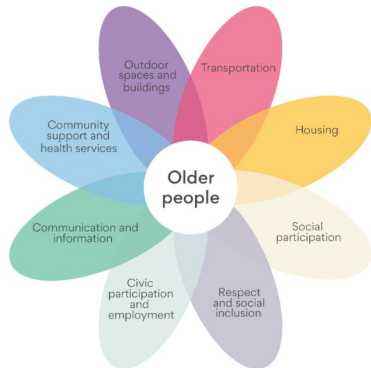


Kingston Age Friendly

KVA Health & Wellbeing Network 22 Oct 2025

Sarah French, Health Promotion Specialist,
Emily Jenkins-Pandya, Age Friendly Lead, Kingston Council Public
Health

agefriendly@kingston.ov.uk



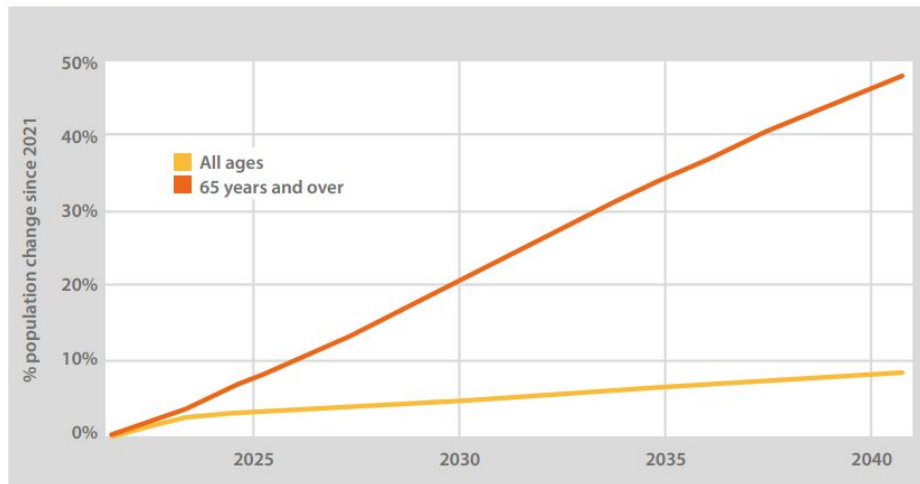
Kingston Age Friendly - Why do we need it? What is it? What has it achieved so far?

1. Our population and needs in Kingston
2. Age Friendly (AF) Communities Approach - the World Health Organisation (WHO) Eight Domain Framework
3. Update on Age Friendly achievements so far
4. Priorities for Year 3 (2025/ 2026)

A growing older population in Kingston

Projected Population change (% from 2021), all ages and 65 years and over (Kingston, 2021 to 2041, past delivery scenario)

All age, and 65 years and over, projected % population change, Kingston 2021 - 2041⁹



In 20 years' time,
Kingston will likely be home to
37,000 people in this age group.

Growing older in better health

- Over time Kingston residents are living in good health for longer, particularly women.
- People who experience greater deprivation have less good health outcomes - spending more years of their life in poorer health as they age, and with lower life expectancy
- Experience of health conditions in adult in mid life impacts greatly on quality of life and how long we live in good health - particular risk factors are smoking, alcohol and weight-related conditions
- Other factors that impact health outcomes in older years are mental health and caring responsibilities

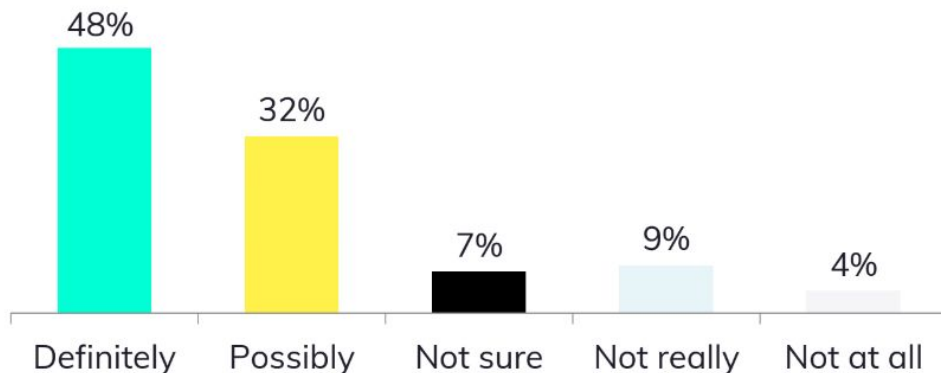


How age friendly is Kingston currently, and what would make it a really great place to grow older for all residents?

