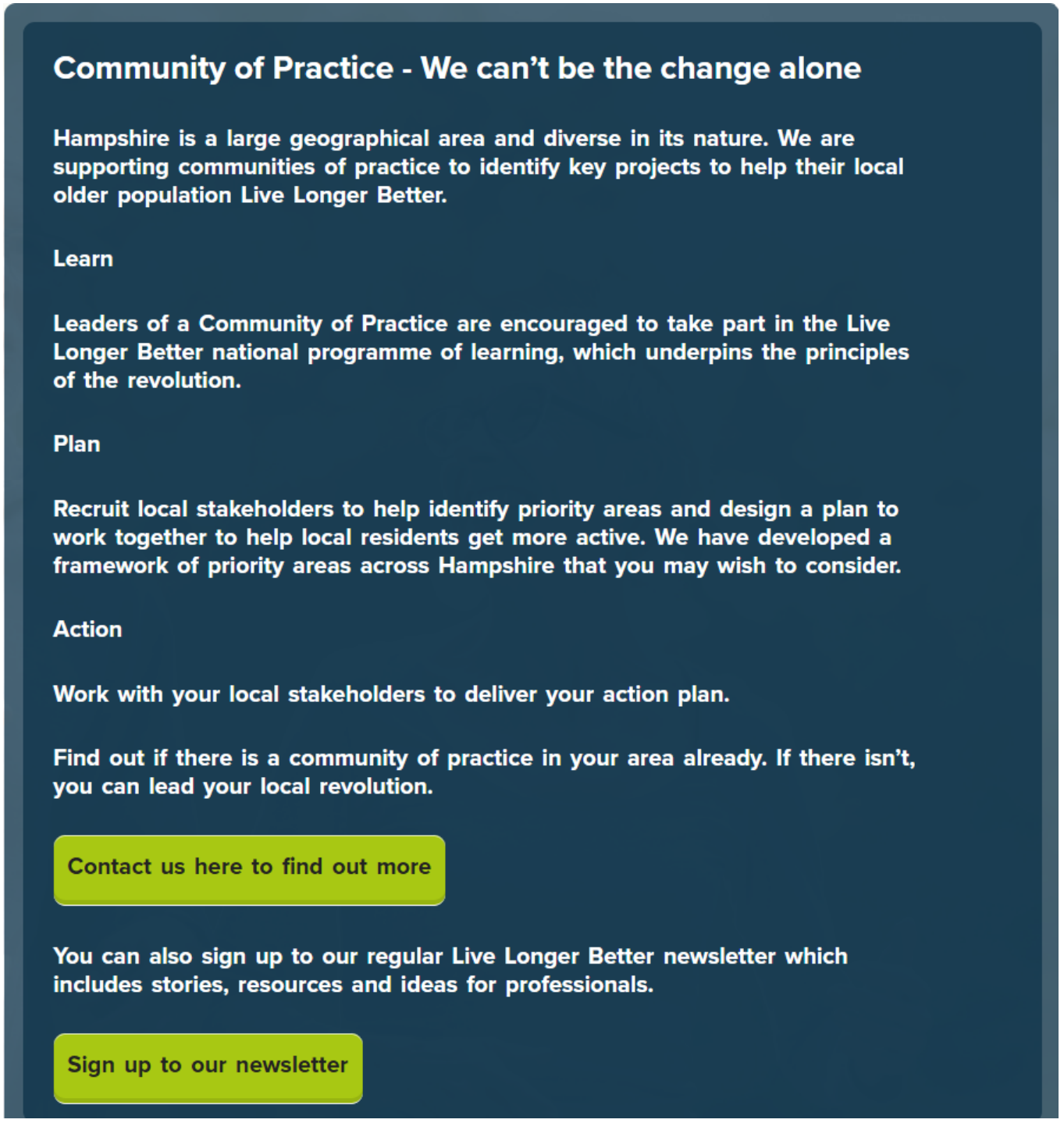
- ☐ Take care of my feet, including trimming toenails regularly.
- ☐ Wear well-fitting shoes or slippers that are in good condition and support the ankle.
- ☐ See a GP or chiropodist about any foot problems.



