



LIVING



STREETS



STREETS APART:

**WALKING WITH OLDER
ADULTS IN REDBRIDGE
2017 - 2019**

A Living Streets project in partnership with London Borough of Redbridge
Funded by City Bridge Trust



EXECUTIVE SUMMARY



LIVING STREETS, THE UK CHARITY FOR EVERYDAY WALKING, WITH FUNDING FROM THE CITY BRIDGE TRUST, WORKED IN PARTNERSHIP WITH THE LONDON BOROUGH OF REDBRIDGE (LBR) TO DELIVER STREETS APART. THE PROJECT AIMED TO IMPROVE THE LIVES OF OLDER ADULTS LIVING IN THE OUTER LONDON BOROUGH THROUGH TARGETING ACTIVITIES THAT IMPROVE HEALTH AND WELLBEING, REDUCE ISOLATION AND ENHANCE THEIR INDEPENDENCE.

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THE METHOD

The two-year project (2017 – 2019) addressed issues and barriers that prevent older adults from walking in later life. Community engagement activities and events focussed around raising awareness and interest in walking were delivered in Redbridge, including led walks with older adults to increase activity levels, improve participants' mental health and levels of social interaction; and Community Street Audits (CSAs) to identify recommendations for improving the walking environment for older adults. Living Streets worked closely with the Public Health department in LBR to ensure that the project aligned with borough-related health strategies. A core part of the delivery and success of Streets Apart was the extensive partnership working across the borough that developed new communities and enhanced existing networks that work with older adults.

Streets Apart was able to reach a wide variety of different older adult communities and have an impact across the whole borough by working with over 15 local organisations and networks.

THE IMPACT

NUMBERS AND PEOPLE

The project had key targets to ensure it improved the lives of older adults in the borough. These were all met/exceeded and comprised:

- WALKING ACTIVITIES**
61 led walks and other activities have led to 369 older adults benefiting from the project.
- STREET IMPROVEMENTS**
4 Community Street Audits were conducted which identified the streets themselves as a barrier to walking and recommended solutions to overcome them.
- IMPROVING LIVES**
131/140 (94%) older adults became more active through led walks and walking exercise sessions.
- VOLUNTEERING**
56 / 83 (67%) volunteer opportunities were filled as part of Streets Apart, including walk leader training, helping at community events, planning led walks and celebratory events.
- DISSEMINATING BEST PRACTICE**
Best practice was shared with organisations through presentations at key events, including Walkable London Conferences and Age UK events.



Streets Apart: Walking with older adults in Redbridge



SNAPSHOT

A SNAPSHOT OF THE IMPACT ON OLDER ADULTS' LIVES

- Victoria, aged 72, a keen participant in the project said the walks had increased her level of fitness by three times and she continued to walk after the project.
- "I've made friends with my neighbours" Masood, older adult participant.
- "There were staff and volunteers participating and thoroughly enjoying it too. You really are quite superb at what you do." Les Kayne, care home manager.

LESSONS AND RECOMMENDATIONS

Living Streets has compiled a set of best practice guidance and recommendations that set out key actions for delivering walking projects for older adults to ensure health, social and wellbeing outcomes are delivered. Additional guidance on streetscape sets out how to create older adult-friendly streets, and the infrastructure and improvements needed to remove environmental barriers to walking.

OVERVIEW

LIVING STREETS AND STREETS APART



LIVING STREETS IS THE UK CHARITY FOR EVERYDAY WALKING. WITH OUR SUPPORTERS WE WORK TO CREATE SAFE, ATTRACTIVE AND ENJOYABLE STREETS, WHERE PEOPLE WANT TO WALK.

Living Streets works directly with communities to help older adults overcome barriers to walking and **increase levels of activity, improve mental health and reduce social isolation.** Through this work we deliver projects that work closely with older adult communities to identify the individual and environmental barriers they have to walking and tailor our activities to these; such as running led walks, walk leader training and Community Street Audits.

POLICY AND PRACTICE

WHY OLDER ADULTS AND WALKING?

In 2016, 18% of the UK population was over 65 years old; current projections are that by 2040, one in seven people will be over 75; and a third of all children born today are expected to live to over 100 years. This ageing population trend, combined with the fact that older adults are more likely to reduce their activity levels as they age – with some doing less than 30 minutes’ physical activity a week and many sitting for up to 10 hours a day – means they are the most inactive age group. This inactivity leads to an increased likelihood of suffering falls and physical health issues, such as arthritis and heart disease.

