

Meeting of the Horsham District Older People's Forum
on Thursday 10th December 2015 at St Michael's Church Hall Partridge Green

NOTES

1. PRELIMINARIES

<u>Present:</u>	[MB] Martin Bruton	[Chairman]	Horsham
	[PS] Paul Smith	[Vice-Chairman]	Nuthurst
	[AG] Alf Goodchild	[Treasurer]	Horsham
	[MT] Martin Toomey	[Secretary]	Steyning
	[LA] Leslie Ainslie		Henfield
	[LBo] Lilian Bold	[Horsham Lay Rep for Health & Residents]	
	[CD] Carole Duffy		Horsham
	[BH] Brian Harvey		Horsham
	[MJ] Michael Jarvis		Horsham Forest
	[BO] Betty Ogden		Henfield
	[KR] Kate Rowbottom		Horsham
	[RC] Roger Clarke		NDC
	[JA] Jane Apostolou	[Horsham Town Community Partnership]	
	[AJ] Amanda Jupp	[WSCC and Independent Age]	

Visitors

[VE] Vicki East	[Horsham District Wellbeing]
[GC] Greg Charman	[Horsham District Wellbeing]
[JP] Judith Packer	[WSCC Voluntary Sector Relationships]

<u>Apologies</u>	Arthur Reader.	Connie Lucien
	Eve Mauchel	Frank Bockling
	[LB] Lisa Boydell	

Retiring with our thanks for the service which they have given to the Forum.

Barry Mursell
Eva Matschy
Betty Ogden

2. PREVIOUS MEETING 9TH SEPTEMBER 2015 at Rudgwick Village Hall

Notes : were approved as a correct record

Matters Arising :

Dementia Alliance: MB has joined the Forum to the Dementia Alliance.

- HDOPF will act as a 'sounding board' for the work of the Horsham District Dementia Action Alliance
 - HDOPF will seek to join people with Dementia and/or their carers as members to encourage them to have a voice with HDOPF.
 - The June 2016 meeting will start at 0930 to run a 45 minutes Dementia Friends Information session
- [ACTION 01 MB, MT]**

Committee: the first meeting of the new Committee was held on 19th November 2015.

Bank Account: procedure for opening a bank account are in progress.

Dates and Locations for 2016 Meetings: (1) 4th March 2016 : Horsham **[ACTION 02 MB, LB]**
(2) May, (3) September, (4) December to be arranged before next meeting. **[ACTION 03 MT]**

Forum Constitution : The amended Clause 'Dissolution' agreed at the 9th September 2015 meeting is added to the constitution document. Committee to confirm authority.

[ACTION 04 :COMMITTEE]

3. HEALTH AND WELLBEING

Presentation: [VE] VICKI EAST: HDC Wellbeing and Information Officer

FREE SERVICES OFFERED [see their leaflet Horsham District Wellbeing October 2015]

- website : www.horshamdistrictwellbeing.org.uk

Advisors are available by telephone 01403 215111

- by email : info@horshamdistrictwellbeing.org.uk
- and at a Wellbeing Drop In

One to One support for advisor help and advice on wellbeing issues

such as: needing : to lose weight; to stop smoking; to have emotional support

and : being aware of : healthy eating ; managing alcohol consumption; benefits of being active.

Wellbeing MOT Tests : bookable for a Wellbeing Drop-in with advisors at local venue.

A 20 minute gauge of what makes bodily wellbeing:

weight/body mass, Body fat percentage, Muscle mass, Bone Mass, Hydration levels , Metabolism and physical activity.

Wellbeing Courses

Motivation-Exercise-Eating [12 sessions one per week]

Cook and Eat [5 sessions one per week]

Strength - Balance – Mobility [15 sessions one per week]

Get Active :

Walking football

Learn to Run : 0 – 5 kilometres in 10 weeks.

Exercise to Music

Gym [13 sessions 3 with fitness instructor]

Warmer Homes • [contact : gill.daniel@horsham.gov.uk / 01403 215281]

Free Home visits from an Energy Saving Expert (priority given to low income poor health homes)

Practical and bespoke advice on reducing energy costs, understanding heating controls, installation of energy saving gadgetry.

Publications

- [get copies by phoning Horsham District Health and Wellbeing 01403 215111]

Older Persons (or People's) Directory of Services –Local and National in the District.

available to see or download on • horshamdistrictwellbeing.org.uk
and • ask for in Pharmacies; Libraries; Doctors' surgeries

Physical Activity Directory

available to see or download on • horshamdistrictwellbeing.org.uk

Health Walks – Quarterly schedule

and **Step out to Health** – walks information for do-it-yourself

website • www.horshamhealthwalks.co.uk . Coordinator 01403 215269

Get Ready for Winter

Preparation for severe weather ; Flooding; Snow; Safe on roads.

Warm and Safe home; Burst pipes. Community Link Alarm Service.

Community Transport Schemes

available from • Community Services Directorate 01403 215111

District Wide; in Villages'; to Hospitals; Public Transport concessions.

