



Meeting: Senior Forum

Date: 25.09.24 **Time:** 11:00 am **Location:** Congleton Town Hall

In attendance: Suzy Firkin (Chair), Cathy Dean (Secretary), Kay Wesley, Diane Ritherdon, Catherine Sale, Jonny Gribbin, Kate Fallon, Oliva Brewster.

Apologies: David Morris, Paul Dale, Gail Gittings, Liz.

1.	<p><u>Welcome</u></p> <p>Suzy welcomed everyone to the meeting: minutes dated 18.06.24 were accepted as a true record of the meeting.</p> <p>Outstanding Actions:</p> <p style="padding-left: 40px;">1. Changing Lives, Ability Net & Tea are covered in the agenda items below.</p>
2.	<p><u>Changing Lives Buddy & Befriending</u></p> <p>Changing Lives has started to offer in-person group sessions in Winsford that have proved to be popular, these are existing buddies & befrienders. Is this something we can fund in Congleton? Changing Lives sent through a proposal for running face-to-face sessions in Congleton.</p> <p>Cathy applied to the McCarthy Stone Foundation for a grant, successful applicants will be notified 16th/17th of October. Note that preference will be given for areas of high deprivation which Cheshire does not fall into so we will await the results.</p> <p>The costs from Changing Lives were not too high so it could be something we can facilitate without the grant.</p> <p>Since the scheme began (in the 3rd year) they have received 62 referrals, Matched 54 and recruited 104 volunteers in the Congleton area to date.</p> <p>There are 36 active clients still on our books in Congleton at present.</p> <p>Look out for any new pots of funding for well-being projects.</p>
A	<p>Geographically can we find out where in Congleton they are located?</p>

3	<p><u>Ability Net – Digital Support</u></p> <p>Jonny confirmed a session has been set up and will run on 22nd October at the Old Saw Mill, 2-3 pm.</p> <p>Looking to alternate with the well-being hub at Bromley Farm.</p> <p>Cathy to send the senior forum logo for promotion.</p> <p>Need a big push to get the word out there, GP Surgery's / Town Boards / Eye Society / Less Able Club / WI - Put the repeat dates on posters</p> <p>A. Does SF need to contribute/sponsor teas and coffees? Cathy to talk with Peter.</p>
4.	<p><u>Tea Dance/Fish and Chip Supper</u></p> <p>4th of December provisionally booked at the Town Hall, pending conversation with Mark B. about catering.</p> <p>A. Maybe a joint event with CTC, Mayors Fund, Partnership – Cathy to finalise costings</p> <p>Kay to check with Andrew Bell regarding dancers/music. (<i>Since the meeting Kay confirmed with Andrew that Wednesdays would be preferred so the date changed from 10th to 4th December</i>)</p> <p>Will need to canvas support. Over 90's project that the SP's have nearly completed. Welfare team at Plus Dane etc.</p>
5.	<p><u>Dementia Friends Update</u></p> <p>Forget Me Not Group is restarting after the Summer break.</p> <p>Recent Art Exhibition held at Spall Clarke solicitors, 10% of any of the art sold will be donated to Dementia Friends. Diane to check on the amount. Diane would like to purchase a hamper and hold a stall at the Makers Market which raised £300 last year.</p> <p>There were no takers on the free tennis session.</p> <p>David is still to discuss with Diane about repeating the Dementia Friends Goody Bag project, we could apply for the Tesco Community Fund. Diane isn't looking to repeat but might be something we can take forward as a group.</p> <p>David sent an update via email:</p> <p>Lions area dementia lead is looking to attend the Health and Wellbeing Fayre next year, she has a lot of information for people living at home with dementia. Also, there is dementia bus it educates people what it's like to have dementia with experts on hand to talk you through how you can help them etc. It costs we will be discussing if we will sponsor it for a day if it's something the town might be interested in it. We have it coming to Ellesmere Port next March for a couple of days. I can get more information if it's of interest. We could combine the two events and have a separate day just for dementia awareness.</p> <p>A. Diane and David to discuss this.</p> <p>Winter Fuel Payments –</p>

A.	<p>Diane has received 3 requests for help with pension credit applications, it is one of the benefits you can apply for over the phone but it is something we need to push and make sure people are getting the help they are entitled to.</p> <p>Jonny mentioned that they are running a clinic in Macc town hall with Citizens' Advice, is that something we can repeat in Congleton?</p> <p>Suzy/Jonny to follow up.</p>
6	<p><u>AOB.</u></p> <p>Spire Hospital has requested a stall at the Health and Wellbeing Fayre, happy to do any talks if required.</p> <p>Trips & Falls</p> <p>Olivia is currently completing a new course so she will be able to take referrals from GP's. Looking to set up an exercise class to help with trips and falls. Everybody Leisure has now taken over from Reed/One You Cheshire East so unsure how this will affect current trips and fall exercise classes. Looking to begin the class at the Town Hall with support from the group.</p> <p>The next meeting is TBC.</p>