

Ageing Well Working Group

Tuesday 8th September at 10:00 a.m. in Council Chamber, Wallfields, Pegs Lane, SG13 8EQ

Minutes

Introductions & apologies

Present: Cllr Eric Buckmaster (EH), Mekhola Ray (MR), Carolyn Gale (CG), Angela Alder (AA), Sally Millett (SMEH), Jane Brown (JB), Jan Stock, Claire Pullen (CP), Marianne McWhinnie (MM), Michel Siewniak (MS), Sally Marlow (SM), Chris Beattie (CB), Nigel Cox (NC), Sheelagh Taylor

Apologies: Kate Belinis, Debra Field, Cathy Baker, John Milton, Jan Wing, John Lambie, Tim Hayward-Smith, Sheila Winterburn, Jan Stock

Minutes of the previous meeting

Minutes of the meeting held in July 2015 were true record except Mekhola apologised for not recording the information below.

“Following a successful joint bid by Crossroads and East Herts Council, funding has been provided from the Herts Healthy Homes Initiative Fund, and from East Herts Council for a project to develop a checklist and facilitate practical measures to help those affected by dementia to cope better at home. Available measures will include a starter pack of light bulbs, calendar, clock with day and date, and labels, and range to larger items such as flooring, wider curtain tracks, and decoration. Stewart McIntosh has been appointed by Crossroads as Project Manager to develop and deliver the project, and we are keen to raise awareness of the new service, encourage referrals, and to help our residents.”

Action from the previous meeting

All covered in agenda items.

Silver Sunday on 4 October

The Council allocated revenue funding as a themed grant for this time specific initiative, 8 applications successful totalling £2200.

Claire to provide list

OPALS Event Fletchers Lea 2 October

CB explained he has just taken over the organisation of the forthcoming OPALS event where Fire, Police, Trading Standards will impart information on safety to older people £500 has been secured to fund the event. Transport still needs organising, MS offered CVS Community Car Scheme.

ACTION: MS/CB

AA asked if numbers are limited – might be interested people from Sawbridgeworth, after meeting MR will discuss with CB.

ACTION: MR/CB

Community Sports Activation bid

The bid to Sport England has been successful bringing in £185k over 3 years, a part-time co-ordinator will be employed. Come and Try Event at Wodson Park Ware on Wednesday 4 November 10-3.30 marks the launch. The 3 year project marketing brand is Forever Active with the tag line Get Up and Try. Leaflets publicising the Come and Try Event will be available end of September with the programme of activity available on Wodson Park website at beginning of October. Looking for Physical Activity Champions encouraging people to join in.

MOVE Week led by Active East Herts from 21-27 September running 32 events as part of a varied and interesting programme.

Health & Wellbeing Community Grant Fund still money available – voluntary and community groups can apply.

Dementia Action Alliance

MR received email from Debby Baker DAA re populating the system with partner action plans.

JB confirmed that her organisation is there.

Update on Dementia Café in B'Stortford

SM provided update that numbers are low and August Cafe had a zero attendance. Personnel changes (cafe manager) could be contributing need to

give it the full 12 months. They have done additional promotion and will closely monitor numbers going forward.

Sheila?? From Crossroads explained they run a different model of cafe and confirmed numbers were low at the start.

ACTION: SM

SM informed the group there was a new singing for the brain group starting in Sele Hertford.

AA is starting 2 similar sessions concerned we might have too many sessions and clients will get confused.

NC suggested a directory would be ideal as a central point.

SM will provide link to Connect page on website

ACTION: SM

Update on Dementia Friendly East Herts

MM highlighted she will be delivering a Dementia Friends awareness session to all sixth formers (over 100) at Freman College Buntingford on Tuesday 13 October. MM is happy to deliver Dementia Friends awareness training all you need is a suitable room and 45 minutes. JB informed the group her organisation has all been trained. MS commended the usefulness of this training he had received through CVS. NC expressed an interest in parish councils receiving the training sessions. MR will have a discussion with NC. MM showed the group 2 examples of a door sticker "Dementia Friendly Place" with 2 different colour fonts, the group unanimously decided to amend to black type with yellow shadow in door as this represented the colours easiest to read in print and better for those with failing eyesight.

ACTION: MR/NC

Crossroads

Sheelagh Taylor provided information on her organisation. Crossroads forte is respite breaks and they have been around in Herts since 1988. They have been

contracted by HCC for 3-5 years for “helping you care” providing 6 weeks respite free from caring.

Sheelagh also provided details on the new project “How can you make a home dementia friendly?” Adaptations in the home can make a huge impact and they have been awarded funding for a co-ordinator Stewart McIntosh new in post who is presenting at the East Herts Rural Parish Conference on Friday 18 September.

The first leaflet is available to collect and circulate.

Update on incorporating Arts and Music in Dementia activities

Keep this as a live agenda item and tell us if you are doing something.

Timebanking

MR/MM updated the group that they are recruiting successfully but the issue is people want to give their time only but not to take. We will need creative solutions.

HCC tender going out for 2 years connecting and developing communities with timebanking a part of this.

AOB

NC hoped there could be a way for providers to promote themselves as dementia friendly. JB explained she attended a workshop delivered by BT who are a dementia friendly organisation, HCC will have the contact.

Sheila? Explained that Crossroads encourage preventative work i.e. passwords for internet, power of attorney, advanced care plans.

SM highlighted the safeguarding issues – potential financial abuse, some people will be reluctant to share info.

AA highlighted that most older people do not have dementia.

Date of next meeting

Tuesday 3 November at 10:00a.m (Wallfields)