



Meeting: Senior Forum

Date: 22nd January 2024 **Time:** 11:00 am **Location:** Zoom

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

Apologies: Sarah Jacklin, Glen Williams

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| 1. | <p><u>Welcome</u></p> <p>Suzy welcomed everyone to the meeting: minutes dated 09.01.24 were accepted as a true record of the meeting.</p> <ol style="list-style-type: none"> 1. Chair to write letters to BT/Open Reach & Fiona Bruce MP regarding the copper phone line switch off. UPDATE: Since the last meeting we have learnt you may be able to plug the phone device into an internet router to continue making calls using your landline. Providers should be contacting customers regarding what action they need to take. We will keep an eye on the situation but it's felt letters aren't now required. 2. Tea dance event see A.O.B below. <p>Guest speaker Olivia was welcomed and introduced.</p> |
| 2. | <p><u>Health and Wellbeing Fayre 2024</u></p> <p>Well-attended (Around 220 visitors) numbers were higher than in 2023, and good feedback was received on the day.</p> <p>We had 43 exhibitors on the day, and 2 no-shows. Refreshments in Bluey's worked well, we also issued drink vouchers this year which saved people going up for multiple drinks.</p> <p>David commented that the gangways weren't equal between stall holders and across from him someone brought in a rowing machine.</p> <p>It was also noted that some people prefer to sit behind the table, others in front. Catherine commented that they only needed space for a banner, no table required which could free up space.</p> <p>Workshops were not well attended, it was quite difficult to get people to go upstairs. Can we make better use of the bar area as a 'featured' area, for example, run the defib training there to get the passing traffic?</p> <p>Kay commented that people didn't realise there was a lift to get up the stairs and where the disabled toilet was. Signage in the Town Hall could be improved.</p> |

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| | <p>Review layout for the 2025 event – do we need to limit stall numbers? Can more share a table?</p> <p>All agreed to run the event again in 2025, with March 25th preferred date.</p> |
| A | <p>Cathy to reserve the date at Town Hall – 25th March might already be booked, 18th March reserved. If the preferred date becomes available they will book that for us.</p> |
| | <p><u>Dementia Friends</u></p> <p>Dementia Friends has agreed to move back into the Senior Forum now the Alzheimer's Society support for the programme has been withdrawn.</p> <p>DF meetings tended to be face-to-face, was as SF tends to take place on Zoom. The group is happy to vary the format from time to time.</p> <p>Diane is continuing to run Dementia Friends sessions and is continuing to work with other Dementia leads from other towns to create a new programme.</p> <p>Kate – CHOC is still planning to move forward with a campaign to address earlier diagnoses. A colleague from the Cheshire & Wirral partnership is heading up the project, currently in the data collection stage. Kate will share progress as she is given more news.</p> <p>Kay recommends presenting to the CTC Community group to raise awareness of the project with councillors.</p> |
| 4. | <p><u>Trips and Falls Inctive</u></p> <p>Olivia Brewster is a qualified Pilates Instructor and Trainee Physiotherapist (Year 4). She is looking to set up a local initiative to conduct fall prevention classes. Olivia took us through a presentation discussing the serious impact falls can have.</p> <p>View the presentation here:</p> <p>https://congletonpartnership.co.uk/wp-content/uploads/2024/04/Fall-Presentation.pdf</p> <p>Catherine currently refers to the One You Programme by CE. 26-week course, the biggest barrier is getting people to attend, transport is a huge issue.</p> <p>Massive gap for home visits – Oliva is currently training a team of people to be able to visit people in their homes.</p> <p>It makes sense to already tap into existing groups, like the lunch club at St John's, Cosy Corner (Cricket club), Plus Dane, and Bromely Community Centre. Etc.</p> <p>Oliva to liaise with Diane about running a class after the Forget Me Not group at New Life Church, we have some funding available.</p> <p>Oliva's promotional leaflet is to be shared with the minutes.</p> |
| 5. | <p><u>Changing Lives Quarter report</u></p> <p>Report attached: https://congletonpartnership.co.uk/wp-content/uploads/2024/04/Congleton-Y3-Quarter-2-Report.pdf</p> |

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| | <p>The number of volunteers is going well but are facing a lack of referrals from the Congleton area.</p> <p>SP's are undertaking a research project looking at the number of over 90 years old still living independently at home, this kind of support could be useful and they will be looking to introduce the service.</p> |
| 6. | <p><u>Digital support for the Elderly</u></p> <p>Age UK Connect All service has lost funding so we cannot introduce this to Congleton.</p> <p>Johnathan to ask the Cheshire East digital inclusion team to talk to the group, no support is offered directly.</p> <p>Suzy to follow up with a charity which attended the H&W Fayre – Ability Net which provides digital support for all. https://abilitynet.org.uk/</p> |
| 7. | <p><u>AOB.</u></p> <p>Note Cheshire West has reduced funding for End of Life Partnership.</p> <p>6th June D-Day anniversary Jackie asked if SF would be willing to do a joint event with CTC, which would be in the region £1000, tea dance style or fish & chips supper. All in favour of support, the event schedule for May / June is looking busy so maybe not on the exact date. More details to follow.</p> <p>Date for next meeting: 11th July at 11 am via Zoom.</p> <p>https://us02web.zoom.us/j/88520836873?pwd=T2tVVEJsNEZpSmRva2Jzc3lKQjhmQT09</p> |