



**Meeting:** Senior Forum

**Date:** 18<sup>th</sup> July 2024    **Time:** 11:00 am    **Location:** Zoom

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

**Apologies:** Glen Williams, Diane Ritherdon, Jackie MacArthur, Emma Richardson, Jude Johnson.

<p>1.</p>	<p><b><u>Welcome</u></b></p> <p>Suzy welcomed everyone to the meeting: minutes dated 22.04.24 were accepted as a true record of the meeting.</p> <p>Outstanding Updates</p> <ol style="list-style-type: none"> <li>1. Date Health &amp; Wellbeing Fayre reserved the date at Town Hall – 18<sup>th</sup> March 2025.</li> <li>2. Fall Prevention - Olivia has been piloting a fall assessment, due to a visit with Diane's Forget Me Not group in September. Olivia to connect with Kate (CHOC).</li> <li>3. Ability Net covered in Agenda.</li> </ol>
<p>2.</p>	<p><b><u>Changing Lives Buddy &amp; Befriending</u></b></p> <p><a href="#">Quarter 3, Year 3 report attached.</a></p> <p>Pretty pleased with the progress of the service, referrals plateaued but seem to be picking up.</p> <p>Catherine along with the SP's team have been connecting all over 90's who live on their own, struggle with telephone befriending as they may struggle to hear on the phone. Much prefer face-to-face. If Changing Lives could support face-to-face SP's would support.</p> <p>Changing Lives has started to offer in-person group sessions in Winsford that have proved to be popular, these are existing buddies &amp; befrienders. Is this something we can fund in Congleton? Transport is always a problem but we could look to utilise the Partnership Mini Bus or Flexi Link service.</p> <p>Bromley Farm Hub / Bluey's (Town Hall) / Old Saw Mill / New Life Church potential venues.</p> <p>Johnathan mentioned McCarthy Stone funding that's available soon, a potential source of funds to support and develop the service. (mccarthystonefoundation.org).</p>

A	<p>Cathy / Johnathan to explore funding options – Cathy to apply to the McCarthy Stone Foundation.</p> <p>Suzy to contact Pete to ask for costings to run face-to-face sessions. Include SPs in meetings.</p>
3	<p><b><u>Ability Net – Digital Support</u></b></p> <p>Follow up with a charity which attended the H&amp;W Fayre – Ability Net which provides digital support for all. <a href="https://abilitynet.org.uk/">https://abilitynet.org.uk/</a></p> <p>Cathy / Johnathan attended a meeting with Nic local co-ordinator, great service that we would like to bring to Congleton. Drop-in sessions already take place in Sandbach &amp; Alsager around 8 people attend over the 4-hour session.</p> <p>Kay mentioned the successful digital businesses in the Town as part of CSR would look to support a project, they have people, money &amp; space.</p> <p>Library / Community Halls might be the best space to host sessions.</p> <p>Could potentially be promoted through SPs and doctors' surgeries, Catherine to check.</p> <p>East Cheshire Eye Society sent out an email regarding free Alexa Devices, supported by Ability Net – Please see AOB.</p> <p>Have they got internet? BT could support.</p> <p>The group is keen to work with Ability Net, which will be a step-by-step process to see what barriers people have to get online/what support is required.</p> <p>A. Johnathan to follow up with Ability Net to see about introduce a drop in session in Congleton.</p>
4.	<p><b><u>Tea Dance/Fish and Chip Supper</u></b></p> <p>Joint event with CTC which would be in the region £1000, tea dance style or fish &amp; chips supper. The traditional event could be around Christmas. (Christmas Party). Will need volunteers to help with leaflet drops/promotion and transport.</p> <p>A. Cathy to check the Town Hall availability.</p> <p>The second option Kay is working with the care homes is 'tea &amp; treasures' – afternoon tea and a talk around the town treasures /heritage (mace, charter etc)</p> <p>No reason both events can't run?</p> <p>UKSPF Funding could be applied for. Cathy to check with Jackie.</p>

5. **Dementia Friends - Report from Dementia Friends subgroup July 2024**

The recent Dementia Action Week went well with sessions at Astbury Primary School, the Old Saw Mill and the Forget me Not Group (where we were joined by 22 children from the primary school).

Following this I was invited to join a volunteer event run by Alison Wright of the Old Saw Mill at the Co-op in Bromley Road. Several people enquired about volunteering opportunities and useful contacts were made. The reprinted edition of 'Gentle Activities' was taken by several passers-by.

The Dementia Friends leads network is thriving, and new communities are seeking support. The absence of Alzheimer's Society action— in particular, no training set up to create new Ambassadors to run the Dementia Friends awareness sessions - means we are left to run things independently. I am still the only trained ambassador in Congleton.

The Lawn Tennis Association are partnering with local tennis clubs to offer a weekly one-hour tennis session with coaching and support to people living with Dementia. Congleton Tennis Club is hoping to participate. It will be on a Monday, Tuesday or Wednesday between 1 pm and 3 pm (their quiet times). Please give my contact details to anyone interested (07770 724932)

David suggested repeating the Dementia Friends Goody Bag project, we could apply for the Tesco Community Fund. Could combine with?

A.

David to contact Diane to discuss this further.

6 **AOB.**

Free Alexa devices

For people who are:

- Resident in the UK
- Living with Sight Loss
- Receive Disability Living Allowance (DLA), Personal Independent (PIP) / Attendance Allowance (AA) or Adult Disability Payment (ADP) in Scotland or receive a means-tested benefit (or parent/guardian if under 18).

British Wireless for the Blind Fund (BWBF) are delighted to announce that people living with sight loss can, apply for a free Alexa device from BWBF. The ability to control Alexa by voice and without buttons or on-screen controls makes it a fantastic option for people living with sight loss who want to access audio entertainment and information.

- Personalised support from AbilityNet <https://abilitynet.org.uk>

BWBF know this technology will be new to some, so they've teamed up with digital accessibility charity AbilityNet to ensure people have the support they need. Anyone who applies for a device can get help from AbilityNet to set up an Amazon account and get started.

For more information email: [sarah@blind.org.uk](mailto:sarah@blind.org.uk)

or phone 01622 754757

or visit the website <https://blind.org.uk/referrals/>

The next meeting will be in person at Congleton Town Hall.

25<sup>th</sup> September 11 am Spencer Suite. Calendar invite to follow.