Top tips on how to prevent or manage Urinary Incontinence



[Professionals Page | Health and social care | Hampshire County Council](#) Library of resources and evidence



Integrated approaches to ageing well

Live Longer Better - Join the revolution today!

Live Longer Better newsletter sign up

Communities of Practice

Area	Key success
Basingstoke	Seekers Create Stakeholder workshop, new physical activity classes, Carers workshop
East Hants	Developing work on consultation and focus groups. Falls Friends Champions training. Wealth of professional engagement on LLB key messaging
Fareham	Local residents surveys helped shape class offer- falls prevention, low impact dance and seated yoga (lower uptake)
Gosport	Use of FFMOTs to initiate LLB conversations. Launched 2 x 12-week physical activity class. *'One man was above average in all 3 tests - he was pleased as has been attending classes at the leisure centre since he had a triple heart by-pass so seems his hard work was paying off!'*
Havant	LLB event at Staunton Park- FFMOTs and taster sessions. Launched low impact dance and Zumba Gold
Rushmoor	Up to 35 attendees each week at the Nepalese exercise and education course
Test Valley	Seekers Create workshops for co-production: *'Ageing = fear vs ageing = reimagine myself.'*
Winchester	Engagement with 90 sheltered housing residents. Seated Yoga, Dance, Steady and Strong and Tai Chi classes held and evaluated using Active Lives style data and WEMWBS

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Frailty- What is it and why does it matter?

Esther Clift - Consultant Practitioner in Acute Frailty DclinP, MSc Gerontology, BSc hons Physiotherapy, Fellow HEA

esther.clift@nhs.net

Working together To deliver excellence in care for our patients and communities

Definition

- Long Term Condition:

‘loss of reserve’ or bounce back ability

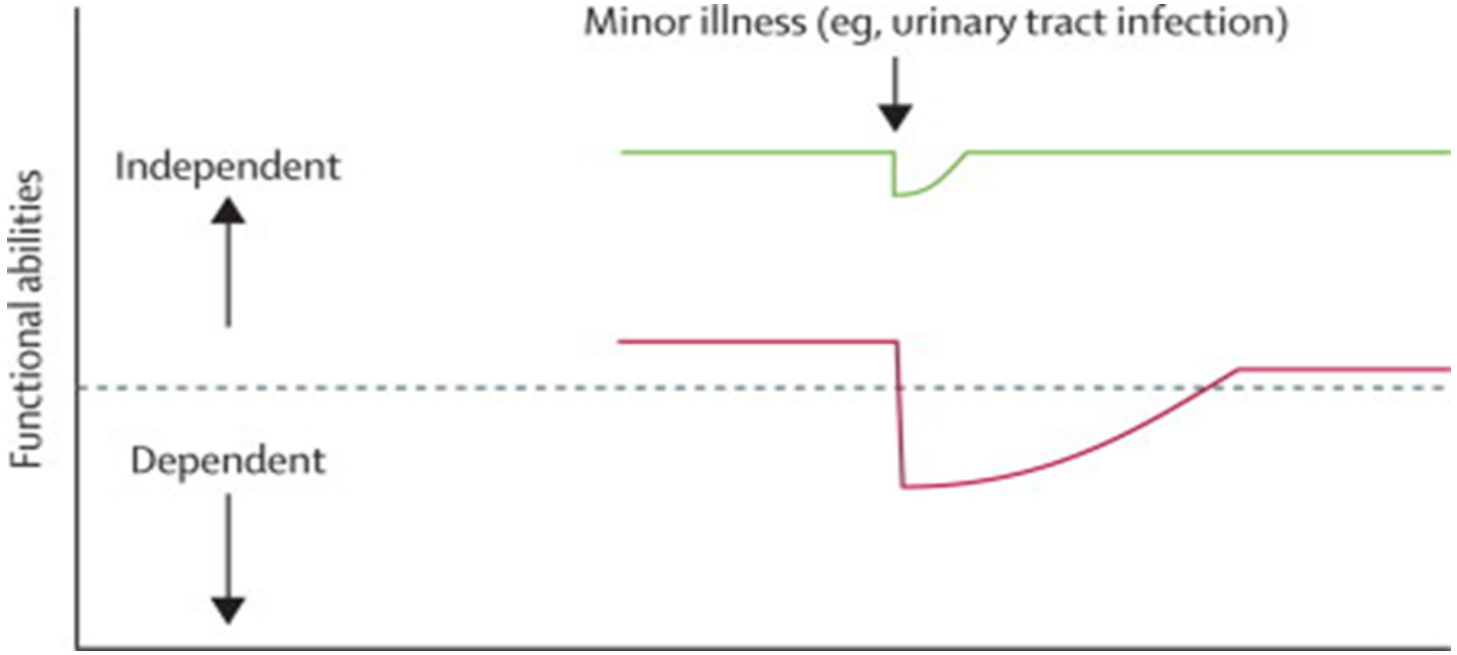
- Caused by age related deterioration- hastened by poor diet, lack of exercise and poor mental health
- Prevented by- good diet protein and ‘colours’, activity, social engagement
- We need to:

