



Meeting : Senior Forum

Date : 14.2.17

Time: 3.00pm

Location: The Old Saw Mill, Back River Street, Congleton.

In attendance:- Suzie Akers Smith (Chair), Mike Smith, Glen.Williams, Alyssa Baines, Joan Myatt, Anna Bignell , Sarah Jacklin, Wendy Cotterill, Louise Hughes, P.Aston, A.Morrison,

Guest: Les Clarke & Paul Adby (Congleton U3A), Russell Chadwick (East Cheshire Hospice)

Item	Agenda Item / discussion	Action / comment
1	<p>Welcome & Apologies</p> <p>Meeting was chaired by Suzie Akers Smith.</p> <p>Round Robin of introductions for new members and guests.</p>	<p>Apologies were received from : L.Daniels,L.Heyes & L.Alcock,U.Ashiq, S.Rathbone,T.Stubbs, V.Lockett, S.Foster, R & S.Thompson.</p>
2.	<p>Minutes / Matters Arising from the last meeting (13.12.16)</p> <p>Item 1. IACE. Tracey Stubbs still to send MS details of new website to link to both CTC and CP websites. MS to look at getting all forum members websites linked through our Senior Forum page. <i>Sent out 15.2.17</i></p> <p>Item 3. The Old Saw Mill Project. Peter reported that comments in Stewarts' presentation (13.12.16) still stand and that OSM are going from strength to strength. Commercial kitchen is close to coming on stream when they can look at starting their meals on wheels service. Will start locally with Soup and a Roll, and build up over time. Need to get a disabled toilet in place to be able to cater for everyone's needs, stairlift now in place. About to launch a Cooperative membership Scheme, £3 per month with 10% off OSM purchases.</p>	

	<p>Anna Morrison briefed us on some of the activity currently being held at OSM ranging from Pilates, POP Pilates, Tai Chi, Madison’s Yoga, Zumba, Soul Pod and Zumba 50+ about to start.</p> <p>They are aiming to expand the range of activity by adding something like Knit and Natter, Bingo etc. If you have something you can do or would like to do then please let Peter / Anna know.</p> <p>They are working on community lunches the next one is planned for Easter Monday, more detail will be in the next Emill newsletter later this week.</p> <p>Item 8. Register of Activities. Information is very slow to come in for this document to become both meaningful and useful. Need to take steps to improve the information available so that we can see where gaps / opportunities are.</p> <ol style="list-style-type: none"> 1. MS to recirculate the spreadsheet that has been populated so that members / organisations can see what is required. 2. Deadline for completion 31st March (Next Senior Forum is 4th April) 3. Alyssa to contact last years’ Senior Fayre attendees for them to fill in the social isolation spreadsheet. MS provide copy of last years’ sheet. 4. Once we have the information we need to visit all of the “Hubs” and build up a relationship with them. 	<p>MS circulate spreadsheet</p> <p>Alyssa contact 2016 attendees</p>
3.	<p>East Cheshire Hospice @ Home – Russell Chadwick.</p> <p>Russell took us through a presentation about the new Home Service that is being planned for launch around June this year.</p> <p>The Hospice itself has been running now for 30 years, it can accommodate 500 patients a year and costs around £4m per year. Most of their running cost is raised through fundraising / donations with only 17% coming from the NHS. www.eastcheshirehospice.org.uk</p> <p>The new scheme “Hospice at Home” which will employ 16 nurses, and cost approx. £440K a year should be able to look after around 250 patients within their own homes.</p>	

	<p>Russell is currently carrying out a funding drive to cover the next 5 years funding to support this new operation.</p> <p>You can contact Russell :- rchadwick@echospice.org.uk or 01625664995</p>	
4.	<p>Congleton U3A – P.Adby (Vice Chair)</p> <p>Paul took us through a presentation on the history of U3A from its launch in France in 1972 where it had strong connections to academia to its Uk launch in 1982 where the academia link did not apply, and on to the launch of Congleton U3A in 1998.</p> <p>Their motto is LEARN LAUGH & LIVE</p> <p>Worldwide there are now 1000groups with 400,000 members. Congleton has 1400 members, with 110 activity groups, there is no age limit, but must be retired or semi-retired.</p> <p>The next signing on night is likely to be in August, possibly at Eaton Bank Academy.</p> <p>You can find out more about their activities and availability on courses by visiting their website :- www.congletonu3a.org.uk</p>	
5.	<p>Congleton Contact The Elderly – Louise Hughes.</p> <p>Contact the elderly is a national charity that was set up in 1965 to help change the lives of people over 75 and over who live alone and cannot get out on their own. Using a small group of volunteer hosts and drivers they organise small tea parties (approx. 10 guests) once a month at no cost to the guests.</p> <p>Louise has been running a group in Macclesfield for over 2 years and is now looking to start up a group in Congleton. Louise is currently recruiting drivers and hosts, she is having some success and hopes to hold her first party on the first Sunday of May.</p> <p>There are currently restrictions on wheelchair users, dementia can offer a challenge, Louise is happy to visit them / families to assess the situation.</p> <p>If you know of anyone who would be willing to volunteer as a driver or host please contact</p>	<p>Contact Louise if you know of</p>

	<p>Louise on 01260281093.</p> <p>PA offered to host one at The Old Saw Mill.</p> <p>Louise will send me a PDF which I will circulate to members.</p>	<p>potential guests/ volunteers.</p> <p>MS send out PDF</p>
6.	<p>Senior Health Fayre – Friday 29th Sept 2017</p> <p>Sub group to be set up as last year. Suggested members;- Usman Ashiq, Alyssa Baines, Suzie Akers Smith, Lisa Alcock, Sarah Jacklin and Anna Bignell.</p> <p>First meeting after Easter.</p> <p>MS send last years' contacts / attendees to Alyssa.</p> <p>Need to get more by in from NHS workers / surgeries.</p> <p>MS has copies of last years' flier, poster and media adverts.</p>	
7.	<p>Any Other Business.</p> <p>SAS. Suzie briefed us on the St George's Day Triathlon in aid of the Mayors Charity, all are welcome to enter / put in a team. MS send out details to the group.</p> <p>MS. Get Involved Booklet. Jo Money is currently preparing to go to print with the next version of the "Get Involved" booklet. It is Congleton Based, about services, organisations and small groups. If you want anything about your group/ organisation in the book please contact Jo or myself.</p> <p>WC. Any events you are organising send poster / details to Wendy who will arrange some support in the Congleton Tesco store.</p> <p>GW. Our major challenge is assessing people, finding out where they are.</p>	<p>Sent out 15.2.17</p> <p>Jo Money's contact jo@congletoncommunityprojects.org</p> <p>Send event information to Wendy at Tesco's</p>
9.	<p>Meeting Finished at:4.54pm</p> <p>Next Meeting:- Tuesday 4th April, The Bridestones Suite, Congleton Town Hall. 3.00 to 5.00pm</p>	

