

RAYNES PARK COMMUNITY FORUM
10 JUNE 2021

(7.15 pm - 8.45 pm)

PRESENT Councillors Councillor Nick McLean (in the Chair),

1 WELCOME AND INTRODUCTIONS (Agenda Item 1)

The meeting was held via Zoom, and chaired by Councillor Nick McLean with Chris Edge from the Raynes Park Association (RPA). Sixteen residents and five councillors attended on Zoom with 43 additional views on YouTube. The Chair welcomed everyone to the meeting and explained how the meeting would work.

Chris Edge thanked Peter Fisher and Jane Plant and for their long service to the Raynes Park community who are moving out of the area.

2 RAILWAY, STATION, STREET MANAGEMENT & RAYNES PARK IMPROVEMENTS (Agenda Item 2)

Chris Larkman said that the RPA is still trying to persuade Workspace to take responsibility for the Kiss and Ride. Both embankments are in a mess with rubbish on the south side; Network Rail (NR) have promised to clear up but we will keep pressurising. NR are still delaying the transfer of land south of the station. Tony Edwards explained that a Parklet takes over road space to allow for extended seating for café/restaurant. An option in Raynes Park is by the Skew Arch but would require TfL to give up a bus parking space. RPA is not sure there is any other viable local space in the area but welcomes suggestions. Matthew Willis said Future Merton have been looking at having a coffee van or food truck use a Parklet. Matthew Willis had suggested a mural on the skew arch via Next Door and a vote was taking place on the two designs although the final decision will sit with NR as they are funding the scheme. The designs are attached to this report.

3 PLANNING UPDATE (Agenda Item 3)

Neil Milligan was unable to attend or provide an update due to staffing issues.

A resident asked about the Manoplastics site. Cllr Crowe said they have planning permission for 160 units and now up to the developer to progress the work. Cllr Fairclough said the developer had appealed to against a decision to turn down additional units.

A resident asked if Community Infrastructure Levy (CIL) can be used for temporary structures as at Hartfield Walk. Details of the criteria for CIL can be found at <https://www.merton.gov.uk/planning-and-buildings/planning/community-infrastructure-levy/spending-the-levy> and there is no specific restriction on temporary structures. The decision to fund the works at Hartfield Walk was taken at [Cabinet on 7 September 2020](#) and related to the CIL contribution from the Plough Lane Stadium Development.

4 OPTIMAL AGING (Agenda Item 4)

Dr Phoebe Wright, and Jen Kaye, Darzi Fellows with Central London Community Healthcare Trust gave a presentation on Optimal Aging. The presentation is attached to this report.

They are looking at the health of older people in Merton which is set to increase over the next decade. The health of older people has also deteriorated as a result of lockdown. The project aims to increase the healthy span, the period of time where people are healthy, rather than the overall life span. Age does not cause major problems until over 90 but it does impact on abilities and resilience. Narrowing of the fitness gap can help preventable disease. There is also a need to address attitudes and culture.

The work in Merton and Wandsworth has three strands:

- Optimal Aging Content
- A digital platform called WISH (Wellness Interactive Support Hub)
- A Live Longer Better professional network

The pilot testing of WISH will involve up to 380 patients over 65 including those at the Nelson practice. Participants will provide feedback on the platform.

The study is also looking at end of life planning, looking at practical issues like will planning and healthcare issues like decisions to refuse treatment. Dr Wright asked residents to feedback on their thoughts on end of life planning. Resident's feedback included:

- Losing a relative had prompted a rethink and actions
- Considering organ donation as this is still an option in old age
- Creating a death file for relatives
- Not having immediate family nearby makes the situation more complicated as is health emergencies if single.

Dr Wright said it was always an option to discuss issues with your GP or other health professionals. Dr Wright is interviewing people about their plans and if you would like to be involved please email phoebewright@nhs.net

The project is looking at how the use of technology can help. There has been an explosion in the use of technology but take up is much lower for over 75s. The project

aims to look at the benefits and barriers to use of technology. Jen has been having discussions with groups about access and is happy to attend any local groups.

Residents talked about the benefits of using fitness trackers and voice activated devices. A resident asked if technology was really the solution and Jen said it is part of the solution as if it can give information and empower people but not the only solution. A resident asked if the project was linked in with local groups. Dr Wright said they are working with a range of organisations including Age UK Merton, Wimbledon Guild, and the Social Prescribing Team. It is vital to ensure there is local information on WISH that can build local connections. If the findings show the project is successful it can be rolled out across GP practices.

5 ANY OTHER BUSINESS (Agenda Item 5)

Your Merton:

Kris Witherington, Merton Council, gave a presentation on the Your Merton engagement programme. The aim is to build a detailed understanding of resident & community priorities in the wake of the Covid-19 pandemic. By seeking views from all parts of our community the aim is to create a comprehensive, professional engagement that provides genuine insight from residents, communities, service users and hard-to-reach groups. This will provide an updated set of insight showing changes to previous perceptions and future priorities which will support the development of future corporate plan for the borough. The programme asks about places that are important, your daily life, the impact of the pandemic, and your ambitions for the future. We have conducted a large scale telephone survey, have developed an [interactive website](#) and will be working with community groups to hold targeted focus groups. Residents are encouraged to complete the website by going to www.merton.gov.uk/yourmerton by 7 July and to share this with their friends, family and local networks.

2023 Boundary Commission Review:

The Boundary Commission for England is consulting on proposed revisions to the parliamentary boundaries for 2023. For the Wimbledon constituency the major changes is Cannon Hill ward moving to Mitcham and Morden while two wards from Kingston, St James and Old Malden, will join the constituency. To comment on the proposals please go to <https://www.bcereviews.org.uk/> by 2 August

Merton Green Streets, Cllr David Dean introduced this volunteer-led initiative by local residents and businesses to make our streets greener. The group is providing trees, bushes and plants to encourage planting, provide education and increase skills. They want to build up a structure to develop confidence in the organisation. The benefits included reducing pollution and tackling climate change. If you want to give time or skills to help please volunteer. The next planting date is 19 June and

details can be found at www.frontgardenfriendly.uk/Mertongardenstreets. As an example there is a new wildflower meadow on the Chase. Street trees involve the council and are more complex but there are still lots of other places to plant. Cllr Dean thanked the volunteers who have been involved to date.

A resident asked about driveway conversions and removal of trees. Cllr Dean suggested contacting local councillors with specific issues.

