

Ageing Well Working Group

**Tuesday 26th January 10 a.m. Apton Road Day Centre, 22a Apton Road,
Bishops Stortford**

Minutes

Introductions & apologies

Present: Mekhola Ray (MR), Carolyn Gale (CG), Angela Alder (AA), Jan Stock (JS), Marianne McWhinnie (MM), Kate Belinis (KB), Geoff Moore (GM), Sally Millett (SMt), Tracy Matthews (TMs), Stewart McIntosh (SMc), Michal Siewniak (MS), Chris Beaty (CB), Terry Morris (TM), Mike Thompson (MT), Sally Marlow (SM), Tracy Stafford, David Neilan (DN), Angie Reynolds, Geoff Moore (GM), Christine Gillham

Apologies: Cllr. Linda Haysey, Cllr. Eric Buckmaster, Jan Wing, John Milton, Nigel Cox, Susan Carter, John Lambie, Sarah Wren, Gayl Staines

Minutes of the previous meeting

Minutes of the meeting held in November 2015 were a true record.

Action from the previous meeting

All covered in agenda items.

Hertfordshire Senior Watch

TM advised the group that he needed help to promote a new scheme. 'Senior Residents Watch'. Leaflets will be distributed through residents' doors. He would like the group to help make elderly residents aware of how safe it is to live in East Herts. He would like families of elderly residents to also receive information as well as they often have access to computers which some elderly residents don't. AA suggested information could go in newsletters around Sawbridgeworth. TM to email standard wording to AA for this. It was suggested that black on white or black on yellow paper was best for visually impaired or elderly residents.

ACTION: TM

Dementia Action Alliance

GF from Dementia Action Alliance updated the group with statistics. We still need to encourage our partners to identify at least 1 person who can become a Dementia Friends Champion in each organisation. GF advised the group to look at the website for dates on available training which is free of charge. GF will email Action Plan to the group. **ACTION: GM**

Update on Dementia Café in B'Stortford

SM informed the group that numbers were low at the last 3 sessions. 4, 7 and 5 people attended. Even though the groups were small there was a good relaxed feel to them.

SM will email flyers from the Alzheimer's Society to be forwarded to the group with this month's minutes. **ACTION: SM**

It was suggested that possibly the name of the group was putting people off attending. Ware however is very successful with the same person running both sites. It can take time to get this type of group going.

AA informed the group that the Apton Centre is running activities for people living with dementia every Wednesday as half day, the aim is to have a full day. There will be opportunities for people in Bishops Stortford to use this.

GF pointed out that transport will always be an ongoing issue. It was agreed to have a presentation on transport at the next meeting. **ACTION: MR**

Update on Dementia Friendly East Herts

MM provided final update on Dementia Friends sessions with Braughing Village Hall, Sawbridgeworth Town Council, Rhodes Arts Complex and Hertford Theatre all displaying Dementia Friendly Place door stickers.

Update on Crossroads Initiatives

SM informed the group that they now have 40 members and spoke about some of the success stories.

The group asked where funding came from and is it a chargeable service to its clients. Funding comes from Public Health HCC. The service is sometimes chargeable to the client.

Rural Isolation

MR briefed the group on this initiative and noted that a small group of officers are working with CDA and CVS to scope out what needs to be done. This covers all age groups not just elderly. It was suggested that this could be a good topic at the Rural Parish conference. GF from DAA would like to attend Conference in Sept.

ACTION: MR

Sport England Forever Active East Herts

Launch event at Wodson Park on 5 November was extremely successful with over 200 people attending. Nigel Farran has been tasked with getting as many projects as possible going. Delivery has now started with Swimming sessions at both Grange Paddocks and Hartham. Tai Chi is in its 3rd week and walking football begins on 27th Jan. JS informed the group that 5 referrals have been from local GP's.

Village halls still to launch activities in the spring. It was suggested that Nigel Farren to be invited to the next meeting.

ACTION: MR

Update on Arts and Music

Nothing specific happening at the moment but keep on the agenda.

Timebanking

SM updated the group slowly building up membership now at 27. There is currently a resource issue as MM and Tom are leaving. MT asked whether it was worth continuing. SMC confirmed it is worth continuing and reminded the group of how well the scheme is doing in North Herts.

AOB – LGA support for Local Authorities

2 publications were shown to the group. MR will update at the next meeting when Cllr Buckmaster and MR met LGA to work up a programme. **ACTION: MR**

Claudia and Terry to come along to next meeting to discuss transport.

CB requested a small paragraph from each member confirming what their main job role is. MR requested all details no later than next Tuesday 9th Feb. TMs to collate details and attach with minutes. **ACTION: ALL**

AA thanked MM for all her help over the last years and wished her well for the future.

Date of next meeting

Tuesday 15th March 2016, 10.00am at Wallfields – (*we changed the date as there is no venue available on the other day 22nd March*).