Research has also shown that older adults are more likely to suffer from isolation and experience negative mental health impacts. Walking is the most accessible form of exercise and way to get around for older adults. It’s gentle and low impact, meaning those with different levels of ability can all take part in walking in some way. Walking regularly can improve balance, strengthen muscles and reduce the risk of falls.



BY 2040, ONE IN SEVEN PEOPLE WILL BE OVER 75

PROMOTING WALKING AND IMPROVING THE WALKING ENVIRONMENT FOR OLDER ADULTS IS A KEY WAY TO OVERCOME CURRENT AND FUTURE PUBLIC HEALTH ISSUES ASSOCIATED WITH OUR AGEING POPULATION.



STREETS APART

HOW TO ENGAGE SUCCESSFULLY WITH OLDER ADULTS

Living Streets worked in partnership with the London Borough of Redbridge (LBR) to deliver the City Bridge Trust (CBT) funded two-year project – Streets Apart (2017 – 2019). The project addressed issues that prevent older adults from walking in Redbridge through targeting activities that improve health and wellbeing, reduce isolation and enhance independence of older adults in the borough.

Working in partnership with the Public Health and transport teams in the London Borough of Redbridge, Living Streets delivered a range of activities throughout the project, these included:

- Engaging extensively with older adults, communities, local stakeholders, council departments and organisations;
- Developing a range of bespoke walking activities, led walks and exercises so older adults and their carers increase their levels of physical activity, become more connected with their community and improve their mental health;
- Running Community Street Audits (CSAs) with older adults to identify barriers and develop solutions to improving their street environment;
- Creating volunteer opportunities as part of the delivery and legacy of the project to ensure the continuation of benefits of the project within the borough;
- Disseminating best practice across London through presentations, events and publicity.



SOME OLDER ADULTS DO LESS THAN 30 MINUTES’ PHYSICAL ACTIVITY A WEEK AND MANY SIT FOR UP TO 10 HOURS A DAY



IMPACT

THE NUMBERS AND OUTCOMES



STREETS APART HAD KEY AIMS AND ASSOCIATED OUTCOMES TO ENSURE THAT THE IMPACT OF THE PROJECT WAS FELT BY OLDER ADULTS ACROSS THE BOROUGH.

From improvements to levels of activity and physical health through to improvements in mental health by reducing levels of isolation. The project delivered and promoted activities across all 22 wards in Redbridge to ensure that all older adults had the opportunity to engage and benefit. The project also focussed delivery in four wards that were identified by the LBR Public Health team as being priority areas for inactivity and deprivation for older adults – these were Barkingside, Hainault, Goodmayes and Mayfield.

AIMS

OUTCOME & RESULT

DELIVER LED WALKS AND OTHER ACTIVITIES TO ENGAGE WITH OLDER ADULTS	➤ 61 led walks and other activities have led to 369 older adults benefiting from the project.
IDENTIFY BARRIERS AND DEVELOP SOLUTIONS TO IMPROVING THE STREET ENVIRONMENT FOR OLDER ADULTS	➤ 4 Audits were conducted which identified the streets themselves as a barrier to walking and recommended solutions to overcome them.
OLDER PEOPLE AND THEIR CARERS BECOME MORE PHYSICALLY ACTIVE	➤ 131 / 140 (94%) older adults became more active through led walks and walking exercise sessions.
OLDER PEOPLE AND THEIR CARERS BECOME MORE CONNECTED WITH THEIR COMMUNITY	➤ 121 / 140 (86%) older adults that took part in activities felt more connected to the community “I’ve made friends with my neighbours” Walker – Oct 2018
VOLUNTEER OPPORTUNITIES ARE CREATED AS PART OF THE PROJECT	➤ Older adults felt an improvement in their mental health - 124 / 140 (89%) older adults that took part in activities felt an improvement in their mental health “I walk to clear my mind sometimes” Walker – July 2017
BEST PRACTICE IS DISSEMINATED ACROSS LONDON	➤ 56 / 83 (67%) volunteer opportunities were filled as part of Streets Apart, including walk leader training, helping at community events, planning led walks and celebratory events.

CASE STUDIES

The following case studies highlight the quality and range of stories from the individuals and communities that the project worked with over the two years. They emphasise the real impact that Streets Apart had on individuals, communities, streets and organisations across Redbridge.