Cllr McLean thanked everyone for attending and closed the meeting

6 DATE OF NEXT MEETING (Agenda Item 6)

Future meetings:

All at 7.15pm in Raynes Park Library, subject to COVID-19 restrictions:

- Thursday 16 September 2021
- Thursday 2 December 2021
- Tuesday 22 March 2022



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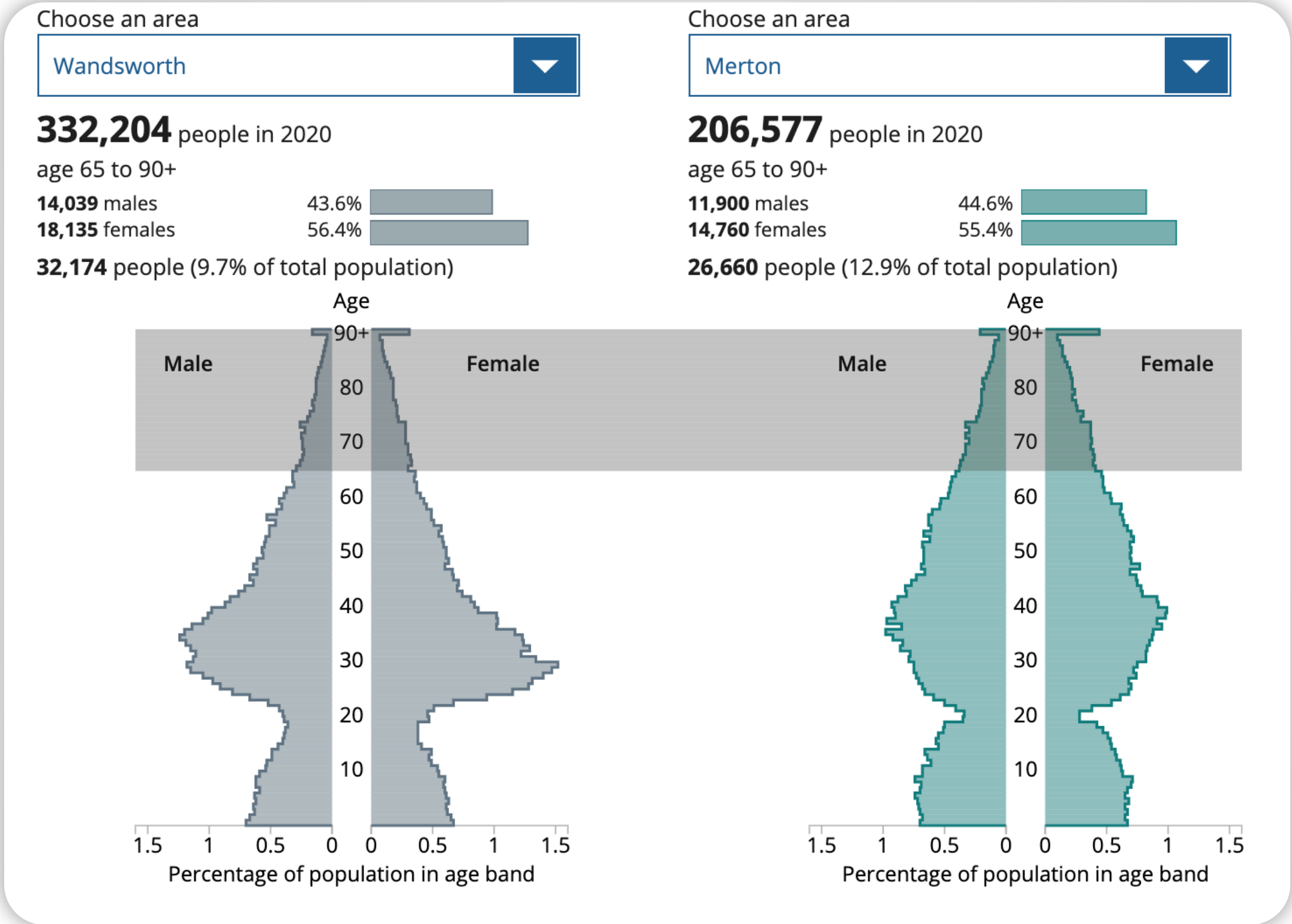
Optimal Ageing in Merton

Jen Kaye & Dr Phoebe
Wright
10th June 2021

Outline for this evening

1. The case for change
2. Optimal Ageing in Merton
3. Our focus:
 - Planning for end of life
 - Using digital technology for health
4. Q&A

The case for change



2020

The case for change

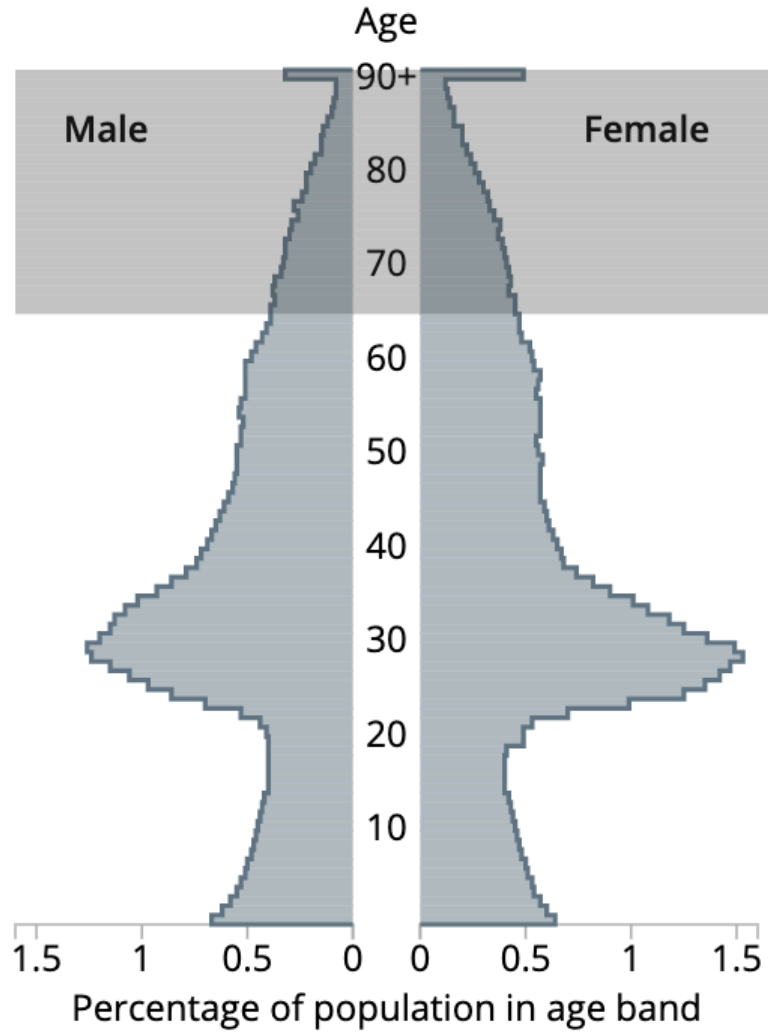
Choose an area
Wandsworth

361,209 people in 2040

age 65 to 90+

22,573 males 43.8%
28,982 females 56.2%

51,555 people (14.3% of total population)