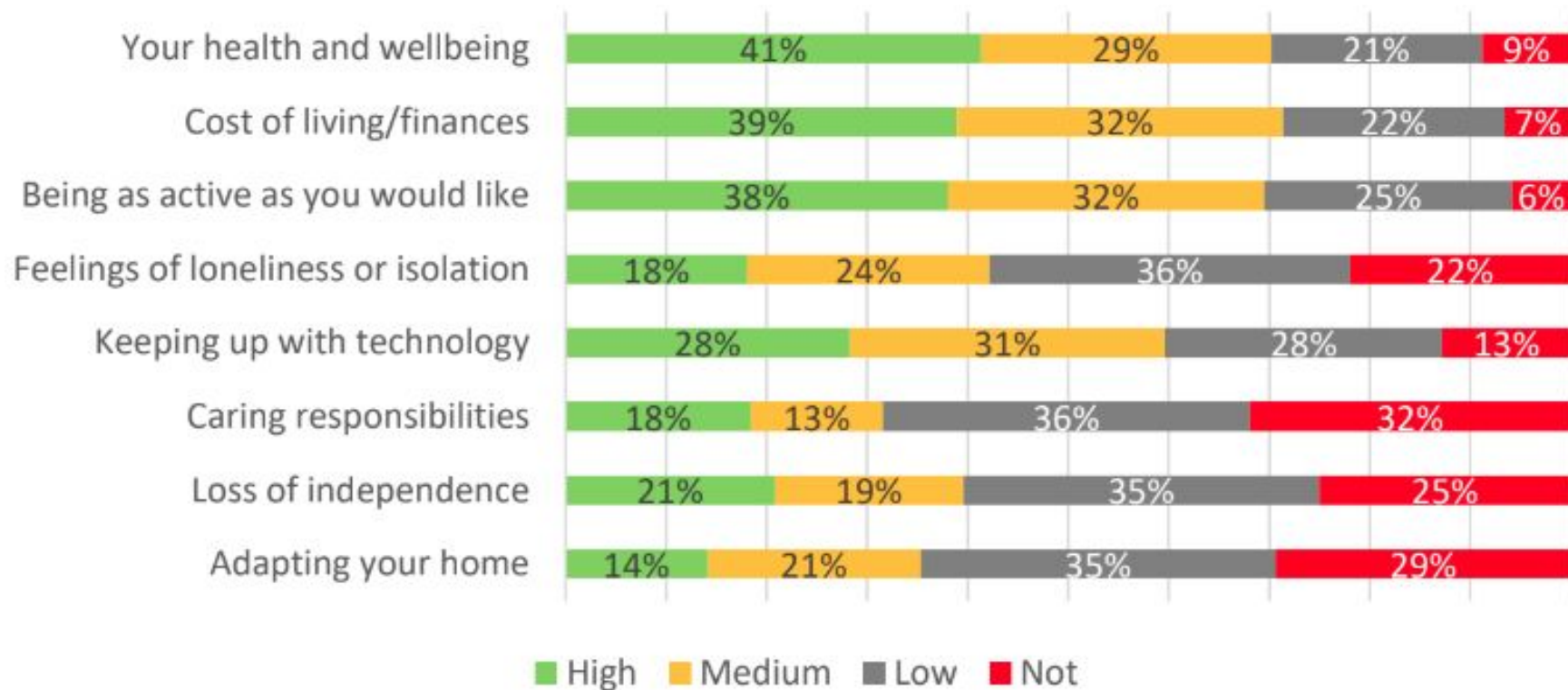
Survey and outreach by an external research group who engaged with 400 people across the borough in Autumn 2023. Link to the report can be found at kingston.gov.uk/agefriendly

(255 people engaged in the outreach, 132 online survey responses, 4 telephone interviews, 9 postal responses)

Do you think that Royal Borough of Kingston is a good place to grow older?



How big a challenge in your life are the following things?



