



Meeting: Senior Forum

Date: 9th January 2024 **Time:** 11:00 am **Location:** Zoom

In attendance: Suzy Firkin (Chair), Cathy Dean (Secretary), Diane Ritherdon, Catherine Sale, Glen Williams, Kate Fallon, Kay Wesley, Jackie MacArthur, David Morris.

Apologies: N/A

1.	<p><u>Welcome</u></p> <p>Suzy welcomed everyone to the meeting: minutes dated 19.09.23 were accepted as a true record of the meeting. Any outstanding actions are covered below in the agenda.</p>												
2.	<p><u>Changing Lives Together</u></p> <p>As voted for in the last meeting a new contract to continue the buddy & befriending scheme into a 3rd year was actioned for 23/24.</p> <p>The 3rd year quarter 1 review meeting took place directly after the senior forum meeting, I have included the report with these minutes.</p> <p>Changing Lives team would like to attend any groups within Congleton that are over 50's to promote the service.</p> <p><u>Full report HERE.</u></p> <p style="text-align: center;"><u>Agreed Targets From SLA</u></p> <ol style="list-style-type: none"> 1. To actively promote the Buddying & Befriending Scheme across the Congleton area to increase awareness of the service to potential referral sources and clients. 2. To recruit 17 volunteer Buddies and Befrienders to support Congleton residents 3. To match an additional 20 clients in the Congleton Town area referred into the Scheme with a Volunteer Befriender over and above 2023 baseline figures. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #4F81BD; color: white;"> <th style="width: 33%;">Overall Referrals Target</th> <th style="width: 33%;">Referrals First quarter</th> <th style="width: 33%;">Referrals Achieved to date</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">20</td> <td style="text-align: center;">4</td> <td style="text-align: center; background-color: #C8E6C9;">4</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #4F81BD; color: white;"> <th style="width: 33%;">Overall Matches Target</th> <th style="width: 33%;">Matches Achieved First Quarter</th> <th style="width: 33%;">Matches Achieved to date</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">20</td> <td style="text-align: center;">4</td> <td style="text-align: center; background-color: #C8E6C9;">4</td> </tr> </tbody> </table>	Overall Referrals Target	Referrals First quarter	Referrals Achieved to date	20	4	4	Overall Matches Target	Matches Achieved First Quarter	Matches Achieved to date	20	4	4
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Overall Volunteer Sign-Up Target	Volunteer Sign-Up First Quarter	Volunteer Sign-ups to date
17	18	18
A	The next quarter review is on 2nd April 2pm.	
<p><u>Health and Wellbeing Fayre 2024</u></p> <p>The date for Health & Wellbeing Fayre '24 will be 26th March 2024, The Town hall is now booked.</p> <p>Invites have been sent out to the previous attendees, we will have around 40 exhibitors in the main hall, Bluey's will be serving refreshments and we will have use of the area for drinks/food etc.</p> <p>Promotion will start via online & offline channels, with a ramp up 6 weeks before the event.</p> <p>Kay requested that we promote healthier food options. (Gluten Free, Vegan etc) Cathy to discuss this with Mark.</p> <p>We will aim to have 4 workshops running during the day, ideas so far:</p> <ol style="list-style-type: none"> 1. 100th Anniversary of Congleton War Memorial 2. Defib Training – NWAS (David to Contact) 3. Hypertension – a major focus for CHOC – Kate to look into 4. Cooking demonstration / Gut Health – you are what you eat? 5. Menopause workshop 6. Movement workshop - chair-based aerobics class and gentle aerobics class 7. Dementia Friends workshop <p>David – can we invite senior people from the Police, Fire, Ambulance etc there seems to be a gentle lack of awareness about dementia buddy/ dementia training etc – This might need a separate training session with Diane rather than the health & wellbeing fayre. David/Diane/Kay to follow up.</p>		
A	<p>Cathy to discuss food options with Mark</p> <p>Cathy to contact workshop organisers / David to contact NWAS</p> <p>Dementia Friends Awareness sessions for emergency services – Diane/Kay/David</p>	

4. **Digital Support for the Elderly**

Public services are rapidly 'going digital'. If like 2.7 million older people in the UK you aren't an internet user, it's becoming harder – and in some cases impossible – to access day-to-day necessities such as banking, making NHS appointments or even just paying for car parking.

