

Congleton Partnership Senior Forum

Meeting 15.12.2020 – Notes of the meeting.

Attendees:- S.Firkin, M.Smith, D.Ritherdon, J.MacArthur, G.Williams, D.Morris, S.Ward, W Townley, A.Bignell, S.Jacklin, L.Pinto, K.Wesley.

Apologies:- C.Sheard,P.Aston, C.Levis, T.Buccieri

The overall theme of the meeting was to look at the objectives issued previously , agree what we should work on and then go away and start to work on them.

Possibly select the 3 top projects to concentrate on. May also look at an alternative meeting day, this to be advised prior to the next meeting.

Actions carried out from the last meeting were:-

Care Home Visits.

Wendy Townley to let the group know what checks visitors/family would need to have so that they can visit relatives in Care Homes. Wendy confirmed that a risk assessment would be needed, nothing too severe ,someone would always be there in support. **(Note this was prior to the latest lockdown rules Jan 2021)**

Objectives of the group

Suzy to draw up a list of objectives which MS will circulate to the group for feedback.

Actioned and issued within the meeting notes 24.11.20

K.Wesley raised the view that some older people may be more active than others and looking for something to do/ support. Make them feel confident and making a contribution.

Need to look at communicating activities/opportunities similar e Dementia Friendly Congleton Local Activity Brochure when things pick up again.

Discussion around the objectives and priority projects.

Following a discussions around the above the group arrived at a priority list of projects which are as follows.

Objectives:

- To create a portfolio of projects designed to ensure that the older population can lead the best possible life in Congleton.
- To minimise social isolation and promote good mental health and physical wellbeing for the older population in Congleton.
- To ensure that the projects undertaken by the Congleton Partnership are inclusive for the older population.
- To engage with the older population in a variety of ways that ensure no one is excluded because of lack of access to or fear of technology.

- To communicate with the older population in Congleton in a way that empowers them to get involved, helps combat loneliness and makes them feel that they are part of a caring community.

Preliminary Project Ideas:

- Befriending/Buddying Network
 - a network of telephone volunteers who make regular calls to a target list of individuals.
 - Regular goodie bags for discussion and engagement
 - Building relationships e.g. 3 way calls
 - Ongoing training and supervision for volunteers
 - **Action Luciano Pinto to discuss with Sue Ward how U3A can help in this project.**
- Digital Befriending
 - Help with getting online by U3A
 - Intergenerational support in partnership with schools or youth groups
 - Possible provision of tablets?
 - **Action SF and MS to contact Liz Pinkney (Alsager Community Centre) to find out how they operate their scheme.**
 - **Action SF and MS to contact Peter Marsden (Changing Lives Together) to see how that group operates.**
- Connecting with the Local News
 - Talking Newspaper/Chronicle Delivery Programme
 - Widening participation in talking newspaper
 - Offering free delivery of actual paper
 - Radio Provision (BBC/Local Radio Partner)
 - **Action D.Morris to contact the talking newspaper and discuss plans with S Firkin**
- Group entertainment
 - Musical entertainment for care homes and sheltered accommodation areas
 - Outdoor performances that reach groups of people in their own homes
 - Local performance groups - bands, choirs, etc.
- Health and Wellbeing Fayre 2021 ([Prov date 5th October 2021](#))

Date of the next meeting to be confirmed.

MS