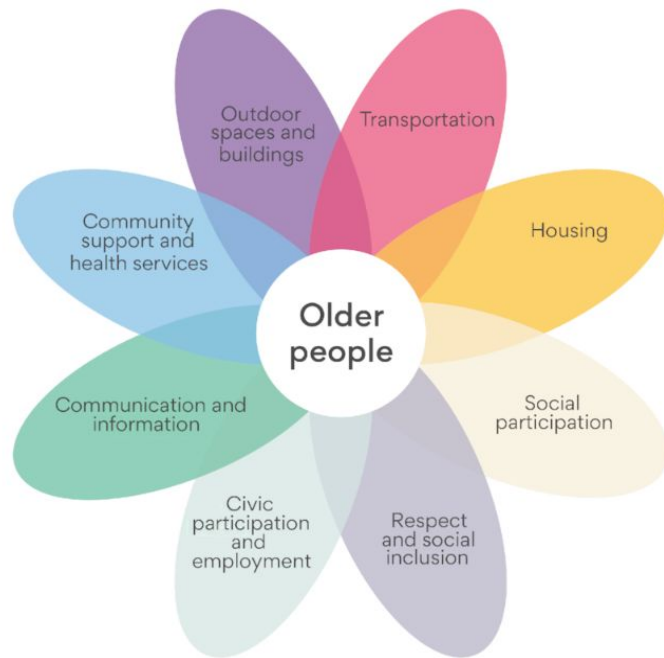
Kingston Annual Director of Public Health Report 2023

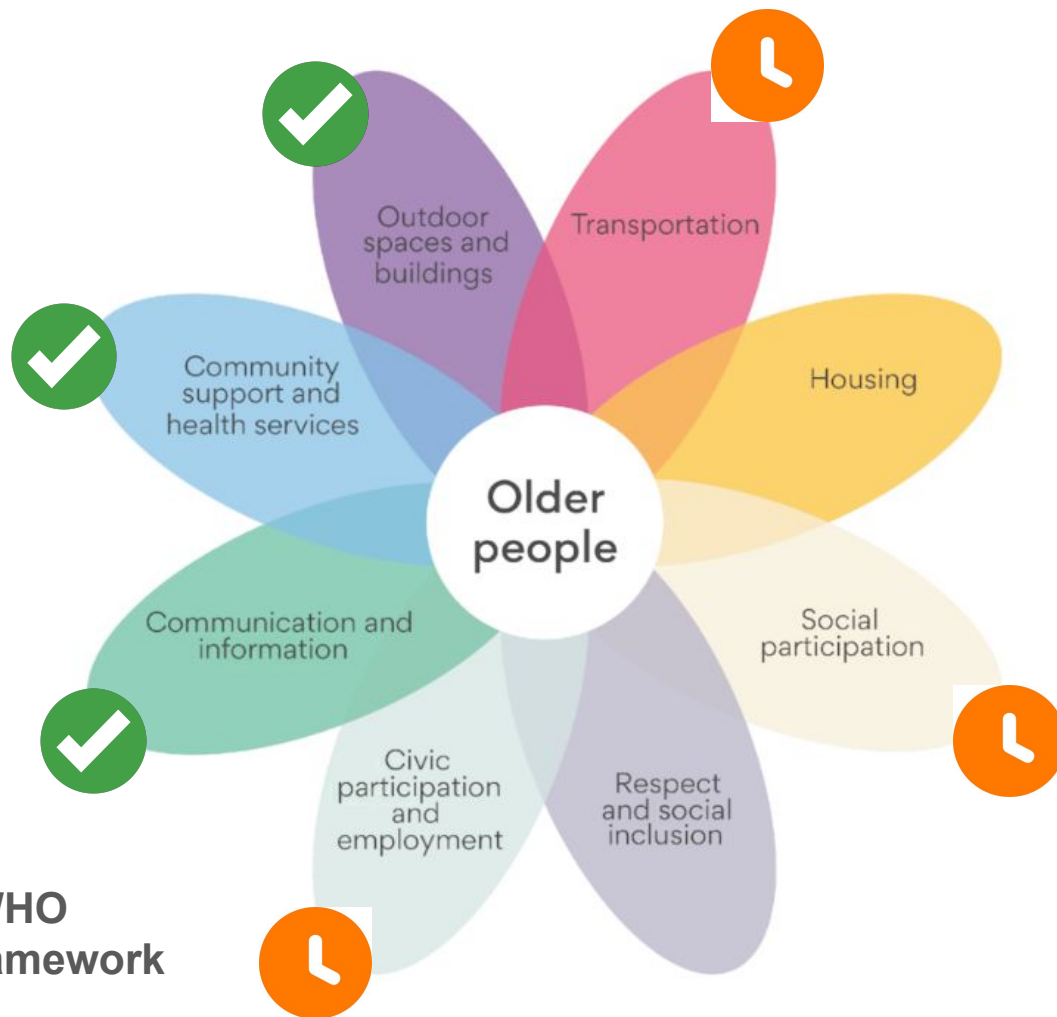


<https://data.kingston.gov.uk/phreport-2/>

Taking an Age Friendly Approach in Kingston

- Committed to Age Friendly approach in the Kingston Council Plan 2023-2027
- Kingston Council Age Friendly Working Group will be working with partners and resident 'Age Friendly Ambassadors' to develop and deliver a four year action plan
- Building on existing work and collaborations across the borough and looking to bring new initiatives to keep Kingston residents in good health for as long as possible
- Guided by recommendations from Healthy Ageing report, 2023





