



Meeting: Senior Forum

Date: 03.03.26 **Time:** 11.30 am **Location:** Zoom

In attendance: Suzy Firkin (Chair), Cathy Dean (Secretary), Kay Wesley, Diane Ritherdon, Kate Fallon.

Apologies: David Morris, Sue Russell, Catherine Sale, David Thomas

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| 1. | <p><u>Welcome</u></p> <p>Suzy welcomed everyone to the meeting. The minutes dated 25.11.25 were accepted as a true record of the meeting.</p> |
| 2. | <p>Outstanding Actions:</p> <p>A – Arrange a session for the wider group to go through the information produced by the Lions dementia lead. Cathy/David to arrange a suitable time. (Carry Forward)</p> <p>A – Bring together community leads, event for services for the older community, Senior Forum Open Session, precursor to the Wellbeing Fayre? Generate renewed energy into the group and gather more ideas on how we can better work together as a community. (Talk to service providers at the Fayre)</p> <p>A - Arrange another meeting to discuss in detail how we can promote/assist with Michelle to promote the School Readers Project – they have a stand at the H&W fayre will catch up there.</p> |
| 3. | <p><u>Health and Wellbeing Fayre 17th March 2026</u></p> <p>40 exhibitors are booked into the Fayre.</p> <p>Kay commented that we need to ensure it's accessible to wheelchairs; that there is enough room to get around.</p> <p>Congleton Lions is breaking along virtual headsets so people can experience what it is like to experience Dementia.</p> <p>Suzy, as Deputy Mayor, will be in attendance. Kay/Suzy offered to help on front desk.</p> |

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| | <p>Kate/Cathy is in the process of designing a short survey to get some anecdotal evidence of what people in Congleton want to see. What issues do they have, what are the barriers, etc.? Will need assistance with encouraging attendees to fill in.</p> |
| <p>4.</p> | <p><u>Dementia Friends Update</u></p> <p>Forget me not group continues but Diane is having a meeting with the New life Church to discuss the group and consider a new format.</p> <p>Diane is holding a Dementia awareness session at Leeks Building Society; they have confirmed they will not get rid of cash books, which is good news.</p> <p>Dementia UK will be hosting a dementia clinic in Congleton's Branch of Nationwide on 25th March. Appointments can be booked on the website: Admiral Nurse Clinics Free Dementia Support Appointment - Dementia UK</p> <p><u>No Tier Snooker</u></p> <p>No Tier Snooker continues at pace, a second group has opened at Congleton Snooker Club, and tickets are now on sale for the showcase event at Congleton Town Hall 14th June 2026.</p> <p>Standard and VIP tickets are officially on sale now on https://notiersnooker.co.uk/the-final-act/</p> |
| <p>5.</p> | <p><u>Changing Lives Together Befriending Project</u></p> <p>The initial project ended after 4 years; overall, 196 residents were supported across Congleton.</p> <p>A successful grant application to the Healthy Neighbourhoods fund will allow us to continue the telephone befriending and launch a warm welcome group.</p> <p>The service restarted in February, and we held our first warm welcome group, which was a great success. There were 4 guests and 2 volunteers, with Cathy, Suzy and Pete. A lunch was served with soup and sandwiches.</p> <p>Cathy/Suzy can't make the next one, but Kay and Kate have offered to attend. The next meeting is 12- 2 pm, 24th March 2026.</p> <p>Need to capture feedback and evidence for the reports to Cheshire East.</p> |

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| <p>6.</p> | <p><u>First Aid Course</u></p> <p>Suzy/Cathy were trying to arrange a first aid course at the fayre, but haven't been able to find a provider.</p> <p>Rotary are attending the Fayre with a first aid focus and is willing to discuss providing a first aid course.</p> <p>St Johns Ambulance has an excellent online course/app.</p> |
| <p>7.</p> | <p><u>Bleed Kits</u></p> <p>A next step following the defib project, in the absence of the Health & Wellness group, this seemed the most relevant group to bring it.</p> <p>Kits are around £175 with a cabinet.</p> <p>Group to suggest suitable locations to the bleed kits.</p> |
| <p>8.</p> | <p><u>AOB</u></p> <p>Finona Enticott is moving out of the area, so Diane is looking for a seated exercise provider. Kate put in touch with the team at Everybody Leisure</p> <p>Next Meeting Date.</p> <p>12th May 11:30 am</p> |