

## My Pocket Case Study:

### Good Practice in Co-production in Aberdeen

#### Increasing physical activity for older people and reducing loneliness in sheltered housing

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Which of the four Co's is this about –  
co-commissioning, co-design, co-delivery or co-assessment?



Which service users and local communities are co-producing with which public services?

*Tenants of two sheltered housing blocks (Donview House and Seaton House) in a neighbourhood, Aberdeen Sports Village, Aberdeen Football Club Community Trust & Wellbeing Team (AH&SCP)*

How are they improving services and outcomes?

*Both organisations, Aberdeen Sports Village (ASV) and Aberdeen Football Club Community Trust (AFCCT) met with a group of tenants from both Seaton House and Donview House to discuss the opportunities which they, as tenants, could offer, based on their life experiences, and to hear from the tenants about their needs and wishes, which the Football Club Community Trust might help with.*

*We worked together to develop a programme of physical and social opportunities around these joint interests:*

- *A group of 10 tenants are currently going to Pittodrie Football Stadium for weekly Technogym sessions, which have been set up specifically for the group.*
- *A group of tenants are participating in a seated exercise class from a Sports Village Fitness Instructor in the common room of Donview House on alternate weeks (as some tenants lack the confidence or ability to travel to outside venues).*

- *Aberdeen Football Club Community Trust (AFCCT) delivers a social, physical and mental activity (otherwise known as an alternative therapy) in the common room of Seaton House on alternate weeks.*

*Over the months that these activities have been running, their design has evolved with the help of feedback from the participants. Interestingly, the tenants have been willing to travel to other buildings to participate in activities, although care staff originally highlighted location as a potential barrier to getting these activities up and running. Tenants who drive have provided transport to others who lack transport, to allow them to attend the sessions at Pittodrie. Members of the group have stated that these activities have given them something to look forward to and provided them with a new challenge.*

**What difference has it made? E.g. improved services, better outcomes, savings.**

- *Improved links between organisations.*
- *Allowed for a new and different method of service delivery. In usual circumstances, providers of services look for people to come to them. However, in these cases, the providers (Aberdeen Sports Village and AFCCT) agreed to deliver services in the sheltered housing blocks.*
- *Engaged a group of citizens who otherwise would not have engaged.*

*There are a total of 15 tenants across the two buildings who are attending either weekly Technogym sessions, or seated exercise, or alternative therapy sessions. Some of those attend all 3. Only 3 of these tenants were already doing regular exercise prior to these sessions and would not have had the knowledge or confidence to seek out these activities on their own.*

