

HORSHAM DISTRICT OLDER PEOPLES FORUM

MEETING Wednesday 6TH DECEMBER 2017

At Beeson House Southwater 1030am -1.00pm

1. PRELIMINARIES

1(1) PRESENT

Martin Bruton	MB	HDOPF Chairman
Arthur Reader	AR	HDOPF Vice Chairman
Alf Goodchild	AG	HDOPF Treasurer
Martin Toomey	MT	HDOPF Secretary
Mike Ryan	MR	
Andy Tilbrook	AT	Pulborough Parish Cllr
Godfrey Newman	GN	Horsham District Cllr
Wendy Edwards	WE	WSSC Library Service
Chris Cribb	CC	Southwater Neighbours Network
Rosemary Burton	RB	Southwater Neighbours Network
Derek Moore	DM	Southwater Parish Council
Dean Wadey	DW	WSSC
Anita Van der Colft	AC	Action for Deafness
Kate Rowbottom	KR	Horsham District Cllr
David Jessop	DJ	
David Searle	DS	Horsham Town Community Partnership
Trevor Daynsewood	TD	Slinfold Computer Cafe
Jill Chaytor	JC	Nuthurst Parish Council
Ann Gaffney	Aga	Nuthurst Parish Council
Claire Shepherd	CS	HDC
Karen Davies	KD	Care UK
Lilian Bold	LB	

1(2) APOLOGIES FOR ABSENCE

Sonia Mangan:	Age UK HD
Michael Jarvis	
Maria Prince	
Liz Leggo:	SALC
Barbara Baldwin:	MSOPC
Judy Clark :	Phoenix Stroke Club
Tess Davison:	HDC
Sue Game:	Impact Initiatives
Sandra and Christine Wylie-Sporne	
Marlene Reiker:	Ascot Care

1(3). PREVIOUS MEETING SEPT 2017

Notes are available on the [HDOPF Website](#)

2. CHAIRMAN'S REPORT

2(1) **HD Older Peoples Directory of Services:** Further to meeting with HDC, 23rd Nov - publication is expected in January 2018.

2(2) **Hospital Insight project:** working party 16th Nov. Report published by [Healthwatch West Sussex](#) and on HDOPF website.

2(3) **Mobility Scooter pilot project:** meetings with Horsham Town Community Partnership, October and November with the focus on training. Articles in WSCT 30/11/17 and the District Post paper 1/11/17

2(4) **Older Drivers Action group:** met 20th Nov. AR & DS attended

2(5) **Cooperation:** attended HDC Voluntary & Community Services Event 13th Nov.

Consultation with HDC on Horsham Park Outdoor Gym equipment.

2(6) **Publicity:** WSCT Showcase event 18 Oct. AR manned the HDOPF stand

Newspaper articles WSCT 30/11/17. The Resident 1/12/17 re Mobility Scooters.

3. TREASURER'S REPORT

3(1) Balance of Account: £175

owe £35 room hire uncashed cheque

to pay £49 room hire Beeson house

Remainder £ 91

3(2) **Further funding:** application with HDC.

4. GUEST SPEAKERS

4(1) HDOPF/HTCP - MOBILITY SCOOTERS PROJECT: TRAINING FOR USERS

David Searle (Horsham Town Community Partnership - [HTCP](#))

Need for the Project : Nationally there are 30,000 mobility scooters in use. There is no licensing, obligatory training or capability check and plenty of anecdotal evidence of hazardous situations and accidents including getting on and off the vehicle; braking; unexpected acceleration; negotiation of kerbs; running into the back of pedestrians. 23 Killed in a four year period; 960 seriously injured. The issue was raised at previous HDOPF meetings and HTCP have been approached by HDOPF to help initiate and run a combined project to tackle the issue.

Interest in the Project:

Horsham Town Community Partnership

have this as a major project following the success of their Riverside Walk project. There is a lot of interest from existing users and potential users, following newspaper articles and HDOPF emails (3 enquiries just to sign up for training) and organisations are ready with participation.

Age UK Horsham District have agreed to support the project.

Nursing Hygiene Group (Southwater) Suppliers of Scooters and other disability/medical products (Paul Andrews: Group Business Consultant) will support a **training course venue** with their boardroom available for meetings and trainee briefings; their car park at Southwater for practice, and the loan of two scooters for training purposes.

Queen Elizabeth Foundation (Carshalton) (Paul Graham: Senior Occupational Therapist) will work with the scheme in carrying out assessments and training of mobility scooter users. DS is meeting with PG this Friday.

Gosport Older Peoples Forum have offered experience and supplied a training manual of their training scheme.

HD Older Drivers Action Group are very interested in the project following the presentation given by DS.

