

**Notes of the Senior Person's Council Meeting Held on Thursday 12<sup>th</sup> March 2009 at 10:30am, Beeson House, Southwater**

**Present:**

Lesley Ainslie	Audrey Beagley	Frank Bockling (Vice-Chair)
Mike Bransden	John Dean	Sheu-Ching Dean
Pat Gale	Doreen Harbour	Dorothy Harrison
Margery Hewitt	Judith Hollingdale	Michael Jarvis
Dulice Lawson	Eva Matchy	Barry Mursell (Chair)
Joyce Narborough	Elizabeth Palmer	Thelma Paine
Jean Reeve	Ann Smith	Paul Smith
Carol Stokes	Bryan Sunderland	Peggy Weeks
Shirley Wheeldon		

**Officers Present:**

Jane Apostolon	c/o Denne Neighbourhood Council
Clare Ebelewicz	Youth & Older Persons' Officer, HDC
Jo Fisher	Links
Sheila Peever	Community Link Manager, HDC
David Sheldon	Coordinator, Horsham POP
Alison Still	Administrator, Horsham POP
Nigel Tinkler	Chief Officer, Age Concern
C/CLLR Brad Watson	County Councillor for Southwater & Nuthurst
Helen Windwood	WSCC

**1. Apologies**

Gladys Andrews	John Curtis	Carole Duffy
Betty Ogden	Alan Smith	P Suter
Barbara Varley	Gillian Yarham	

Barry Mursell had received sad news that Jim Cox former SPC member had passed away. Also he had heard from John Hills who had decided to step down from the SPC. Clare Ebelewicz reported she had written to John Hills and thanked him for his very valuable contribution.

**2. Notes of Meeting Held on 8 December 2008**

Ann Smith's apology had not been recorded.

**Actions from previous meeting:**

Resend a complete copy of notes to SPC members: action by Clare Ebelewicz completed.

Support with moving chairs and tables when hiring village halls: David Sheldon reported that caretakers are not available for all village halls but instead Horsham POP would be prepared to work with hall owners and trustees to investigate funding to purchase lighter tables and chairs. Members should contact David Sheldon ([d.sheldon@horshampop.org.uk](mailto:d.sheldon@horshampop.org.uk) or 01403 249447) to let him know which village halls need help in this area.

- **Contact local highways about overhanging branches:** West Sussex County Highways informed Nigel Tinkler that a detailed programme was in place to trim hedges and cut back trees. Areas requiring immediate attention should be reported directly to the relevant Parish Council.
- **Encouraging HDC to purchase exercise equipment in local parks:** Nigel Tinkler would write a proposal on behalf of SPC to Chris Dier at Horsham District Council. Age Concern has equipment that members may use.

### **3. Correspondence Received Since Last Meeting**

No correspondence received.

### **4. Presentations from Guest Speakers – Horsham Community Partnership Team (CPT)**

Cleo Matthews, Mary Talman and Hanne Boe Booker presented the Horsham CPT which provides services for people of retirement age who feel they cannot manage at home. Horsham CPT is a partner of the Horsham Neighbourhood Network (otherwise known as Horsham Partnerships for Older People coordinated by David Sheldon) and includes staff from West Sussex County Council, West Sussex Primary Care Trust, the Department for Works and Pensions and the Citizens Advice Bureau. The telephone number for questions or requests for help for individuals or someone cared for is 01403 213140. CPT would discuss the circumstances with the caller and assist in any way possible. There is more information about the Neighbourhood Network and the CPT at [www.horshampop.org.uk](http://www.horshampop.org.uk).

### **5. Reports From Members Who Have Attended Meetings on Behalf of the Senior Persons' Council**

Frank Bockling represents the SPC at the Steering Group meetings of the Horsham Partnerships for Older People.

### **6. Updates on Senior Persons' Council Projects**

Community Safety Champions: Pending. Interested members should contact Clare Ebelewicz.

Sheltered Housing Wardens: SPC member Betty Ogden is involved in a national campaign and wants to set up a local group. Clare Ebelewicz is working with Betty on this. Interested members should contact Clare Ebelewicz.

## **7. Updates on Consultations with Senior Persons' Council Invited to Respond to or has Responded to:**

PCT's North East Area Review: A response has been sent on behalf of the SPC. Clare Ebelewicz will summarise and circulate to members.

Sustainable Community Strategy: A small group met to consider draft Strategy. Further comments to Clare Ebelewicz by 13<sup>th</sup> March. Clare will circulate a copy of the SPC response.

## **8. Horsham POP – Presentation of Action Plan**

The Action Plan was originally based on the Neighbourhood Audit. It had been reviewed and approved by members of the Horsham POP Steering Group and Neighbourhood Network. The four key goals, or areas of focus, are Befriending/Domestic Admin, Transport to Healthcare Appointments, Gardening and Identifying Carers.