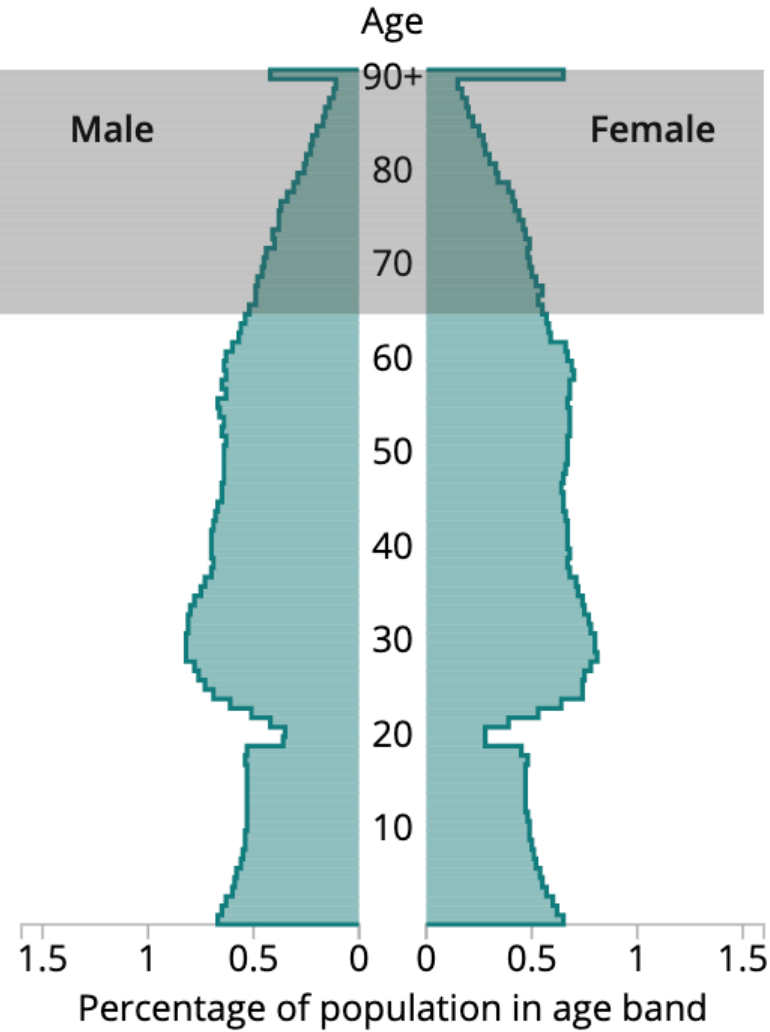
Choose an area
Merton

211,500 people in 2040

age 65 to 90+

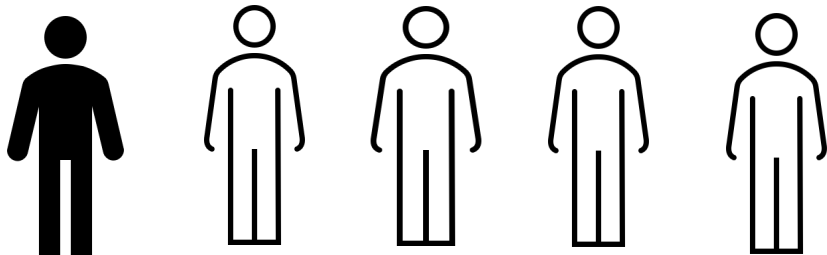
17,950 males 45.7%
21,291 females 54.3%

39,241 people (18.6% of total population)

