

Living and Ageing Well in Surrey Awards 2015

Who makes your local community
a better place to live?





If you would like this information in large print, Braille, on CD or in another language please contact us on:

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📍 Give an individual, group or service the recognition they deserve - nominate them for an award today.

The second annual Living and Ageing Well in Surrey Awards provides an exciting opportunity for individuals and particularly volunteers, to be acknowledged for the positive contribution they make to their local community, improving services for older people resulting in increased wellbeing.

Read about last year's inspirational winners at surreycc.gov.uk/livingandageingwell.

This year there are nine different categories to choose from. They are based on the pledges from Surrey's Commitment to Ageing Well (see back page). They are specific pledges that have been identified by older people as the things that matter to them as they age. The pledges are important because they offer a set of guiding principles and values. They can help organisations to plan and deliver services in conjunction with local people, and individuals who want to help out in their local community. They can also be used by Surrey residents to raise awareness and be a 'call to action' when individuals face age inequality in the county.

If you know someone who deserves an award, don't hesitate to nominate them today. You can even nominate yourself!

♥ How to enter

It's easy and free of charge. You can nominate yourself or someone else for an award. You can only enter yourself for one award.

Here's how:

Online

Visit surreycc.gov.uk/livingandageingwell and complete the Awards form online. You will also find more information here about Surrey's Commitment to Ageing Well.

By Post

Please complete and return the entry form attached by post to:

Living and Ageing Well Awards 2015
Room G33, County Hall
Penrhyn Road
Kingston upon Thames
KT1 2DN

Download and print the entry form from the Living and Ageing Well page of the Surrey County Council website, surreycc.gov.uk/livingandageingwell.

Or ask for a form at your local library, hub, council office, volunteer centre or Age UK Surrey.

Film clip

You can also enter the Awards by making a film clip nomination. Please send by email to livingandageingwell@surreycc.gov.uk.

Maximum duration: two minutes.
Maximum file size including email message is 20MB. For files exceeding this size, please save to CD-Rom and post to the Awards Team at County Hall.

Please remember to state clearly at the start of the film your name, the name of the individual, group or project you are nominating, and the category you are entering.

♥ Award Categories

- **Best Local Transport Project**
- **Technology, Making a Difference Award**
- **Bringing the Community Together Award**
- **Best Healthy Living Project**
- **Help at Home Award**
- **Information and Advice**
- **Carers' Support**
- **Dementia Support**
- **People's Choice (Outstanding Individual - Volunteer and Outstanding Individual - Paid Staff Member)**

Please note, the maximum for each category is 400 words. There is one entry form for all categories.

♥ **Entry Form** – Living and Ageing Well in Surrey Awards 2015

Name of individual, group or service you are nominating. Please indicate if the person you are nominating is a volunteer or salaried staff member:

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Your name (nominator):

The name of the organisation you work for:

Your role/job:

Your phone number:

Your email:

Your address:

Category:

Overview of your nomination (max 50 words):

Reason why you are nominating an Award (max 400 words):

The judges are looking for evidence of:

- ▶ Innovation;
- ▶ Improved outcomes or benefits including feedback and recommendations;
- ▶ How the individual/group/service has made a positive difference to the community in which it is based;
- ▶ How it supports the pledges from Surrey's Commitment to Ageing Well (see back page);
- ▶ How long the project has been running for and when it was launched.

Thank you for your nomination.

Please remove and return your entry form by post to:

Living and Ageing Well Awards 2015

Room G33, County Hall,

Penrhyn Road,

Kingston upon Thames,

Surrey KT1 2DN

Or by email to: livingandageingwell@surreycc.gov.uk

📍 Closing date

The closing date for the awards is midnight Wednesday 7 October 2015. Entries received after this time will not be included in the judging process.

Entrants will be notified if their nomination has been shortlisted and be given details of the Awards ceremony, which will take place in November 2015.

📍 Terms and conditions

Entries are free of charge. Applicants may only nominate themselves for one award. The individual, project, initiative or service must be based in, or operate in, the county of Surrey.

Written entries have a 400 words limit but may be accompanied by an additional 50 word summary. Film clips must be a maximum of two minutes long.

📍 General criteria for submissions

Submissions should include:

- ▶ **How or why this person, project, initiative or public service demonstrates innovation.**
- ▶ **Evidence of good outcomes or benefits including feedback/quotes/recommendations.**
- ▶ **How the person or project or initiative or public service has made a positive difference to the community in which it is based.**
- ▶ **How the nominee supports pledges from Surrey's Commitment to Ageing Well.**
- ▶ **Descriptions of how the project came into being and for how long it has been running.**

Please bear in mind that supporting documentation may not always be taken into consideration on top of the main submission at Stage 1.

The submissions closing date is midnight Wednesday 7 October 2015.