MAKING A DIFFERENCE TO INDIVIDUALS

VICTORIA, 72 YEARS OLD, BARKINGSIDE RESIDENT

Victoria lives on Tiptree – a large council estate in Redbridge and got involved in the project through a partnership between Living Streets and Redbridge Housing, as this part of the borough has some of the lowest activity levels as well as having a high proportion of older residents.

Living Streets ran six led walks with older residents from the estate to local parks and amenities, between September – December 2017. Attending every walk, Victoria quickly became a champion for the walks on the estate and would encourage people walking in the park to join us, which they often did. When Victoria started, she would walk only one circuit of the park. She had a knee replacement and walked with a stick. She was determined to keep coming because she wanted to keep her weight down and to ensure she could continue to live the active independent lifestyle she’d had when she was a midwife.

Victoria really enjoyed being out in the open space and walking at her own pace. She commented about how nice it was being able to walk without rushing and feeling anxious at the speed of other walkers. The impact on her health has been that she has been travelling more by walking. She now regularly walks to the local shops, library and to visit people in the local area. She often attends other walks where she can to maintain her fitness and to ensure she doesn’t sit at home all day.



“It’s nice to speak to different people on the walks and talk about things... I like to keep busy and have things to do rather than sit at home.” Victoria

Victoria enjoyed meeting our park walkers who she developed a nice rapport with. By the end of the Streets Apart led walking programme she was able to walk around the park three times. She said “I like to walk and be out of the house”. After the programme finished, the resident walking group, with Victoria’s help, decided to continue the walks to the park and planned to keep up the walking into the future. Together with some of the other walkers they continued their weekly walks by setting up a social media page to keep in touch with one another. They also changed the dynamics of the group; inviting younger residents and parents to join them. Victoria became a volunteer for Streets Apart outside of Tiptree estate and attended other activities, assisting with engagement at events and litter picks in the borough.

MAKING A DIFFERENCE TO COMMUNITIES



A KEY COMMUNITY THAT STREETS APART HAD A BIG IMPACT ON WAS THE MARJORIE COLLINS CENTRE COMMUNITY (MCC) THAT PROVIDES SERVICES AND ACTIVITIES FOR REDBRIDGE RESIDENTS THAT ARE LIVING WITH MULTIPLE SCLEROSIS. MANY OF THE USERS OF THE CENTRE WERE OLDER ADULTS THAT, DUE TO THEIR ILLNESS, CAN BE HIGHLY INACTIVE AND SUFFER FROM SOCIAL ISOLATION.



Through Streets Apart Living Streets engaged with those users of MCC centre that were over 65 years old and worked closely with the management of the centre to develop walking activities that were tailored to the needs and abilities of the centre community. At the beginning of the engagement with the centre, it was common for the users not to leave the centre when they visited or even to use the garden area of the centre.

Nevertheless, by delivering a bespoke and scaled degree of walking activities, starting from chair-based exercises, to indoor walking, to walking outside in the garden and walking outside the centre, the group was able to drastically increase their levels of physical activity.

➤ **“Thank you so much for all your support, you have made a huge impact with our centre users... a lot of centre users can become lazy and they don't want to leave the hall... this (project) gives them an opportunity to get some fresh air and explore the gardens.”**

Lorna, MCC manager



Mike (service user) said that taking part in the activities improved their physical as well as mental health. “I get out and about when I can in my chair but I worry about going on my own – when they (bus service) take me here I can mix with friends and move outside freely with assistance.”

As well as led walks, a Community Street Audit was conducted with the users and volunteers at MCC to address barriers that the centre users had with the street environment around the centre. The audit recommended footway levelling improvements, the removal of guard railing, tackling pavement parking and finding solutions to litter problems in the area. Following the audit, a litter pick was organised by Living Streets with the users of the centre to improve the local walking environment. In addition, the recommendations for reducing car dominance were fed to Transport for London through the LBR Highways team who were in the process of consulting with residents in 2019 on making improvements.

The Streets Apart project was also able to support community events that the centre ran to provide more activities for older adults to take part in and benefit from. These included a Mothers' Day Pamper Session and Mandy's Tea Room.

The project had a big impact on the older adult community at the Marjorie Collins Centre. The users were able to enjoy the benefits of the project in their own surroundings, where they felt comfortable with staff and volunteers they were familiar with and who could adapt activities for them.