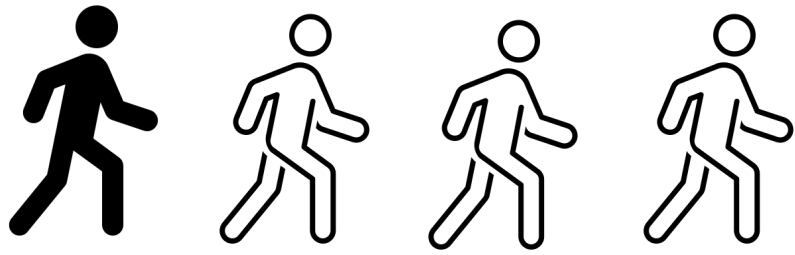


2040

The case for change



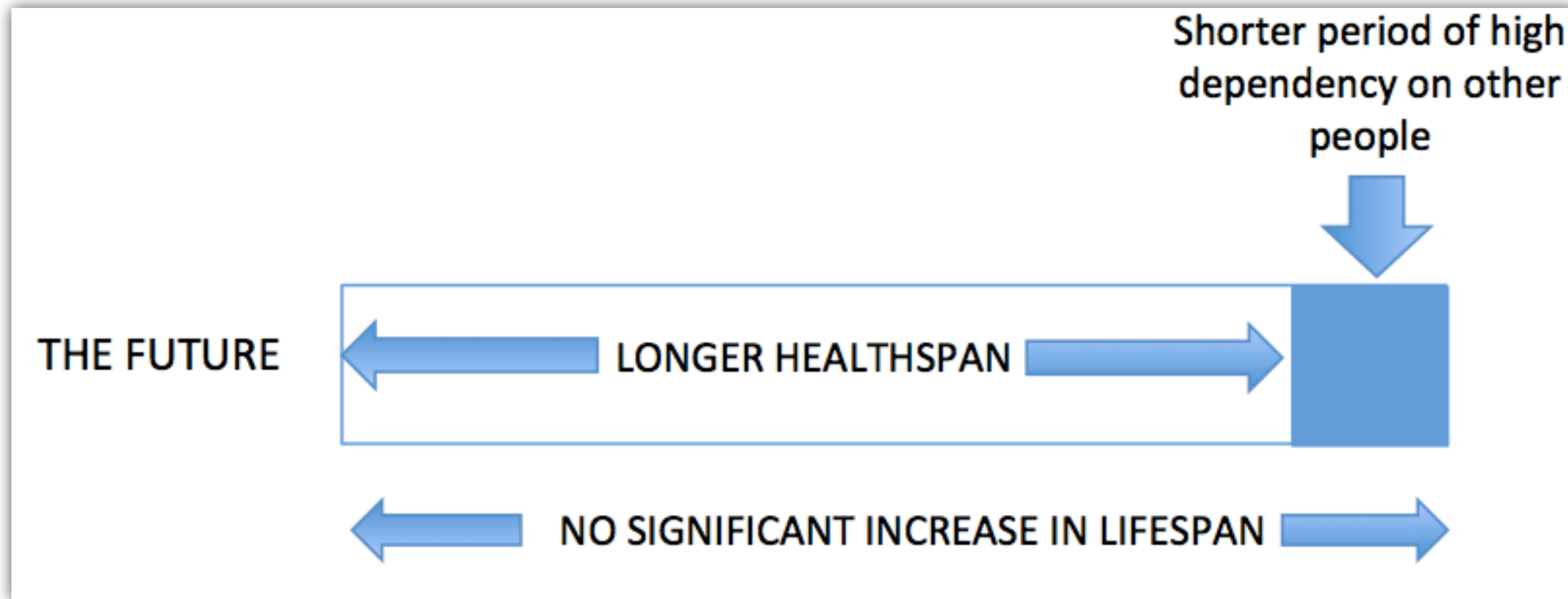
Post covid: 1 in 5 feel less steady on their feet



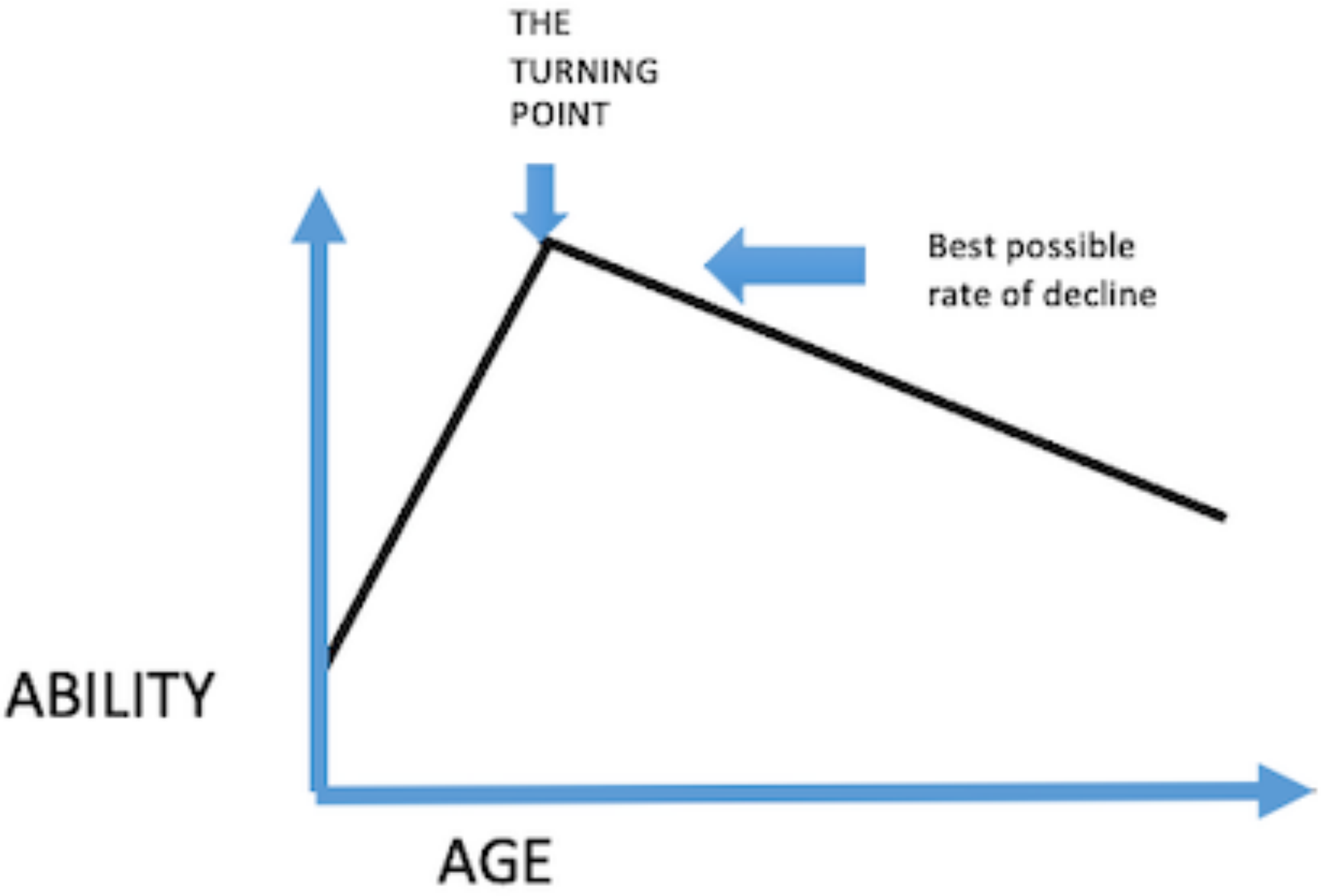
Post covid: 1 in 4 are unable to walk as far as before

AGE UK (2020)