Money worries: Local and national organisations offering information or support on money, debt, benefits and advice on household bills or rent and mortgage issues. • **HDC Leaflet L45_L508**

Forum Comment / Discussion

[AJ] Doctors' surgeries Long term Publicity in needs to be aware of crowded notice boards on which posters are best A5 size with A4 as a maximum.

[Discussion] Doctors' prescription of MOT tests : Doctors currently prescribe Gym exercise and walks, could the Wellbeing MOT be prescribed and special Prescription forms be available to Doctors.?

Proposal to be investigated for practicality.

[ACTION 05 VE]

[MB] Publications: It would be helpful if The Directory's current title "Older Person's Directory of Services" could be altered to be "Older **People's** Directory of Services". This would accord to the change of name which the HD Older People's Forum has just made. **[VE]** The change can be made in the half yearly updating of the Directory – an update is happening in the next week. **[ACTION 06 VE]**

WELLBEING DROP INS AND ROADSHOWS

Attended by advisors and specialists, and supplied with the range of leaflets and able to give MOT tests, these can be set up in HDC offices main or outreach for an availability of 5/6 weeks. They can be also be arranged for one day shows on specific dates with venues supplied by others. Currently there is a drop-in at the Horsham Octagon [RSA Building] on Wednesdays. Drop-ins and Roadshows are promoted with targeted publicity.

[ACTION 07 VE]

4. VOLUNTARY SECTOR CONNECTIONS

Presentation: JUDITH PACKER WSCC Voluntary Sector Relationship Officer

Website for Care and Support [NEW]

- www.westsussexconnecttosupport.org : has been set up by West Sussex, partnering with
- [shop4support](http://shop4support.org).
- **Leaflet : Your life your choice.**

Offered on these websites are general help and advice; information about getting funded social care; information about products of help in the home; information from the online marketplace in care products and services which you can buy; information about groups and activities in your community;

- Help in using the website '**Adults' Carepoint on 01243 642121**'.

Focus of the Service : part of the Health and Social Service teams to support people living independently in their homes with **[JP]** responsible for the Horsham District.

Voluntary resources: In the Hosham District the voluntary sector is supported by National Charities; Small local groups, and one to one services. Over the area up to 500 groups can be identified.

"Connect to Support" is liaison between and discoverer of these various supports for people.

Care on offer in the Voluntary sector

- Health at Home : Practical assistance – help at home targeted on those with limited means.

Adult Social Care : Home from Hospital – Age uk Horsham – Doctors' surgery leaflets

- people living alone – 6 weeks errands tailored to individuals
- people with relatives/ carers – support and advice given while in hospital.
- people with family at home – Red Cross support.
- take home and settle : bring home from A&E [within certain hours]

Local Connections – Good Neighbour Organisations; Info and Advice Centres (Wellbeing Hub); Citizens Advice Bureau; Day Centres.

Connect Support Leaflet. Older People's Directory of Services.

Forum Comment / discussion

[LBo] Emergency Telephone numbers – 999 and 111 joined together?
Out of hours number?

5. PROPOSAL FOR AN HORSHAM DISTRICT “OLDER VULNERABLE PERSONS GROUP”

[GC]GREG CHARMAN: HDC Wellbeing : partnering Community Safety.

Community safety meetings : quarterly : of relevant officers and experts on single topics to provide action plans. Topics covered in six meetings since set up in 2013: Dementia, Transport, Road Safety, Loneliness, Scams, Preparation for Winter.

Proposed Alternative : COMMUNITY SAFETY / OLDER PERSONS LIAISON

- **Community Safety Meetings** to invite one Representative from HDOPF (this forum).
- **HDOPF meetings** to invite one Representative from Community Safety.

The Proposal was agreed by this meeting – confirm not a new group but liaison/cooperation

[ACTION 08 COMMITTEE]

[PS] Paul Smith volunteered to be HDOPF representative.

[ACTION 09 PS]

Dates of meetings and agendas to be mutually advised.

[ACTION 10 MB MT/GC]

Forum comment/discussion

[LBo] suggested contact with Healthwatch.

[AJ] suggested a **Presentation on Safeguarding from WSCC** for the June Agenda which was agreed.
Judith Packer to find speaker.

[ACTION 11 MB MT JP]

[BO] **Nuisance and Scam phone calls continue even after application for their removal**

- this is because some sources of calls are outside UK jurisdiction – in foreign countries.

[BO] **‘GOING INTO A HOME’** – how do you, as a vulnerable person, make the decision,
on which home and with what safeguards financial and legal included?

Proposal for a Presentation. Follow up.

[ACTION 12 MB MT]

Adult Care point help line and ‘Cherishcare’ , Healthwatch and Age uk relevant.

[LBo] Recommends Sussex Community Trust contact.

Judith Packer to find speaker.

[ACTION 13 MB MT JP]

6. SOCIAL ISOLATION AND LONELINESS

Presentation: [AJ] AMANDA JUPP

- **West Sussex County Councillor** Chairman of the Social Isolation and Loneliness Task & Finish Group.
preparing a Report for Peter Catchpole WSCC Cabinet Member for Adult Social Care and Health.
- **Area Manager “Independent Age”** East & West Sussex

Funding Commitment Findings from survey of groups county-wide, so far, is that they struggle with funding for their activities. Grants focus on Capital for projects – not on their running costs. WSCC is committed to community funding through its County Local Committees aimed at making decisions close to communities. The focus of grants may change.