MAKING STREETS OLDER ADULT-FRIENDLY



STREETS APART DELIVERED FOUR COMMUNITY STREET AUDITS (CSAs) WITH OLDER ADULTS AND KEY STAKEHOLDERS IN LOCATIONS ACROSS THE BOROUGH OF REDBRIDGE. CSAs ARE A METHOD OF ASSESSING THE WALKING ENVIRONMENT ON A STREET FROM THE POINT OF VIEW OF THE END USER, IN THIS CASE OLDER ADULTS.

THE PROBLEM

One of the key barriers to older adults remaining active is poor quality of the public realm, including poor footway condition, lack of safe crossings and lack of an accessible walking environment for those with walking aids or disabilities etc.



THE SOLUTION

To address these walking barriers, four audit locations were identified through consultation with individuals, key organisations and stakeholders to focus on areas where older adults currently experience such barriers in Redbridge, these were the following: Fairlop Waters, Grove Road, Manford Way and Fulwell Avenue. Each location was chosen to reflect the busy lives of older adults today; completing everyday activities like shopping as well as leisure activities and looking after grandchildren.

The thoughts and opinions on the environmental barriers on the streets to older adults and other key stakeholders walking were identified and recorded by Living Streets. Recommendations were developed as solutions to improving the walking environment for LBR and other authorities to take forward.



FOCUS ON COMMUNITY STREET AUDITS – FAIRLOP WATERS

In March 2018 a CSA was conducted from Fairlop Waters Underground station up to Fairlop Waters. Pedestrian access to Fairlop Waters, a popular natural and recreational park for older adults was poor due to high vehicle speeds on Forest Road, the road that served Fairlop Waters from the local area, and a poor general walking environment.

The issues identified by residents and business representatives on the audit included poor pavement condition, overgrowing vegetation, poor walking networks, unsafe crossing facilities and high vehicle speeds on Forest Road. These were translated into both short and long-term priorities that would improve the walking environment.

RECOMMENDATIONS INCLUDED

- Cutting back overhanging vegetation from the footway
- Removal of litter and improved street maintenance
- Slow traffic movements on Forest Road
- Widening of pavement on Forest Road and improving footway links

By March 2019 both short and long-term recommendations from the audit had been actioned, including the cutting back of hedges along the footway and the removal of litter and street cleansing; and the LBR Highways team had installed traffic calming measures by introducing speed humps.



MAKING A DIFFERENCE THROUGH VOLUNTEERS

DEVELOPING AND CREATING VOLUNTEER OPPORTUNITIES FORMED A KEY PART OF THE DELIVERY OF STREETS APART WITH OVER 56 VOLUNTEER OPPORTUNITIES BEING CREATED.

These included supporting project activities such as assisting led walks, community events and Walk Leader training. Although not taken up, an additional 27 volunteer opportunities were made available to residents. The volunteer programme enhanced both the quality and level of engagement of older adults with the project – by increasing the depth of engagement in communities, increasing social interaction for older adults in Redbridge and creating opportunities for legacy. Volunteering for Streets Apart also benefited individual volunteers' health and wellbeing across the project.



FOCUS ON VOLUNTEER TRAINING

Streets Apart worked in partnership with Sanctuary Care Homes at four homes they operate in Redbridge to run led walks and activities across the borough to increase the levels of walking and activity of their residents. Although all homes cater for older adults, one care home specialises in older adults living with dementia and Alzheimer's. As Sanctuary Care Homes had not previously run outdoor walking activities for their residents, to ensure the success of the programme and partnership, a scalable walking programme with three elements was developed which included: indoor walking activities, outdoor led walks and walk leader training. The programme delivered 10 walks and walking activities, engaged with 29 residents, and trained five walk leader volunteers at the homes.



Working with the volunteers and carers at the homes to support and deliver led walks was a key part of the success of the programme. Volunteers supported the led walks with the residents from the beginning of the programme and then received walk leader training from Living Streets. This developed the volunteers' confidence and ability to continue the led walks after the Streets Apart programme had finished, and ensured residents continued to enjoy the benefits of being active.

Les Kaye, Manager of Pinewood Care Home said of our activities "There were staff and volunteers participating and the activities were thoroughly enjoyed by us too, you really are quite superb at what you do."