Police Community Support Officers would like to help if they can find the resources.

Insurance Company suggest a 20% discount for trained users.

Getting Started

A Working Group to start in January, exists of **two** members at present – looking for **four more**, will work hands-on to a monthly agenda.

Six Volunteer Trainers (who will first receive training themselves) will be needed at training events.

Participants at this meeting have the opportunity to sign up as volunteers for either group and to take information slips to give to friends who may be interested.

General support by those unable to volunteer, is still valuable in the form of emails or other communications from you, or friends and family for the project to be able to demonstrate having the support of the community in applications for grant funding.

4(1)2 DISCUSSION IN THE MEETING [DM,TD,GN,JC,AGa]

Training course venue: Horsham Park and Holbrook Barn & Schools Saturday/Sunday were suggestions.

charges: initially free but if the scheme became large scale expenses could be incurred which might need financing through charging.

location: initially Horsham town. With experience and demand spread further.

Scooter types: one kind for pavement and internal, one kind for pavement or road.

Training for Shopkeepers: access from outside for small shop units – inside for supermarkets.

Funding: WSCC County Local Committee could be a source. Councillor Morwen Millson would be sympathetic.

Publicity: Stall in Swan Walk.

Leaflet: Mobility Scooter Training (as Gosport Older Peoples Forum)

Legislative Regulation? – not likely in the current climate of emphasis on personal freedom and ‘rights’.

4(2) ACTION FOR DEAFNESS

Anita Van der Colft – [Action for Deafness](http://www.actionfordeafness.org.uk) www.actionfordeafness.org.uk

Charity re-name

RNID now has the name [Action on Hearing Loss](#)

Working for the deaf and hard of hearing in West Sussex

Need for action

Wear and tear on hearing from the age of 21.

40% of 50 year olds need support

70% of 70 year olds need support

Hearing Checks do not match Eyesight checks

Maxim from Helen Keller: Eyesight is contact with things. Hearing is contact with people.

Hearing loss is increasing isolation for people stimulating withdrawal from social contact and a factor in the onset of dementia.

Identification of the need

Higher pitches and the consonants in speech are the first loss. The question is not about loudness but about clarity. Five questions arrive at a diagnosis to suggest a visit to an audiologist:

- > can group conversations be followed?
- > do certain words need to be repeated?
- > does the sound level need to be increased?
- > are others mumbling?
- > is the problem special to you?

Action for Deafness West Sussex service availability

Hearing Testing: NHS GPs can refer patients to **Audiologists**.

Horsham (Lavinia House), Steyning and Henfield have audiology booths and qualified Audiologists accessible for 'drop in' use. Hearing aids equal to mid-range private provision can be tried without charge.

Worthing and Haywards Heath Resource Centres have facilities for demonstrating TV listening (headphones simultaneously at different level to ordinary TV sound output); Telephone management; and iPod with Headphones for those not ready to wear ear aids. At these centres, there is specialist Tinnitus support.

Hearing aid users: have support available in workshops and family visits where family and friends can try out and manage expectations, communication strategies; simple maintenance, battery change and supply.

Batteries are now subsidised free of charge.

Training in deaf awareness: Lip reading available in Steyning.

Combating Social Isolation: Coffee morning events. Haywards Heath and Worthing centres could be more used- open to ideas. Minibus available.

4(2)2 DISCUSSION IN THE MEETING [MB,AR,AG,RB,GN,TD,MT]

NHS/Private: the difference is expensive.

Encouragement of the Reluctant: 'TV Ears' and the ability to 'switch grandchildren off' are advantages which benefit the whole family.

Audiologist advice to get the fitting right is important.

For those with dementia consultation on alternative hearing aids (easy to lose on taking out at night) can be vital at the strategic moment.

De-waxing: regular use of small amounts of Olive Oil avoids the involvement of reluctant GPs.

Spare Batteries: provision for carrying spare batteries is necessary.

Audio books: can be sound boosted for people suffering both deaf and blindness.

4(3) WEST SUSSEX LIBRARY SERVICES FOR OLDER PEOPLE

Wendy Edwards [WSCC Library Service](#)

Joining the Library

In person at the library and can be done on line – collect card from the library (with identification).

A 'Memory Management Ticket' is available for people with memory difficulties to avoid risk of overdue borrowing.

Resources: a million items

Books ordinary, large print, audio, ebooks (digital library downloads), 'Pictures to Share' books.

DVD Film/Dramas

Music CDs

Information Database for Local Organisations, Clubs, Societies (internet access to Websites)

Computers with **internet access** + a new project: **one to one help** with getting on-line to connect to the digital library with voice reading device supplied.

Home Library Direct: delivery service by volunteers for the housebound.