The case for change



The case for change



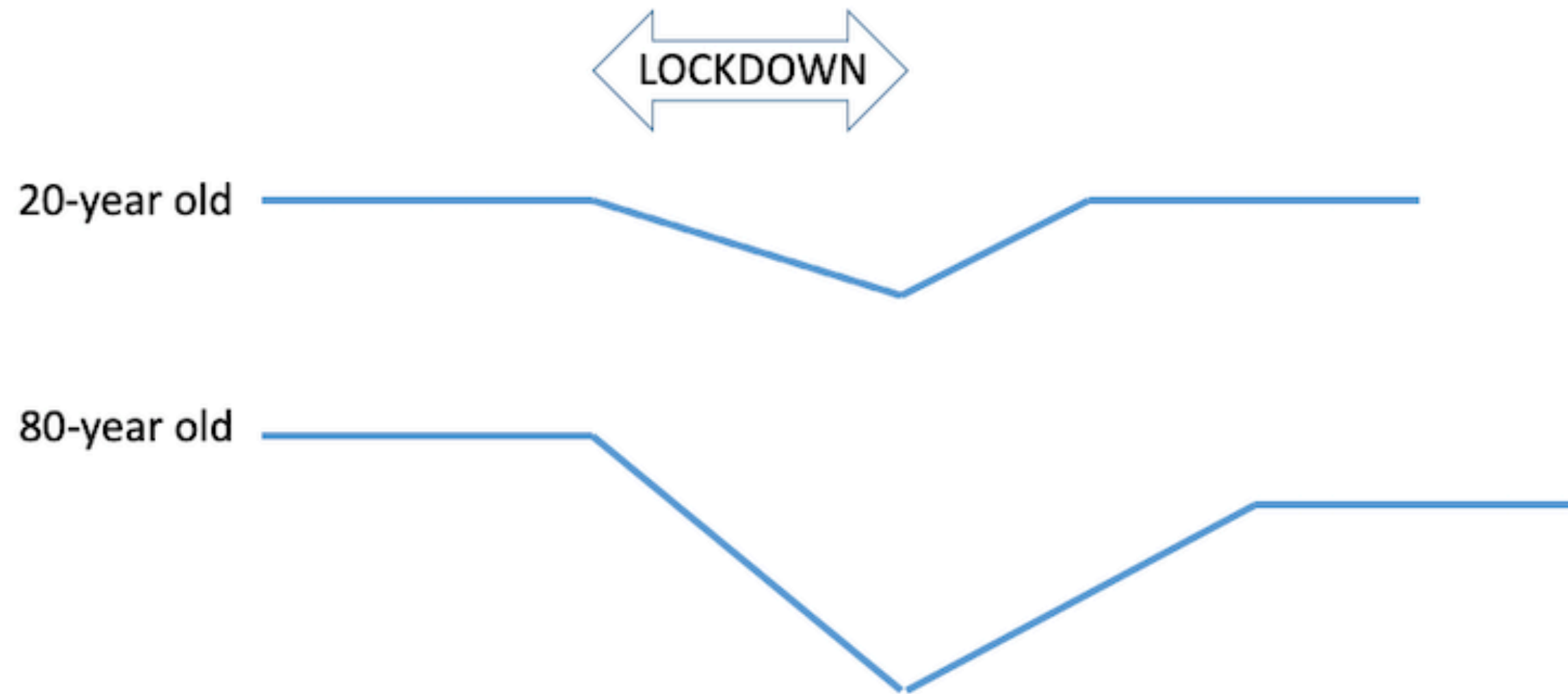
The case for change

Ageing is not a cause of major problems till the 90s.

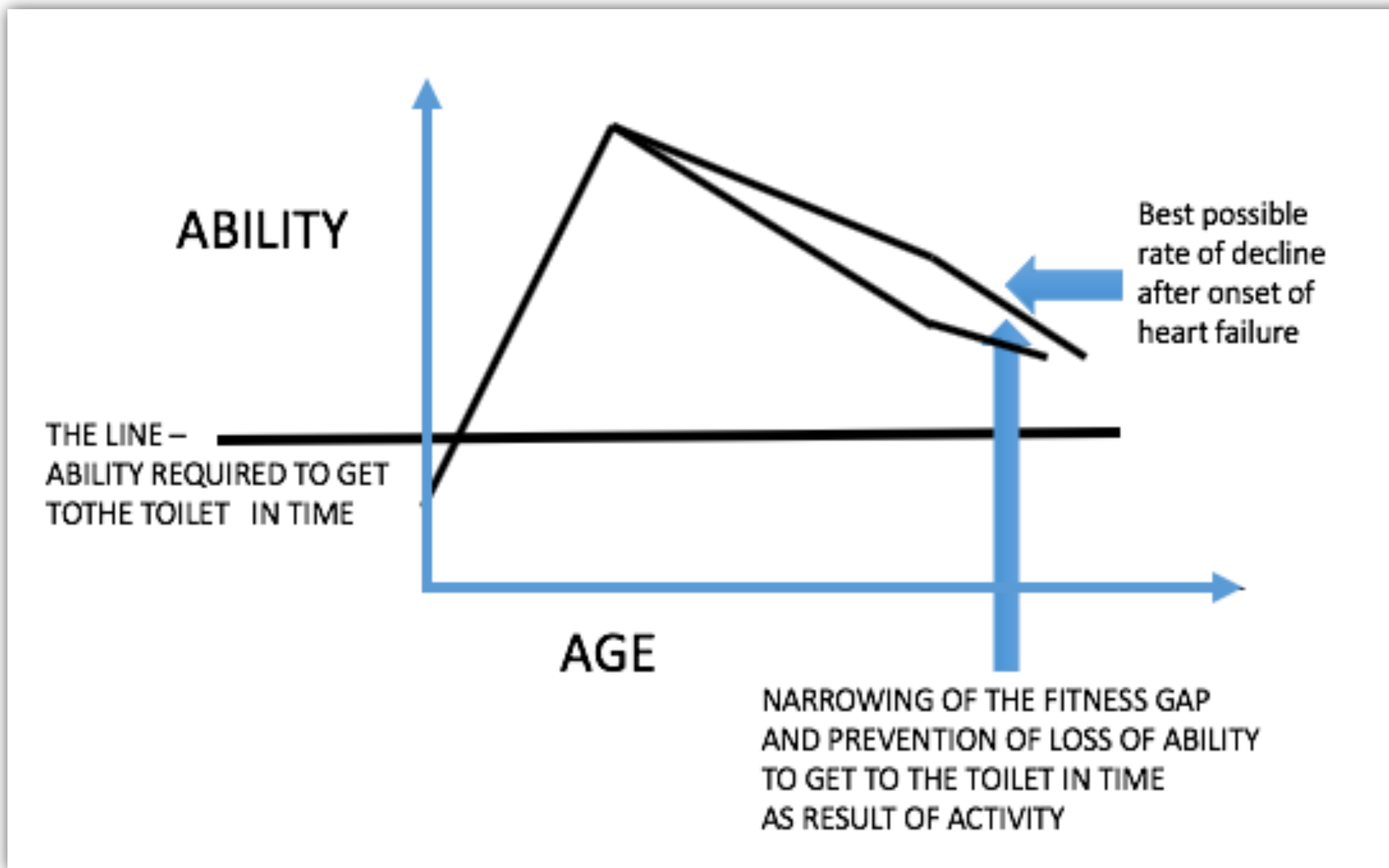
But it does affect maximum ability and resilience



