

RVA Projects

1. Healthy Ageing Through Innovation in Rural Europe
2. I-Know-How
3. Make it Happen



Healthy Ageing through Innovation

Working with volunteers in Robertsbridge and Rye to develop systems that empower older people to: 1) define what support they need, 2) participate in the design of services and, 3) develop solutions for themselves.

We have interviewed over 75 older adults in depth about their health and wellbeing, thanks to our 16 enthusiastic and highly skilled volunteers. As well as providing a therapeutic experience we have gained a wealth of information (over 180 hours) about the challenges and opportunities facing people living in Rural Rother.

We are now planning a series of events in our pilot communities to co-design solutions and innovations to take forward.



Interreg 
2 Seas Mers Zeeën
HAIRE
European Regional Development Fund

Wider areas of Research and Development:

1. Age Friendly Communities across Rother.
2. Ways of building capacity in individuals and groups to host community spaces for collaborative action.

A Guided Conversation is a friendly chat between a volunteer and an older person about their Health and Wellbeing, covering:

Transport and Moving Around
Streets and Spaces
Facilities and Amenities
Healthcare
Community Support Services
Skills and Personal Development Opportunities
Social and Cultural Opportunities
Local Governance
Physical Wellbeing
Emotional Wellbeing
Personal Mobility
Family, Friends and Relationships
Identity and Belonging
Finances
Skills and Experiences
The Future
Local Involvement
Control
Personal Values
Inclusion



Make it Happen

Making it Happen is about discovering, celebrating and building on the positive things in our local neighbourhoods.

'Asset-based community development begins with the gifts of people and their capacity to organize to create the world they want to see' ([ABCD Institute](#))

Challenges: Covid!

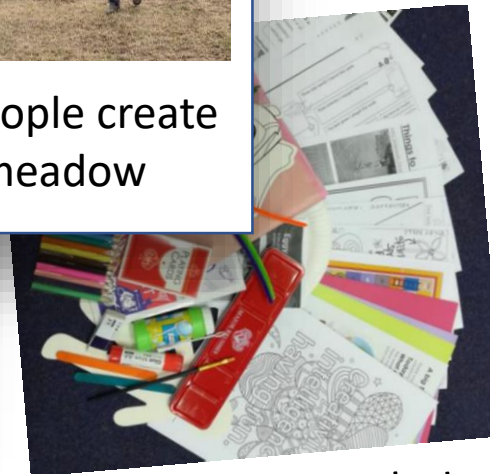
Opportunities: Digital Networks, Planning and relationship building, funding through the Small Sparks Grants Programme.



Funding local artists to brighten up the walk to school



Helping people create a wildlife meadow



Sending craft packs to families in lockdown



March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7

Supporting a community calendar featuring lockdown photos.



Enabling Veterans to grow seeds from home