Community hub – central point for activity

Collection point for Blue Badge.

Activities : Lunchtime talks – authors;

Communal activities: Knit and Natter, Reading groups;

Individual facilities: Colouring book relaxation; Family history research facilities.

Health and Wellbeing

Books on prescription

Alzheimer's Group Horsham 'Rusty Brains' Tim Wilkins.

Reminiscence collections; books + boxes for triggering memory.

Wellbeing Month (March 2018)

Health Checks by NHS Prevention Assessment team.

Living with Dementia training for partners and carers.

4(4) INTERNET SAFETY

Dean Wadey (West Sussex County Council)

This presentation is in advance of the distribution of a leaflet on this subject to Libraries.

NINE KEY POINTS

[1] Passwords: access to digital information should always be protected by a strong password. Passwords are recommended to be at least eight letters long and preferably a mix of capitals, lower case and numerals. It is dangerous to use one password for everything.

[2] Software Updates (Authenticated) should be accepted – they are often responses to security weaknesses.

[3] Security Software: it is not sufficient to have operating system security only. A Security Software package should be used in addition to the operating system of the computer.

[4] Active Security: be sure that Security Software is enabled.

[5] Check Downloads: do not install Downloads without checking their authenticity.

[6] Caution with Public Space Wi-Fi: others using the same space can access your device – do not conduct secure business there unless you can ascertain security.

[7] Caution with Emails: do not open emails without checking who/where they are from- they can contain malware to disrupt your operating system.

[8] Secure communications: when communicating to websites and requiring security only use those with for the padlock sign denoting a secure connection.

[9] Back-up your system and data: use the cloud or another disk drive independent of your computer to be sure that you can recover from a malware attack.

Further information:

[WSSC Website: staying safe online.](#) [UKGOV: cyberaware.](#) www.cyberaware.gov.uk

Comment

DM: giving one's email address in communications is no different from giving one's postal address.

Passwords are necessary to restrict access to one's personal files which are accessible to anyone able to open one's computer, just as access to a cabinet containing a paper filing system might need a key to the cabinet.

4(5) PROVISION FOR AN OLDER POPULATION : IN DANGER OF COLLAPSE

Andy Tilbrook ([Pulborough Parish Council](#) – Neighbourhood Plan)

Care need : 2011 care need base level with 40% Pulborough population over 65
2021 care need level estimated to be 320% of care need base.

Care delivery approaching crisis:

Care homes: underfunded - one in six becoming uneconomic.

Local authority funding inadequate new mechanisms needed.

Private pensions inadequate with 95% producing less than £5000 annually.

Care in the community Middle-aged volunteers assisting care workers becoming scarcer as they become older and are not replaced by younger generation who are being priced out of homes in Pulborough.

Neighbourhood wardens identify needs but cannot provide the care. Carers, service workers and cleaners becoming scarce. Mobile carers not available in areas where distance between jobs makes pay uneconomic.

Care workers: low rates of pay only afforded, new regulations (24 hours rates) expensive.

cannot afford to buy or rent; expensive to travel – disincentive to work in Pulborough.

Workers source limited to existing local population.

Remedies needed:

Housing Care and Service workers: current median wage can afford housing rental cost of £400 monthly.

House prices on the open market have increased with 10-15% rise in land prices in the last decade so that they are 11 1/2 times the median wage making them unaffordable either to buy or rent out. The market aim for developers is for three to four bed houses which can be afforded by families moving out of the London and immediately surrounding area which can be sold at a higher price than the houses bought in Sussex. Two bedroom houses for the cheaper market would sell immediately but are not built. The building component of a house is about £70,000 – the inflation is in the land price.

Provision for 'affordable housing' including rent to buy schemes is whittled down by developers' success in convincing local authorities of 'financial viability' threats to their schemes by 'social housing'. Housing Associations are unable to fund developments on land which is now too expensive for them.

Centralising of medical services: compounding the problem of care in the community is the merger of some medical practices causing their services to move to a distance.

Re-invigorate local Authority housing:

alter funding restrictions

implement Community land trusts

strengthen local authority land use policies re development- enabling social housing.

Local action

Local Communities like Pulborough should follow the Pulborough example and make themselves aware of the growing problem of care by asking the questions from the statistics held in their local Medical Practice.

[DISCUSSION: DS,TD,GN,DM,CS,KD]

Meeting ended at 1pm

NEXT MEETING:

FRIDAY 2ND MARCH 2018

10.30am – 1pm at the COUNCIL OFFICES, PARKSIDE, HORSHAM

MP's QUESTION TIME with JEREMY QUIN MP

Email questions in advance please to: horshamolderpeoplesforum@gmail.com