The case for change



The case for change



Optimal Ageing in Merton

Population health approach to helping
older population in Merton
Live Longer Better

Optimal Ageing
content

New digital platform
W:ISH

Live Longer Better
professional network



- ✓ Help older people 'live longer better'
- ✓ Empowering & self-management approach
- ✓ Change culture around ageing
- ✓ Compress period of disability / dependency
- ✓ Reduce their need for health & social care

Optimal Ageing in Merton: W:ISH – The Wellness Interactive Support Hub

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The screenshot displays the W:ISH website interface. At the top, there is a teal header with the W:ISH logo and the text "Wellness Interactive Support Hub". Below the header, there is a navigation bar with links for "About W:ISH", "About Digiatics", and "Contact". A user profile is visible, showing the email address "jenckaye@gmail.com" and a "Manage Profile" button. The main content area is divided into several sections: a "Patients login" section with a "Login" button, a "Welcome to W:ISH" message, and a video player showing a person wearing a headset. On the right side, there is a "Feed" section with a "News Feed" link and a post from W:ISH dated "1 hour ago - 1 June 2021". The post text reads: "Having a benchmark or baseline of how we are doing now can help us keep track of this, we've created a Wellness Record, where you can record activity and well-being. Update your Wellness Record today. A good measure of your strength and function is how quickly you can stand up and sit down. Let's try it now if you feel confident enough in your balance. Ask someone to help you. Sit on a sturdy chair - make sure it won't move around as you stand and sit. When you stand, count the number of times in a row. Time how long it takes from your first stand to your last sit. Click on the Activity Challenge on the left hand menu to add your time to your record."

nhswish.com

Optimal Ageing in Merton: W:ISH – The Wellness Interactive Support Hub

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LIVE LONGER BETTER
11 weeks ago - 5 March 2021

LLB 2- Improving Physical Fitness.mp4

Learning with experts

Muir Gray
PHYSICIAN

Manage

Social

News Feed

Surveys

Wellness Record



10 Today
10 weeks ago - 15 March 2021

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home. It has been designed by and for older people to keep you physically active, boost your wellbeing, and help maintain your mobility and balance. Each routine provides engaging and easy to follow exercises that are a great way of staying active within your own home. They can be done at any time, whether standing up or sitting down, and are adaptable to different fitness levels.

Like 0 | Comments 0

Confidence & belief in change

Why?
This is a good measure of how likely I am to choose behaviours that will keep me fit and well

How?
On a scale of 1 to 10, rate how much you believe in the following statement: "I have the power to become healthier, fitter and stronger."

Record Score



Pilot with Wandsworth & Merton Citizens

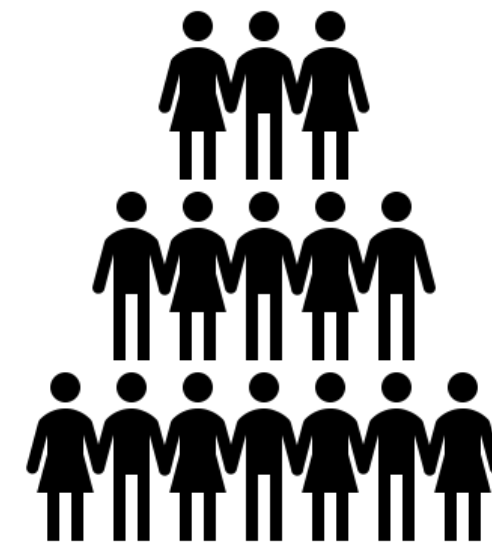
May 2021

Citizens > 65 from GP practices in Wandsworth & Merton

Aiming for 380 participants;
(currently 230!)

Rolling recruitment process over 2-month period

Feedback & evaluation by university team



Our focus: Planning for end of life

What matters most to you?

Our focus: Planning for end of life

What would matters most
to you if you only had weeks
to live?

Our focus: Planning for end of life

70% of people feel comfortable talking about death and dying
(Age UK)

8% of people with cancer have spoken to their healthcare team about death and dying
(Macmillan)

Our focus: Planning for end of life

Will

Funeral planning

Lasting Power of Attorney

Do not resuscitate

Advance decision to refuse treatment

Where you want to die

Our focus: Planning for end of life

Group discussion:

Q: How do you feel about planning for end of life?

Q: What would help?

Q: Who would you speak to?

Our focus: Planning for end of life

Interviewing people from
Merton to understand local
views on the topic – any
volunteers?

Our focus: Using digital technology for health

65-74 year olds:

75% use the internet almost every day

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75+ year olds:

46% use the internet almost every day

42% do not use the internet

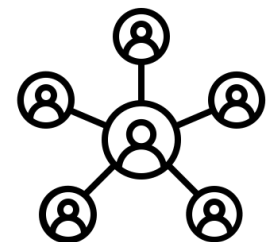
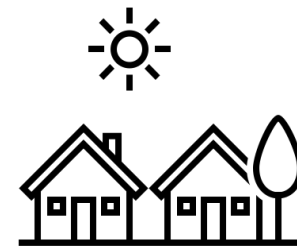
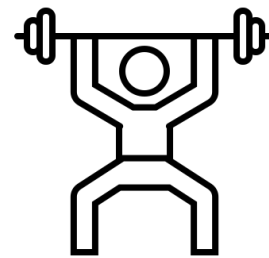
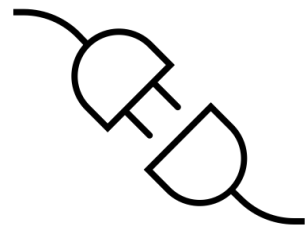
Only 15% want to use the internet more

(Age UK, 2021)



Our focus: Using digital technology for health

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Our focus: Using digital technology for health

Group discussion:

Q: How do you feel about using digital technology (e.g. websites & apps) to help you keep fit and healthy?

Q: What gets in the way?

Q: What helps?