Age Friendly Kingston



Actions started or completed in 24/25



Actions for 25/26

AF Communities Approach - the WHO Eight Domain Framework

Move Well, Live Well

- Active ageing campaign to promote and encourage physical activity amongst all older adults in Kingston
- Curated collection on Connected Kingston of community classes, clubs and activities for strength, balance and everyday gentle functional movement
- The Move Well, Live Well collection is available online and with paper copies at libraries and other community venues for residents and professionals to signpost anyone looking to get active or stay active.

Find out about these classes and lots more at Connected Kingston



connectedkingston.uk/collections/gentle-exercise



MOVE WELL, LIVE WELL



Move Well, Live Well

How can you support the Move Well, Live Well campaign?

- If you know any older people who may benefit, physically and/or mentally from being more active and joining a group exercise class or social group including gentle activity, have a conversation about the offers available and where to find them
- **Forever Active** classes - Malden Centre and Tolworth Recreation Centre - first class is free, drop in to book and attend, low cost thereafter



Websites:

<https://connectedkingston.uk/services/forever-active-classes> or

<https://www.placesleisure.org/centres/malden-centre/centre-activities/forever-active/>

Other Age Friendly work

- Leisure & Activities fairs each with over 20 local stallholders and 90 participants, including Square 1 cafe and gentle exercise tasters at April 25 Chessington event
- Full Cycle Community bike project - recycled bicycles for residents on low income, bike rides & maintenance skills - accepting referrals & partnership arrangements with organisations to increase uptake amongst adults aged 50+ <https://fullcycle.org.uk/>



**FULL CYCLE**NON-PROFIT BIKE PROJECT
SERVICING THE COMMUNITY
175 KINGSTON RD, KT3 3SS

GET CYCLING FOR FREE

Been a while
since you
cycled?

Keen to
get more
active?

Join our free rides, **build your confidence** & learn bike basics. And, if you live in Kingston, you might even be eligible for a free bicycle.

[FULLCYCLE.ORG.UK/GET-CYCLING](https://fullcycle.org.uk/get-cycling)

To find out more, scan the QR code
visit our website or give us a call.

getcycling@fullcycle.org.uk ☎ 07421 458835

Age Friendly Ambassadors

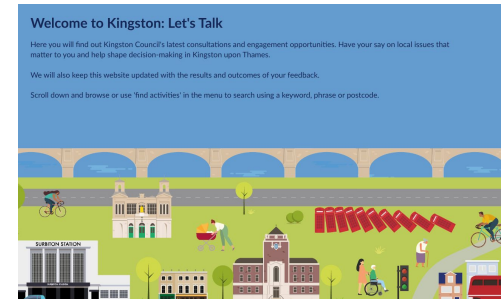
Kingston Council is working closely with Age Friendly Ambassadors - residents and organisations keen to support Kingston in becoming more of an Age Friendly borough.

So far, Ambassadors have been involved in...

- Age Friendly planning workshops across all 'domain' areas
- Consultations on green spaces, school streets initiatives and developing an active ageing campaign called 'Move Well, Live Well'
- Sharing information with peers and networks about Forever Active and other gentle exercise offers
- Supporting events and initiatives

How to get involved?

If you are interested in being involved with our group of Age Friendly Ambassadors, or you know someone who is, please contact agefriendly@kingston.gov.uk to be added to our mailing list and find out about future opportunities



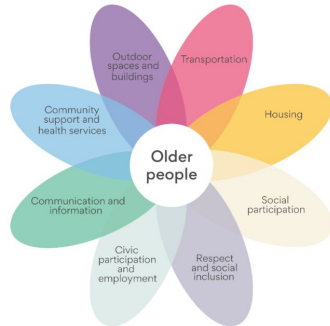
Kingston Older People's Forum

- Relunched in 2024 to develop Age Friendly social and civic participation for older people in Kingston (previously Kingston Pensioners Forum)
- Community and collective voice, meeting every 2 months in Kingston
- Hosted currently by Staywell
- If interested in attending, contact by email kingstonopf@gmail.com



Agreed priorities for Year 3 (2025/ 26)

1. Age Friendly Transport
2. Continue focus on active ageing
3. Focus on improving mental wellbeing and tackling social isolation in older years
4. Communications and information
5. Age Friendly in All Policies



agefriendly@kingston.ov.uk

