



Meeting : Senior Forum

Date : 17.10.17

Time: 3.00pm

Location: The Bridestones Suite, Congleton Town Hall.

In attendance:- S.Akers Smith (Chair) Mike Smith, Alyssa Baines, S.Foster, J.Myatt , P.Aston, J.Gorman (One You CE), Caryl Clarke (Plus Dane)

Guest:

Item	Agenda Item / discussion	Action / comment
1	<p>Welcome & Apologies</p> <p>Meeting was chaired by</p> <p>Round Robin of introductions for new members and guests.</p>	<p>Apologies were received from :</p> <p>L.Alcock,P.Houldsworth A.Bignell,G.Williams, S.Jacklin.</p>
2.	<p>Minutes / Matters Arising from the last meeting (30.5.17)</p> <p><i>Item 5. Tea Dances.</i> S.Jacklin to discuss taster sessions with Shirley. Not yet actioned due to Sarah being off currently.</p> <p>All other issues are on the main agenda.</p>	<p>SJ to discuss tasters with Shirley</p>
3.	<p>One You Cheshire East – Johnny Gorman.</p>	

	<p>Johnny has taken over as the One You CE person that now covers Congleton. Currently they operate 8 x 12 week programmes that can be accessed online. Congleton Leisure Centre is currently running a 12 week exercise programme which on completion will offer the opportunity of reduced price ongoing membership.</p> <p>The re-shape weight loss course has yet to be offered in Congleton- this is directed to healthy eating.</p> <p>Full programme is available on http://www.cheshireeast.gov.uk/livewell/health-matters/keeping-well/one-you-cheshire-east/one-you-cheshire-east.aspx</p> <p>Peter and Johnny to discuss about how to action this at The Old saw Mill.</p>	<p>PA to discuss with Johnny re OSM involvement.</p>
<p>4.</p>	<p>I-tea and Chat – L.Alcock.</p> <p>13 days set up across 8 locations, all covered by trainers except 31st October and 1st December. Full list of dates, timings and venues to be circulated along with blank poster that can be used to advertise the activities locally / as required.</p> <p>Mixed response to this programme. Chappell Ctr and Library okay, OSM / Town Hall poor</p>	<p>MS issue full list of dates etc plus Posters</p>
<p>5.</p>	<p>Dementia- Helping Congleton become dementia friendly.</p> <p>Steering Group now formed to drive this project forward. Chair S.Rathbone, Deputy Chair L.Alcock.</p> <p>Meeting planned for 4th October cancelled next meeting planned for 8th November (2 to 4pm The Old Saw Mill).</p> <p>Items for discussion and action included:-</p> <p>Drop In's which offer Activity for The Person with Dementia and a moment to relax over tea and cake for the Carers. (issue raised at July Dementia Awareness Day)</p> <p>Dementia Friends briefing for Town Council staff and councillors</p> <p>Dementia Awareness for business.</p>	

	<p>Dementia in its widest form now affects over 850,000 people and it is projected that by 2020 that figure will be well over 1 Million. This will be our most important project over the coming months.</p>	
6.	<p>Senior Health & Wellbeing Fayre 29.9.17</p> <p>Around 60 members of the public attended the event which was somewhat hamper by the very poor weather at the beginning and a clash with a lot of local Macmillan coffee morning activity. We need to look at timing for future events, hold it later in the day or change the date completely.</p> <p>It was felt that we should keep the format, it was well supported by service providers, the talks were well received but not as well attended as we would have liked (Scamming and Dementia worth keeping).</p> <p>The group thanked Alyssa for all the excellent work she had done driving this project and wished this to be recorded in the minutes.</p> <p>Sub group for next years' event to be formed around Easter.</p>	
7.	<p>AOB.</p> <p>Issues raised were around Befriending Service and Dementia (Caring for Carers)</p> <p>Discuss with Lisa.</p>	
8.	<p>Meeting Finished at:4.17pm</p> <p>Next Meeting:- Tuesday 9th January, Spencer Suite 3 to 5pm.</p>	