Thank you

jennifer.kaye2@nhs.net
phoebewright@nhs.net

Join our biggest
ever conversation

merton.gov.uk/YourMerton



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Tell us where in Merton
is important to you



Your Merton

Engaging our community in
post-pandemic priorities

Minute Item 5



Outline

- What is Your Merton?
- Objectives & themes
- How we are engaging people
- Online engagement platform
- What can you do?

What is Your Merton?



- Our biggest-ever engagement with residents, with more opportunities to give us their views than ever before
- Aimed at everyone who lives, works, travels to or studies in the borough
- Delivered through multiple channels to ensure we can get views from as many people as possible

Objectives

1. Build a **detailed understanding of resident & community priorities in the wake of the Covid-19 pandemic** – including changes to their local service priorities around key issues such as transport, health & the environment
2. Seek views from **all parts of our community** – creating a comprehensive, professional engagement that provides genuine insight from residents, communities, service users & hard-to-reach groups
3. Provide an updated **set of insight** showing changes to previous perceptions & future priorities
4. Support the development of future **corporate plan for the borough**

Key themes

1. Places

What are the places our respondents love, and why? What places do they think need improvement, and how?

2. Day to day life

What are the things that impact your daily quality of life the most; what is life like in your community and what influences it?

3. The impact of the pandemic

How has the pandemic impacted your life, and what could be the impact of that on how you use local services & facilities?

4. Ambitions for the future

What are your hopes for the future of the area you live in?

How we are engaging people

1. 2021 Resident Survey (completed)

- 1,100 sample
- Conducted by telephone
- Demographically representative

2. Community group conversations & focus groups (live)

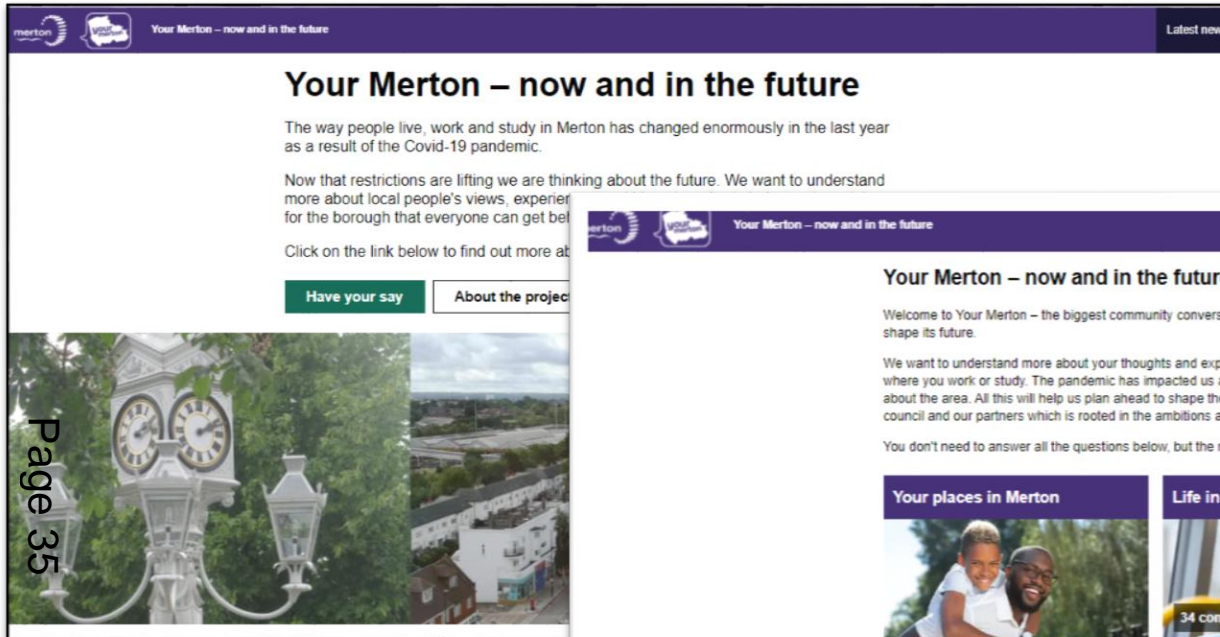
More than 30 focus groups with community partners

Facilitated conversations with young people, community partner groups, voluntary sector and others