Walk leader training was also taken up by residents and community groups in the borough. This ensured that we now have walk leaders who represent the diverse community of Redbridge and ensure that older adults can access a walk leader through various channels. A database of those walk leaders will be compiled for the Redbridge Social Prescribing team to ensure that those skills are utilised.

June Jackson – Senior Nature Conservation Ranger Redbridge said "The training was really helpful. There were a number of things that I hadn't thought of... it was useful in providing a framework of thinking through the process of running a walk and making sure I don't miss anything."



Newly trained volunteer walk leaders

MAKING A DIFFERENCE THROUGH COLLABORATION



A KEY ELEMENT OF THE SUCCESS OF STREETS APART WAS THE NUMBER OF EFFECTIVE PARTNERSHIPS AND COLLABORATIONS WITH LOCAL ORGANISATIONS AND STAKEHOLDERS, WITHOUT WHICH THE PROJECT WOULDN'T HAVE HAD THE IMPACT AND REACH ACROSS THE BOROUGH THAT IT DID.

“Redbridge council are highly supportive of initiatives that aim to increase the levels of physical activity amongst the local population. The project has enabled many older people and those with disabilities to begin walking and enjoy venturing outdoors amongst their social groups and has responded to issues around mobility and social isolation. Redbridge Council would like to express our gratitude to Living Streets for developing the project and many thanks to those residents who participated and made it a huge success.”

Gladys Xavier, Director of Public Health and Commissioning (Interim)

Streets Apart established and developed professional partnerships with over 15 local organisations including: voluntary organisations, council departments, care providers, education establishments, housing providers and other networks.

Below is a list of some of the partners that we worked with, and on the next page we focus on two of those partners and their views on the impact and benefit that the project brought to older adults.

- Vision Redbridge
- Redbridge Council for Voluntary Services
- Redbridge Pensioners' Forum
- Age UK Redbridge
- Arthritis Self-help Network London (ASNET)
- Awaaz Voice of Women (Redbridge Education & Social Welfare Support Group)
- Sanctuary Care Homes
- Marjorie Collins Centre Community
- Redbridge Institute
- Mark Healy: Active Together Programme Leader
- South Park User Group
- Hainault Business Park Group



VISION REDBRIDGE

Our partnership with Vision Redbridge has seen us collaborate on reaching the furthest wards in the borough like Hainault and Barkingside. We have been able to take people from the highly-populated traffic areas to places such as Hainault Forest to experience nature walks. Francis Castro – Hainault Forest Development Manager said “The walks have been a great way to promote the forest as we aim to increase usage.”



REDBRIDGE PENSIONERS' FORUM

The forum is a campaigning and social group for older adults and consists of 150 members. Members spread the word of services available to older adults as well organising monthly community events, days out, holidays and information on health and welfare entitlements. Streets Apart worked with the Forum to deliver talks on the benefits of walking as well as deliver bespoke exercise sessions and provide information on led walks in the borough.

Adrienne, Chair of the Forum said “I am very much in favour of the walks as a way to give a feel-good factor and address social isolation in older people. For our members' it has highlighted the difficulties presented by cashless parking, as well of the use of public transport to some parts of the borough.”

BEST PRACTICE & LEGACY OF STREETS APART

A KEY OUTCOME OF STREETS APART WAS HIGHLIGHTING THE IMPORTANCE OF WORKING TO BOTH REDUCE BARRIERS TO OLDER ADULTS WALKING MORE AND THE NEED TO WORK WITH OLDER COMMUNITIES TO INCREASE WALKING LEVELS TO BRING ABOUT THE ASSOCIATED HEALTH AND WELLBEING IMPACTS.



The impact and recommendations from Streets Apart were presented at a number of high-profile events across London. This included presentations at the Living Streets Walkable London Best Practice Conferences in 2018 & 2019 to representatives from the majority of London boroughs as well as Transport for London and Greater London Authority's Transport and Public Health teams. Findings and recommendations around how to engage with and improve walking rates in older adults were also presented at Age UK's Camden conference. Through such dissemination, the project has inspired a number of other London boroughs to explore setting up their own older adult focussed walking projects in Enfield, Havering and Barking and Dagenham.



LEGACY OF STREETS APART – ENSURING OLDER ADULTS KEEP WALKING

Plans to ensure Streets Apart continued to have a positive impact on older adults once the project was over were integrated into the activities and outcomes of the project from its inception.

