

**Meeting of the Senior Persons' Council (SPC) - Horsham
on Wednesday 10th September 2014 at Pulborough Village Hall**

NOTES

Attendees:	Martin Bruton (MB)	-	Chair, Denne NC
	Paul Smith (PS)	-	Vice Chair, Nuthurst
	Janice Leeming (JL)	-	CEO, Age UK Horsham District
	Michael Jarvis (MJ)	-	Resident, Forest Horsham
	Joyce Shaw (JS)	-	Resident, Upper Beeding
	Ann Gover (AG)	-	Resident, Warnham
	Barry Mursell (BM)	-	Resident, Broadbridge Heath
	Brian Harvey (BH)	-	Resident, Forest Horsham
	Shirley McCaig (SM)	-	Resident, Storrington
	Margery Hewitt (MH)	-	Resident, Rusper
	Shirley Gardner (SG)	-	HDC Admin - minutes
Cllrs:	Pat Arculus (PA)	-	County Cllr, Pulborough Division
	Kate Rowbottom (KR)	-	District Cllr, Billingshurst & Shipley
Guests:	Pearl Blakemore (PB)	-	Home Instead Senior Care & Warnham Resident (Member SPC)
	Edna Henley (EH)	-	Pulborough PC
	Graham Buck (GB)	-	Pulborough PC
Apologies:	Carole Duffy		Cllr Tricia Youtan
	Dot Davidson		Cllr Sue Rogers
	Eva Matschy		Cllr Jim Sanson
	Martin Toomey, Steyning PC		Cllr Roger Paterson

Resignation: Jean Lymer

1. Welcome, Introductions and Apologies (Incl. member update)

MB introduced himself as the newly elected Chair of the SPC and welcomed all to the meeting.

2. Notes of last meeting

- Are they correct record of the meeting?

Eva Matschy was omitted from the list of attendees, otherwise all agreed they were a correct record of the meeting.

- Progress against actions not elsewhere covered on the agenda

MJ attended a Seminar in East Grinstead called "Are Older People Getting Younger", which was arranged by Age UK East Grinstead with Mid Sussex Older People's Council. It was a good day with the main sessions held in three groups. The first session was "Healthy Body and Mind" followed by "Just Google It Nana", which brought together staff and pupils sitting down in groups of 2 and 3 to explain 'computer speak'. This was handled well by the staff and pupils as there were many ranges of capabilities. The last and by far best session was that of "Living with Dementia" with the excellent speaker, Jackie Pond. Over the lunch period a Tai Chi session was held.

MJ also attended two CCG events in Crawley and Horsham on the latest reorganisation of National Health Service. Both were very informative and included GP Surgeries and Children's Services, with emphasis on the closure of local surgeries.

MJ felt that the strain on GP and hospital services, caused by major developments such as Kilnwood Vale area, needs watching, to make sure our views and needs are taken into account.

PA, one of three Safeguarding Champions, pointed out that there are three CCGs covering West Sussex being Crawley, Horsham and Western.

3. Matters arising

Village Agent: **PS** asked for update on the Village Agent Report mentioned by Andy West from Age UK Horsham District at our last meeting. **JL** said this is being independently evaluated, but the outcome of older people's views of the Village Agent show very encouraging feedback on the Billingshurst and Shipley trial.

This has been presented to the Social Inclusion Working Group at Horsham District Council. The query was raised on whether there was a case for 'rolling out' across the district. **JL** said the Consultants have looked at rural areas with higher areas of older people and emphasised there was a need not to duplicate what is already happening. Interest is in priority areas where nothing is in place, i.e. isolated villages, and the report has recommended areas we may want to look at.

EH asked if **JL** would arrange for talks with other Pulborough 'older people' organisations and **JL** said they were looking at funding for other areas and could talk to local community about their requirements and needs. **PA** added that Pulborough has voluntary organisations in the village.