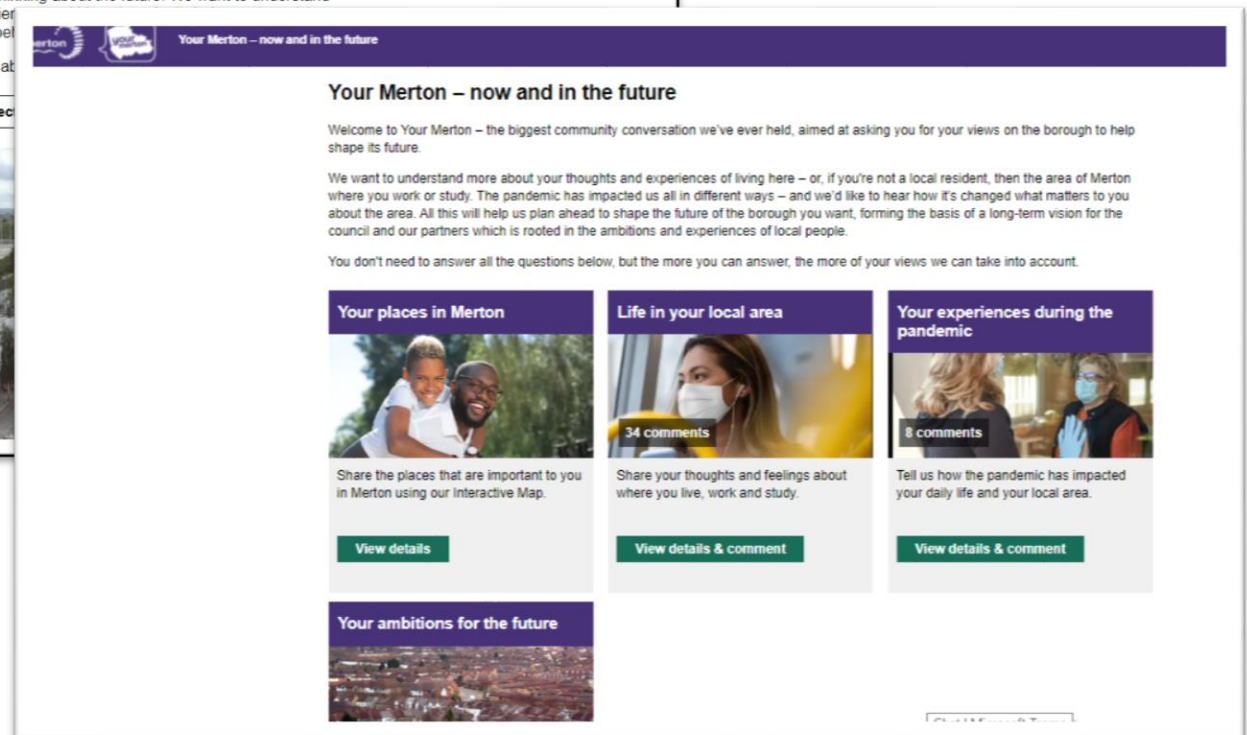
3. Your Merton website

- Launched on May 12, runs until July 7
- User-friendly, map-driven, themed around impact of the pandemic, future ambitions & views on the area
- Comments on places and services in the area

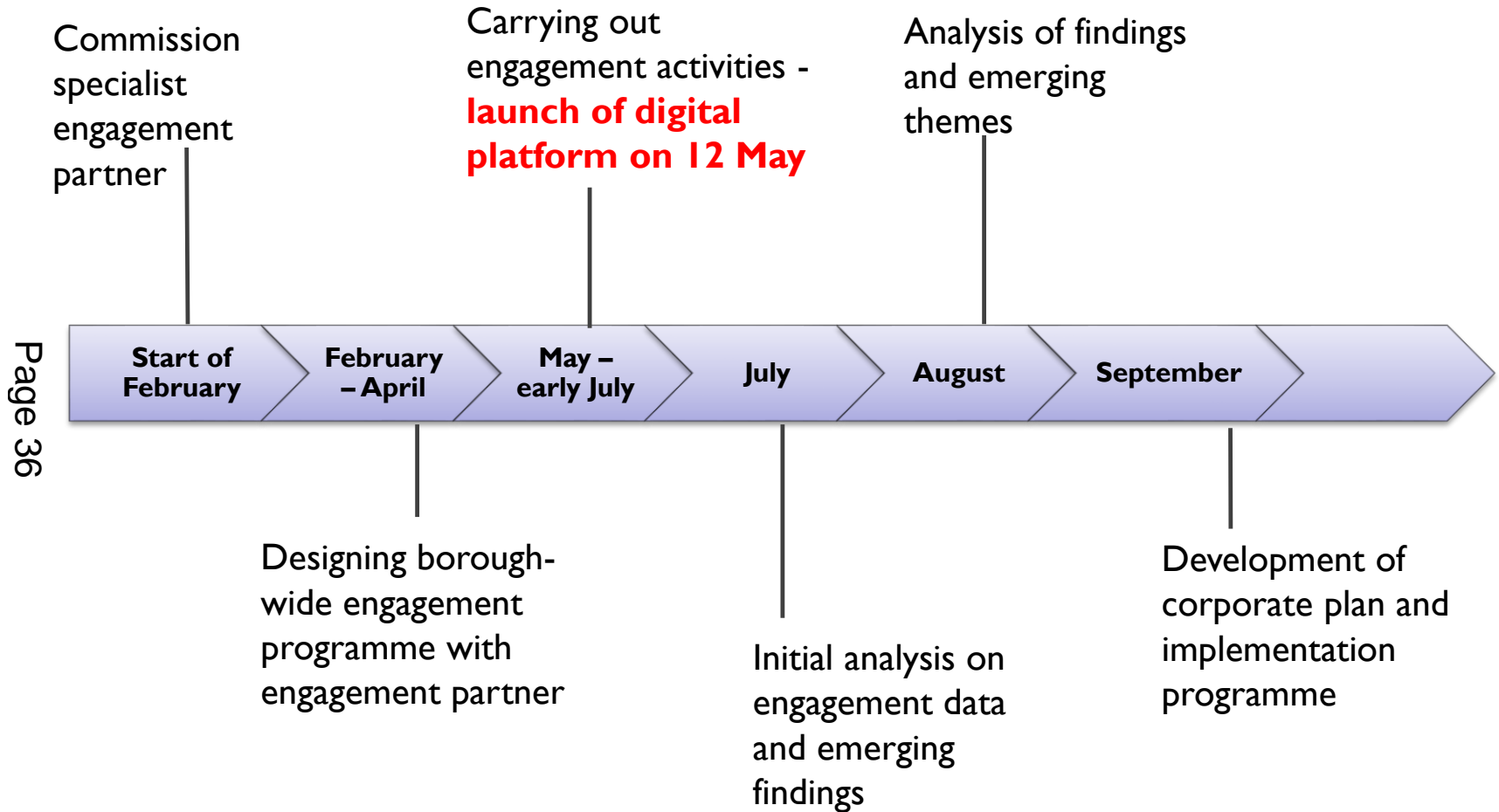
The Your Merton website



[Link: Visit the Your Merton website](#)



Timeline



What can you do?

- Visit www.merton.gov.uk/yourmerton
- Share with friends, family, networks
- If you would like any images or copy for newsletters please email getinvolved@merton.gov.uk

Any questions?

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Q & A



FRONT GARDEN FRIENDLY

Merton Garden Streets

Let's make Merton more bee-friendly!



LET'S TURN OUR STREETS GREEN!

From Mitcham to Morden to Merton Park, let's make our streets green



We want to help residents plant up their streets with bee-friendly flowers and shrubs: in front gardens, under street trees, in window boxes, hanging baskets and on top of bike/bin sheds.

Greener streets help reduce urban flooding, keep us cool in hot months, filter pollution, benefits wildlife and improves our wellbeing.

Everyone welcome -- no gardening experience or knowledge required.

To take part, find out if your street is registered via the web site and get in touch with your street coordinator (and get planting!). If it hasn't, register your street at the link on the right to become a street coordinator-- get a few neighbours to join in too.

We can provide some plants and compost to make the scheme accessible to all, but you are encouraged to provide your own.

Small prizes to be won in a number of creative categories.

FOR MORE INFORMATION:

Go to the website: www.frontgardenfriendly.uk/Mertongardenstreets

Register your Merton Garden Street [here](#)

Join our Facebook Group: **Merton Garden Streets**

Instagram: **MertonGardenStreets**

Twitter: **@ClimateMerton**

COMMUNITY PLANTING DAYS:

15th May 19th June 17th July

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