♥ Categories

Best Local Transport Project

Being connected to the world and the people around us has been recognised as a crucial element for wellbeing. For this category, the judges are looking for transport projects, people or initiatives that have helped older people in the community stay connected to what is important to them – shops, friends, family, activities – on their own terms.

Technology, Making a Difference Award

This award could be for helping people to access technology which in turn helps to reduce social isolation. For example this could be helping somebody learn how to get online or use technology like Skype, meaning they can be connected to a wider group of people.

The judges are looking for innovative solutions for reducing social isolation, and loneliness, increasing independence and for helping people to feel better connected; creating better access and acquiring new skills using technology regardless of age, gender, ethnicity.

Bringing the Community Together Award

This award applies across all the pledges as it is about involving everyone, and improving access to tools and services that help people to live a wider life more easily.

We all know somebody who is brilliant at involving other people, and for this award the judges are looking for an individual, organisation, or project that has helped to unify a community, no matter how small, or helped previously fragmented groups to live, work, socialise and participate in a more inclusive way.

Best Healthy Living Project

For this award, judges would like to see evidence of an individual, project, or initiative that promotes healthy living and gets people active, particularly older people. This covers mental as well as physical health – ideally something that addresses all-round wellbeing.

Help at Home Award

This award is to recognise individuals, projects, or initiatives that help people to live the life they want at home, with the help they need, so they can remain as independent as possible.

This award offers the chance for people, projects or initiatives who provide support services at home to keep people independent and safe. For example, you might know of somebody who was struggling to cope with tasks such as mowing the lawn, cooking, shopping for meals, cleaning windows, gutters or putting the bins out and a neighbour helped draw up a 'rota' to provide this practical help at home.

Information and Advice Award

The Care Act 2014 legislation took effect on 1 April 2015, and is the biggest overhaul of care reforms to take place in the last 60 years. Under the new legislation the local authority now has a duty to provide a universal information and advice service to all residents.

Under the new legislation the importance of good information and advice for residents is key and is the bedrock of person-centred care. For this category, we want to recognise an individual, project or initiative, statutory or non-statutory, paid or voluntary, for the high standard of information and advice that they provide to residents in Surrey.

Carers' Support

This award is for all the organisations, projects and services that provide support to carers in Surrey. This could be anything ranging from breaks for carers, carer transport, Surrey Young Carers, Crossroads, mental health carers' forums for example.

If you have received excellent support that helps you as a carer, we'd love to hear from you.

There are an estimated 108,000 adult carers in Surrey, and 14,000 young carers. Many juggle employment or education with caring responsibilities.

The council currently supports nearly 27,000 carers in Surrey and is committed to identifying and signposting carers and young carers to support in their local community.

"Carers look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid." - Carers (UK) definition

Dementia Support

We all have a role to play in making Surrey more dementia friendly. Dementia friendly actions could range from an individual being more patient with someone who shows signs of dementia to dementia specific initiatives in local communities for example, an organisation training their staff to be able to support customers who have dementia. This award is open to any person, group or service that provides support to people living with dementia, their family and carers.

People's Choice Award – outstanding individual (volunteer); outstanding individual (paid staff member)

This is your chance to nominate an outstanding individual, somebody who has worked tirelessly to improve the wellbeing of older people in a community or communities in Surrey.

There will be one People's Choice Award for a volunteer and one for a paid staff member, opening out the possibility for nominations of individuals working in services and on projects throughout the county.

Surrey's Commitment to Ageing Well – the Pledges

After local consultation with residents and key stakeholders ten pledges have been developed which organisations and individuals can sign up to:

- 1** I/we will ensure that people feel included as full and equal members of the community and are not socially isolated or excluded. That they have opportunities to be involved socially and economically and are able to play an active role in the community if they wish regardless of age, disability, race, religion or belief, sex, sexual orientation or caring responsibilities;
- 2** I/we will enable people to get out and about on transport easily;
- 3** I/we will ensure people know where to access clear advice and information that will help people remain independent and in control of their lives as they age;
- 4** I/we will ensure people will have access to supportive technology that enables people to live independently in their own homes;
- 5** I/we will encourage people to be active, eat well and be informed about how to stay healthier both physically and mentally;
- 6** I/we will ensure people will have access to practical help and support available from competent, trustworthy and affordable agencies for activities such as housework, home maintenance, gardening and shopping.
- 7** I/we will ensure that people with additional or particular needs are supported flexibly at critical times, for example those with older people living with dementia and older people who need assistance after a period of illness and/or bereavement;
- 8** I/we will ensure that support is available to people that allows them to feel safe and secure at home and when out in the community;
- 9** I/we will ensure that people are as aware of relevant allowances such as the Attendance Allowance or grants to seek to ensure financial stability with as much control as possible over money;
- 10** I/we will ensure that carers will have access to timely and accessible support.