Action: **JL** to ask Andy West for short report to circulate by email and ask Andy to attend future meeting of SPC if needed.

Pride of Place: **BM** has spoken to ? Parish Council and still awaiting S106 monies.

4. Presentation from Guest Speaker - Pearl Blakemore, Home Instead Senior Care

An informative presentation on dementia was given by Pearl Blakemore (**PB**) of Home Instead Senior Care. **PB** is also a local resident and SPC member, and runs a local care agency. **PB** explained she trains carers in dementia and also teaches in Community Family Education on Dementia.

With 35.6 million people worldwide with dementia, **PB** visits people on a weekly basis and has learnt her skills through doing this. The causes of dementia are not known but some are thought to be through family history, cardiovascular, brain trauma or lifestyle. All are encouraged to eat well, exercise, stay active and use the brain. **PB** said the most important thing is to take care of oneself.

There then followed an example of the difference in the weight of a brain of a person without dementia and then with dementia **with the aid of a 2lb v 1lb bag of flour**. All were then asked to take part in a visual demonstration, which showed what is perceived by a person with dementia **when asked to draw a clockface**.

PB said families may find the situation depressing, but they need to learn which type of dementia they are dealing with which may help them. **PB** said if anyone would like further information on the different types, to please contact her. A list of symptoms, which people may recognise, was circulated, although it was pointed out there are other symptoms and it is important to visit the person's GP and to keep this contact up. Health concerns include dehydration, malnutrition, constipation, sight and hearing problems, but every stage needs confirmation from the GP to say whether it is dementia or something else. The biggest problem can be denial and not visiting the GP.

PA emphasised that all people with dementia have memory loss, but all people with memory loss do not have dementia.

PB welcomed any questions to be addressed at the end of the meeting.

5. What is the purpose of the SPC?

MB invited comments and discussion on the Constitution of the SPC, which requires updating, and suggested the formation of a small sub group to look at this. **KB**, **BM** and **FB** expressed interest and volunteered to sit on this group.

In response to an enquiry from **GB**, **BM** explained how and why the SPC was originally formed. All groups are formed differently throughout the country, as it depends on what the need is locally and is down to local organisations and councils.

JL thought Age UK needed the SPC in a complimentary role and as an independent voice and thought they worked well together. **AG** added she had been involved with a previous research project with Age UK in a very proactive role and felt it was a valuable project.

MB felt the aim of the group was to put forward the views and issues of older persons in the district. **Action:** **MB** to request that Horsham District Council circulate to all departments that they consider older people in their actions and to consult the Senior Persons' Council.

PA said there was a need to look at things before the problem occurs. **JS** mentioned the Neighbourhood Plan and suggested members of the SPC should try to get onto this for their Neighbourhood area.

JL thought plans including older people saw them as a problem rather than asset. When attending the Health and Wellbeing Board she felt the research was always divided into younger workers or older people and, as the issues of young families and older people may be similar ie transport and isolation, thought communities are better together rather than separating.

FB said there had been an intergenerational gathering in Billingshurst with the school 6th form. This was a great success and **FB** thought other youth organisations would like to do this. Forest School had also previously held courses for older people.

6. Promoting the SPC and keeping it going between meetings

FB said in many ways the SPC has moved forward, but there are still many people who have never heard of the group, and felt it needs promoting. **JS** agreed saying she had originally attended the meeting in Upper Beeding but was unaware of the group before this.

Suggestions were put forward on ways of promoting the SPC:

Items for:

- The West Sussex County Times
- Parish magazines
- Horsham District News or
- Column in the quarterly edition of the Arun Magazine
- Holding Older Persons Workshops
- Out and about with Survey

Action: Following these suggestion it was proposed that a sub group be formed to write a column for the West Sussex County Times. **MB** said he could assist but help would be needed and requested volunteers.

PB to circulate invite for people 'while out and about' and visiting. **AG** will help.