Identify it, intervene- use Comprehensive Geriatric Assessment

- Offer a realistic medicine approach.
- Counter societal ageism.

Caraway

Referrals - Caraway



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Thank You!
Any questions?

Working together To deliver excellence in care for our patients and communities

Fabian Cook

Head of Transport & Mobility

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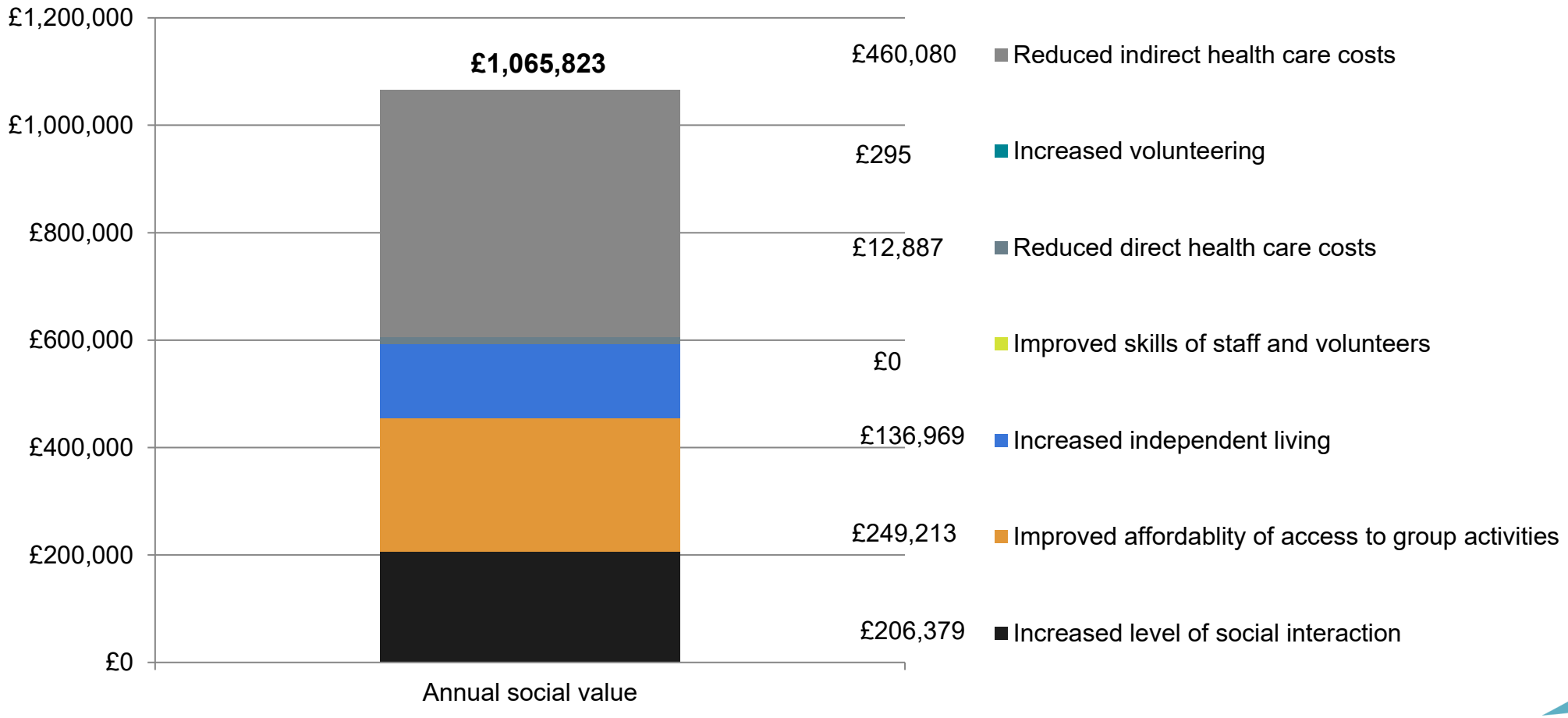
Community Transport