The walk leader training programme ensured that walking activities continue across the borough and that older adults continue to be supported to remain active, helping to address the social and physical barriers to walking. 13 walk leaders have been trained so far and are working towards delivering walks in nine locations across the borough.

Two such examples include: Tiptree Estate, where the walking group that was set up has continued after the programme ended. From this, lasting friendships have been formed with people from various backgrounds who now have a common interest. Whilst at Pinewood Sanctuary Care home, Phyllis and Flo are continuing as friends walking together. "Even though we can't get around much – we still enjoy moving."

Streets Apart has also ensured that the street environment for older adults will continue to be improved as a key part of removing the barriers to walking. The recommendations and actions from the CSAs that were undertaken are being taken forward by the LBR Highways team; for instance, at Fulwell Avenue new pedestrian crossings will be assessed with a pedestrian count to ascertain usage. At Manford Way, the streets are being assessed as the Pinewood care home consults with the borough about a major housing development being built nearby.

LEARNING & RECOMMENDATIONS

LIKE ALL GOOD PROJECTS, WE LEARNT A LOT WHILST DELIVERING STREETS APART. THE PROJECT OVERCAME CHALLENGES AND BARRIERS TO ENSURE LASTING BENEFITS AND IMPACT ON THE LIVES OF OLDER ADULTS WAS ACHIEVED IN THE BOROUGH; AND THROUGH THIS PROCESS WE TRANSLATED LEARNING INTO THE FOLLOWING RECOMMENDATIONS FOR FUTURE OLDER ADULT FOCUSED WALKING PROJECTS.

HOW TO INCREASE WALKING RATES IN OLDER ADULTS

- Not all older adults are the same, the levels of activity can vary massively between a 65-year-old and an 85-year-old. Treat everyone in exactly that way – as an individual. Walking is only accessible for all if it's flexible;
- Tailor walking activities to the pace and ability of the audience;
- Develop walking activities that are scaleable and in which difficulty can be incrementally increased to suit abilities;
- Indoor walking exercises are great for engaging older adults as a first step to getting outside;
- Partnership working is key to engage and develop long-lasting trust with older adults and communities; and to deliver the message of everyday walking for older adults to stay independent;
- Be prepared for smaller intimate walks to allow first-time walkers to feel comfortable;
- Where possible learn about ailments that affect older adults in later life that can impact on their walking, such as arthritis.

FROM THESE CHALLENGES WE LEARNT TO KEEP REACHING OUT TO OLDER ADULTS IN DIFFERENT WAYS, ESPECIALLY IN MORE REMOTE PARTS OF THE BOROUGH.



HOW TO CREATE OLDER ADULT-FRIENDLY STREETS

Living Streets has developed a number of key recommendations for land owners and local authorities to improve the walking environment for older adults and reduce physical barriers of street infrastructure to walking:

ENGAGE WITH OLDER ADULTS

and representatives of accessibility groups when developing master plans for street and neighbourhood improvements; following Living Streets' Community Street Audit model as a process;

FOOTWAY CONDITION IS CRUCIAL

Uneven surfaces and the realities and perceptions of trip hazards of pavements are big issues for older adults. Ensure footways surfaces are level and trip hazard free;

TIME AND PLACES TO CROSS

Older adults often require more time to cross the street. Work with relevant authorities to increase crossing times in line with more realistic 0.8 ms per second crossing time for older adults; and ensure crossings are located at regular intervals – ideally every 200metres;

PLACES TO SIT AND REST

Having seating at regular intervals (every 100m) on key walking routes means older adults have opportunities to rest and makes the walking environment more accessible for those who can't walk for as long;

IMPROVING AESTHETICS

The way a street looks is important to older adults, if a street is cleaner, more attractive and with things to see and do they are more likely to walk. Adequate maintenance, ensuring high levels of greenery on street and in parks are key;

WALKING CONNECTIONS WITH PUBLIC TRANSPORT

Older adults often rely on public transport more than others. Have regular and accessible bus stops and make the walking routes to/from and around transport hubs older adult-friendly.





Living Streets would like to thank the the City of London Corporation's charitable Funder, City Bridge Trust, for funding Streets Apart and London Borough of Redbridge for being a key partner. In addition, Living Streets would like to say thank you to all organisations and individuals that partnered with Living Streets on Streets Apart and enabled it to make a difference to the lives of older adults now and for the future.

🖥️ **LIVINGSTREETS.ORG.UK/COMMUNITIES**

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London Borough of

Redbridge



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