AG asked if members could attend meetings of other SPCs to see what they do. **MB** showed the group the newsletter from the Mid Sussex Older People's Council (MSOPC) and **AG** suggested two SPC members attended a meeting. **MB said he would explore further with MSOPC.**

BM mentioned big regional/national SPC but couldn't go on his own **as HDC funding required that a member of HDC staff had to accompany him.** **MB** said there were no SPC funds and suggested the group apply to Horsham District Council for grant of perhaps £500.00.

Idea was also put forward that the SPC register as an independent organisation which would then enable the group to raise funds which is something the MSOPC do.

There is an 'Older Persons Day' **Age UK event** being held on 1st October from 10.00am – 2.00pm at the Drill Hall in Horsham. There will be quite a lot on dementia, with a speaker from Crawley and also

people talking about personal experiences. Jackie Pond, from the Alzheimer's Society, Dementia Action Alliance (DAA), will also be attending.

As part of the event, there will be a stand for the SPC **to advertise its existence and seek new members**. **CD** and **PS** have volunteered for this and **MH** will also be attending. **GB** said they have a stand which can be used if needed. **A 'pull up' SPC display banner, displayed at the meeting will be used to identify the SPC stand and PS to take to event.**

Anyone interested **in attending the event** should contact **JL** and register with Barry Gilbert, Office Manager at Age UK Horsham District on telephone number 01403 260560, with numbers who are to attend.

A Dementia Training session will also be held on 8th October at 10.00am at The Capitol Theatre in Horsham. This will be a 50 minute information session providing people with a better understanding of dementia. Anyone who is interested in attending should contact Vicki East, Wellbeing Hub - Information & Support Officer at HDC on telephone number: 01403 215111 or email: Vicki.east@horsham.gov.uk.

MB - has created an email for SPC Horsham which is: horshamseniorpersonscouncil@gmail.com.

Action: **SG** to send attachments for events on 1st October & 8th October.

7. Updates on consultations the SPC has been invited to respond to or has responded to

Broadbridge Heath Leisure Centre: **MB** was unable to attend the Broadbridge Heath Leisure Centre Users meeting recently. The next meeting is on 28th October and **MB** said we need to get on board. **BM** queried the number of facilities, used by older people, which were not being replaced. **KR** said all facilities are being replaced except The Tube, as it is not seen as being used very much and felt that the new centre will be a very good replacement.

KR said the running track is moving to Tanbridge House school next summer holidays (2015).

Doctor's Surgeries – closure issues: The query was raised regarding proposed closure of local doctor's surgeries and **KR** said the surgeries will be facilitated if needed, but this has been a CCG (Clinical Commissioning Group) and National Health Service decision.

People felt that the personal relationship with their GP will be lost but **PA** gave example of the Pulborough Medical Group which has 12 doctors and travelling consultants. This keeps appointments local and prevents the need for visiting hospitals. **PA** said there will be lot of teething problems but there are a lot of positives.

8. Future Topics

- New issues for SPC

PA: Regular column in local press.

PS: Query whether we could communicate service to District Council and CAB members for particular issues.

PA: Annual summary - being A4 page with bullet points.

- What issues would you like to highlight

JL: Voice of older people in district. If any issues have been raised the Board can be made aware through her reports.

- What would you like at future meetings

Invite Guest speakers on:

Safeguarding

Crime & Commissioning – Katie Bourne, Sussex Police Crime Commissioner

9. Any other business

JL/GB: Item on possible loss of bus passes. Point was also raised that if bus pass wasn't required people can apply for free rail card or receive 1/3 discount.

JL said this would be the last meeting supporting the SPC in Clare Ebelewicz's absence and everyone expressed their thanks for all her help and support during the past year.

NB: Clare Ebelewicz has subsequently resigned from HDC – further information will follow.

10. Close of meeting.

Next meeting date: Thursday 11th December 2014 at Henfield Bowling Club.