- Provide Essential Mobility
- Enabling Access
- Foster New Connections

Freedom to access opportunities

Annual Social Value 2024-25



Case Studies

Joyce S

Christine H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Thank You

- **Thank you** to all presenters, Katy Ovens and you the audience too!
- **If** you didn't have time to ask a question or make a comment via Chat, please email the presenter or Katy Ovens
- **If** you would like to recommend a future presenter or suggest a relevant Webinar theme for 2026 and/or the March, 'Social Prescribing Celebration Event', please email **Katy Ovens**:- healthforums@cfirst.org.uk

This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First website** within a week.

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Hants & IoW Social Prescribing Network and VS Health & Wellbeing Webinar Dates - Early 2026

- **1-2pm Tuesday 10 February 2026** – Voluntary Sector Health & Wellbeing **Webinar – 'Weight Management in the 21st Century: Nutrition, Innovation and Medical Intervention'**
- **9.30am-2.30pm, Wednesday 11 March 2026** - Hampshire and Isle of Wight Social Prescribing Network – **'Social Prescribing Networking and Showcase Celebration Event!'** (Vineyard Church, Winchester)
- **NB Social Prescribing Day is Thursday 26 March 2026!**

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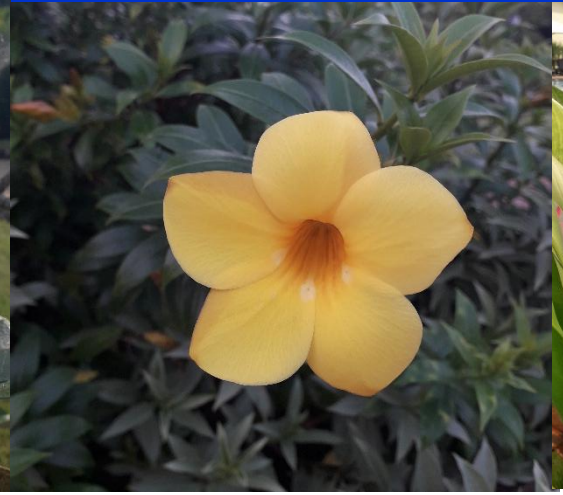
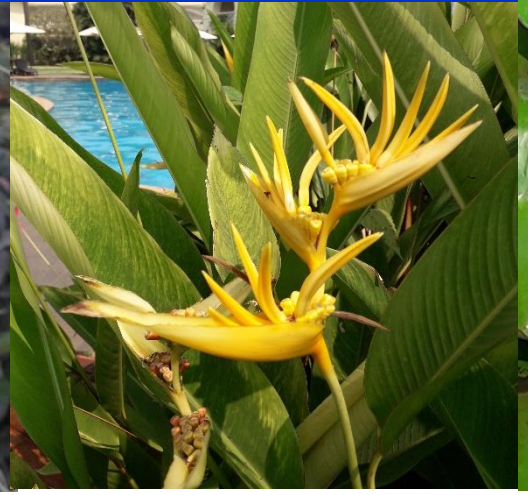


The recording will now stop. Thank you everyone and **have a good afternoon**.

Wishing you all a Happy and Healthy Christmas and New Year!

Website Address: Community First:- www.cfirst.org.uk

If you have any information to share - via the monthly 'Helpful Info' email updates, please contact:-
Katy Ovens:- healthforums@cfirst.org.uk

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