Suzy has had an initial conversation with Age UK who run Connect All, which runs in Nantwich, Crewe & Northwich. This can include drop-in support, home sessions or public sessions at the Library. It does look like something that we can bring to Congleton. Suzy to follow up with Age UK.

David highlighted an issue for concern – Congleton is on the list to remove all copper phone lines.

"I've read several articles recently on the change over from copper to fibre, I accept that the papers only report bad news. The articles have said the changeover has not gone well and it's now been discussed in parliament. The problems seem to be that Openreach disconnect the landlines when the users have not requested the disconnection and it's taking weeks to reinstate it. The new hub devices are just sent to individuals and they are not being supported to set them up. The emergency alarm devices don't operate on a digital network. There are also concerns that when there is a power cut there is no ability to communicate with anyone."

The consumer end of BT is now EE, Kay shared a story of being mis-sold and having to kick up enough fuss on social media to get the issue resolved. It would be very confusing for a person not familiar with the internet etc.

The deadline for copper switch-off is 2025, Open Reach states that they are working with Communication Partners who should be identifying vulnerable customers ahead of the switch-off.

- a. Chair to write a letter to either BT/Open Reach to understand the plans they have in place.
- b. Write a letter to our MP (Fiona Bruce) to understand what government action if any is been discussed.

5. **Congleton War Memorial Hospital**

100th anniversary of Congleton War Memorial Hospital – Discussions are taking place within CTC, all rather vague about plans from NHS. SF would like to support the Aston ward as it's a vital service for Congleton residents.

Kate to make contact with who runs the Aston Ward.

Jackie has completed some initial research the hospital was opened by the Duke of York on 24th May, and every worker in Congleton paid 1d (equivalent to 30p in today's money) each week to run the hospital, so not only did they fund the building but also ongoing support.

CTC hope to run a 1920s-style fete in the park. Senior Forum can align the Tea Dance event with it.

	<p>Kay will look into the Tea Dance as part of her Mayor events, could be a ticketed event to raise funds for the hospital?</p>
6.	<p><u>Dementia Friends</u></p> <p>Due to Alzheimer's removing the Dementia Friends Programme, dementia leads from Congleton, Alsager, Sandbach, Poynton & Nantwich will be producing their own Dementia Friends Programme. Alzheimer's can't trade mark the content but we do need to make it 'ours'.</p> <p>Revised programme between the leads - Diane is working on the school programme.</p> <p>DF friends held a stall at the maker's market in Oct '23, money was raised via a raffle with a donation to the social supermarket and replacing items for the DF Swap shop in the library totalling £310.</p> <p>The group thanked Diane for all her hard work. The next DF group meeting will take place in March.</p>
7.	<p><u>AOB.</u></p> <p>Kate – CHOC is working on a Dementia project to encourage earlier diagnosis. (Add as an agenda item next meeting). We are also running a weight management project with a small cohort of people and smoking cessation.</p> <p>Social Prescribers – are working on a project to identify all people 90+ in the area to find out what support they have in place. Personal alarms are critical so would link to the copper phone line switch-off mentioned above. Updates to follow.</p> <p>Next Meeting - Senior Forum</p> <p>Time: Mar 12, 2024 11:00 AM London</p> <p>Join Zoom Meeting</p> <p>https://us02web.zoom.us/j/89801754508?pwd=RjhPb2Y0MWWVaajdBcjZDeEd5MzViQT09</p> <p>Meeting ID: 898 0175 4508</p> <p>Passcode: 870912</p>