Members agreed the proposed Action Plan presented by David.

## **9. New Issues the Senior Persons' Council May Wish to Consider**

### ***Age Discrimination Legislation (Help the Aged Campaign)***

The Government has pledged to ban age discrimination in the provision of goods, facilities and services. However, the Government's proposed legislative timetable means that regulations affecting health and social care may not even reach the draft stage before May 2010. **Action: David Sheldon would provide information to Barry Mursell to write to Francis Maude and Nick Herbert on behalf of SPC.**

**Action: Clare Ebelewicz to invite Francis Maude and Nick Herbert to a future SPC meeting.**

### ***Fuel Poverty (Help the Aged Campaign)***

This campaign aims to end fuel poverty which includes government assistance to improve insulation in homes. Members said that social tariffs are available but individuals must contact their energy provider directly to arrange this. **Action: David Sheldon would provide information to Barry Mursell to write to Francis Maude and Nick Herbert on behalf of SPC.**

### ***FSA – Food Safety Week: Food Hygiene for Over 60s***

Existing projects in the Horsham District that promote nutritional awareness for older people include:

- The Senior Persons Council nutritional sessions aimed at providing a better understanding of what makes a balanced diet and how to interpret food labels.

- These sessions are run by Senior Persons Council volunteers to groups of older people at luncheon clubs or residential homes.
- The West Sussex Fire and Rescue Service nutritional project that educates older people to cook in a healthier, safer way with a practical cooking demonstration.

Age Concern has an aspiration to develop a project that would train and inform older people to cook independently, healthily and affordably. After the initial training at the day centre on food hygiene and nutrition, one-to-one tuition would be given at the home of each individual.

Clare Ebelewicz reported that grants (up to a maximum of £10,000) are available from the Food Standards Agency to raise awareness of food hygiene and healthy eating issues. The projects mentioned above and any others members may know about would be good candidates for a grant.

Clare Ebelewicz reported that she would be convening a meeting of interested parties (e.g. Age Concern, West Sussex Fire and Rescue Service, West Sussex Primary Care Trust). Anyone interested in being involved should let Clare Ebelewicz know.

Food Safety Week is 15-23 June with a focus towards the 60+ age group with food hygiene advice on the correct storage and handling of food in the home.

## **10. Publicity Update**

Publicity Update: two new attendees came to the meeting as a result of recent SPC publicity.

Letter to Parish Councils: Clare Ebelewicz confirmed that letters had been sent to Parish Councils around Southwater Parish asking for their help to publicise the SPC and inviting them to send a representative. A copy of the press release about the 2008 meeting dates had been circulated to all Parish and Neighbourhood Councils at the beginning of the year.

Councillor Watson said he would publicise SPC in the summer edition of Connections. CE reported that the forthcoming edition of Horsham District news featured a two page spread focusing on older people related news stories.

Printed Posters and Flyers: Clare Ebelewicz would like help with the distribution of posters and flyers. Councillor Watson agreed to urge libraries to display posters and flyers.

## **11. Senior Persons' Council – Member Update**

Identifying Vulnerable Older People: Nigel Tinkler said Age Concern would be bringing in younger people to give hands on computer training for older people. He would work

with local schools and colleges. He would also start a “road show” in April to identify older people groups in the Horsham District.

## **12. Any Other Business**

LINKS: Jo Fisher introduced the work of LINKS (Local Involvement Network) that listens to what people have to say about health and social care services and passes that information onto councils and the NHS. If you want to make your voice heard you can register online at [www.makesachange.org.uk](http://www.makesachange.org.uk), call 0300 111 0102 or email [contact@makesachange.org.uk](mailto:contact@makesachange.org.uk).

CE reported that she had registered the SPC as a member of LINK and therefore the SPC had been invited to participate in election of representatives to the Stewardship Group. It was agreed that the SPC would vote for the Horsham District candidate. **Action: CE to return completed ballot paper.**

Intergenerational Opportunities: Clare Ebelewicz would arrange for the Chair (Barry Mursell) or Vice Chair (Frank Bockling) to attend a HYPER (Horsham Youth Council) meeting.

Life Is For Living: LiFL 2009 would be on Thursday 1<sup>st</sup> October at Broadbridge Health Leisure Centre. 1<sup>st</sup> October also marks the day of International Older Person’s Day.

Bogus Callers: Members were reminded to request ID from anyone who calls at their home. If someone calls unexpectedly you do not have to answer the door.

## **13. Date of Future Meetings**

Wednesday 10 June, Henfield Village Hall, Henfield  
Tuesday 8 September, Ashington Community Centre, Ashington  
Monday 7 December, Billingshurst Village Hall, Billingshurst