

Ageing Well Working Group

**Tuesday 3rd November at 10:00 a.m. in Room 27, Wallfields, Pegs Lane, SG13
8EQ**

Minutes

Introductions & apologies

Present: Cllr Eric Buckmaster (EH), Mekhola Ray (MR), Carolyn Gale (CG), Angela Alder (AA), Jan Stock (JS), Marianne McWhinnie (MM), Kate Belinis (KB), Debra Field (DF), Geoff Moore (GM), Donna Louise Cobban, Mike Thompson, Stewart McIntosh, Jan Wing, Jan Stock, Sally Millett

Apologies: Cllr. Linda Haysey, John Lambie, Sally Marlow, John Milton, Cathy Baker, Sarah Wren, Jane Brown, Gayl Staines, Nigel Cox, Sheila Winterburn, Chris Beattie

Minutes of the previous meeting

Minutes of the meeting held in September 2015 were true record.

Action from the previous meeting

All covered in agenda items.

Dementia Action Alliance

GF from Dementia Action Alliance explained that there are 51 local authorities in his East of England area some are DAA deserts. East Herts is an early adopter. 2 types of DAA's those set up by unitary authority and those that have spontaneously sprung up. A potential members aide memoire in large grid form was shared with the group. This is being rolled out across East of England who else could we involve? This will help us achieve 1 in 15 dementia friends across the district, to map and achieve future potential and can be our index of effectiveness of engagement. We need to encourage our partners to identify at least 1 person who can become a Dementia Friends Champion.

ACTION: ALL

Update on Dementia Café in B'Stortford

A new group co-ordinator Adrian Parker has recently been appointed. 10 members at the last meeting. The brief is to increase numbers, next café is 4 November. DF was unaware of café. Could Adrian have a conversation with DF as residents of sheltered housing could attend? EB asked how we communicate this information to promote the café. When we get together as a group how can we keep the links going?

AA informed the group that the Apton Centre is running dementia group 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.

GM explained that HCC already have a community directory.

It would be good to get the HCC perspective on what they are doing at the next meeting.

JW asked how we get to the people who are harder to reach.

Update on Dementia Friendly East Herts

MM updated the group that sessions to Buntingford Freeman College 6th formers have been done which takes number of Dementia Friends over 300.

Sessions booked for Sawbridgeworth Town Council, volunteers and bus drivers and Braughing Parish council.

Group all agreed door sticker with new colour scheme MM will get printed.

ACTION: MM

Update on Crossroads Initiatives

SM updated the group that anybody living with dementia can have a free audit of their home to make it more dementia friendly.

Referrals come from anywhere with maximum 5 days until visit. ?? (Meals on Wheels) wants a conversation to discuss referrals. Drivers are all Dementia Friends they get concerned about welfare of clients. Crossroads can also refer to third parties.

6 audits have taken place so far need to get the numbers up need 15 per month this fits with people in a happier home and fills a gap that isn't currently provided. AA suggested SM speak to Stort Valley Locality Groups which include GP practices and patient participation groups. AA and SM to have a conversation.

ACTION: AA/SM

CG can update at the next meeting when dementia work is properly commissioned as tendering is taking place.

ACTION: CG

Update on Silver Sunday Initiatives

OPALS event at Fletchers Lea partly funded by Community Safety Partnership, 10 organisations attended, round table discussions, 47 people attended in total a mix of East Herts and Broxbourne residents. CB would like to organise more sessions if there is an appetite.

Ware U3A would like their own session but on weekend and numbers could be over 200. MR will feed that back to CB.

ACTION: MR/CB

Community Grants funded quite a few events CP will update at the next meeting.

ACTION: CP

Forever Active

Launch event at Wodson Park 5 November currently 111 people have called up to express an interest. JS took the group through the final timetable (attach??) activities range from very energetic to gentle. Recruited activator responsible for driving this across East Herts. Nigel Farren tasked with getting as many projects as possible going. We've got the money we just need to get it moving. Nigel will come to the next meeting. MR expressed thanks to JS a great example of partnership working. JS explained that Active East Herts is very proactive in trying to promote physical activity in East Herts. There will be signposts on where people can start activities in the New Year.

Herts Sports Partnership on Friday 6 November have organised seminar and discussion session offering support on how to meet Sport England criteria.

AA asked if money from the county is included for older people to exercise more. Her 2 centres have applied for funding from East Herts Health & Wellbeing fund. It would be good to have some of those projects reported through this group. EB advised looking to approve next set of projects at meeting with Simon B and Simon D.

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 17. A Timebank coffee morning took place in September for members in Sawbridgeworth. There has been a lot of interest for befriending. There will be an event next month North Herts will deliver a talk; they are a big successful TimeBank. SM asked the group to keep promoting, refer to us and we have a one-off referral system in place.

AOB

EB along with other districts in the county have been asked to provide mental health champions. He asked if this can link with this group, conscious of not having too many groups going.

DF currently provide 24 hour out of hours cover which will end through lack of funding. Does anyone know of any initiatives that provide similar support? Similar to Swifts & Night Owls initiative in Norfolk? Could we pursue through county. CG will provide a contact.

ACTION: CG

Date of next meeting

Tuesday 26 January 2016 at 10:00a.m Apton Centre Bishops Stortford.