Small groups are to be encouraged and their ways to gain support are to be simplified.

Support from “Independent Age”

Advisors 0800 319 6789

- Volunteer visitors bring friendliness and conversation
- Phone friends offer regular support on the phone
- Telephone discussion clubs on landline or mobile range over subjects and people from home.

5 guides to later life: back up this loneliness support. Order 0800 319 6789

1. Support and entitlements for the over 65s

2. Extra Help at Home- Essential advice for living independently
3. Healthy, Happy, Connected – support and advice for living alone.
4. Choosing a care home – get the best from your move.
5. Your Health and the NHS – get the care you need.

Forum comment / discussion

[BO] Henfield has a **Befriending scheme** encouraged by the Parish Council.

[AJ] Loneliness can be the result [desired or not] of non-joiners who prefer to be individuals and of housebound people shy of others entering their home. These are the subjects of Befriending which is an emphasis in “Independent Age” support.

[KO] Settling Vulnerable people’s affairs.

Decisions for Property and Finances; and for Personal health and personal bequests; and power of attorney need legal help. This can cost in the region of £1 – 2000. Brighton has at least two Solicitors who could give a presentation on such preparations. Age uk has legal services.

Follow up.

[ACTION 14 MB MT]

7. ACTIVITIES PROMOTING THE FORUM

22.10.15 Horsham and Mid Sussex Volunteers Association [MB] presented HDOPF to them.

27.10.15 Secretaryship handed over by Shirley Gardner to [MT]

11.11.15 Rural Towns Community Partnerships meeting – [MB] attended.

12.11.15 Horsham Dementia Action Alliance relationship with HDOPF

discussed by [MB] Sharon Cadman HDC and Judith Packer WSCC.

19.11.15 HDOPF Committee meeting. [MB,MT,AGo,CD,PS,AR,LB]

01.12.15 Horsham Blueprint Working Group – Ageing Population. [MB] attended.

15.12.15 HDOPF Info Stand in WSCC North Office – promotion to HDF and WSCC Staff.

[ACTION 15 MB PS]

16.01.16 Horsham and Mid Sussex Volunteers Fair at Horsham Library

[ACTION 16 MB PS AGo]

21.01.16 Monitoring Management forum.

[ACTION 17 [MB]

8. MEETING DATES AND VENUES 2016

MARCH Friday 4th: Horsham Capitol Theatre preferred or County North Office **[ACTION 18 MB LB]**

MAY Tuesday 31ST or JUNE Wednesday 1st: 9:30am -1:00 pm.

SEPTEMBER Tuesday 6th or Wednesday 7th 10.30 – 1:00 pm

DECEMBER Tuesday 6th or Wednesday 7th 10:30 – 1:00 pm

Venues JUNE; SEPTEMBER; DECEMBER

[ACTION 19 MT]

Will be distributed evenly over the Horsham district and arranged before the March meeting.

March Meeting : Questions to Jeremy Quinn MP for Horsham.

An email question form will be sent to supporters for questions to be put to Jeremy Quinn in advance of his answering them at the meeting.

[ACTION 20 MB MT]

9. ISSUES AND INFORMATION FOR SUPPORTERS :

9(1) FEARS OF THE ELDER POPULATION

The Horsham Blueprint Working group on Ageing Population produced issues on this theme:

Going out

- > No longer driving: Public Transport: transport to Hospitals,
- > Uneven walking surfaces: suitable public seating: sufficient clean public toilets:
- > new store too far to walk: central town café resting place: need open spaces.
- > Mobility scooters training: car blocking access for scooters.
- > Afternoon events and entertainment.

Changing home circumstances

> Downsizing needs of help for decisions, finance, and organisation.

Health and Wellbeing

- > Doctors moving out of town: waiting for appointments: hospital overcrowding.
- > Home Care fears
- > Residential Care fears
- > Isolation
- > Mental illness in the community : fears of deterioration - day centre attendance,

Affordability and financing

- > home care
- > residential care
- > day care attendance

[PS] Commented that fears can be unreal and the anxiety is not directly dispelled by showing them to be so.

[JA] 'Fear' of young people is being addressed in meetings between Horsham Senior Persons Council and HYPER [Horsham Young Persons Organisation].

9(2) **[LB]** RESPONSE TIMES are an issue. SECAMB [South East Coast Ambulance Service].
Vital times for response to Stroke.

9(3) **[KR]** SAFER HEART PROGRAMME :
Local Defibrillator installations and their use. First Responders. Greg Charman

9(4)**[BH]** MOBILITY SCOOTERS PROFICIENCY TRAINING AND TEST
Common experience of driving hazards between scooters and pedestrians. Some instructions given on handover of the machine but no serious training or certification known. This could be an issue for insurers.

Review of Subjects for purposes of presentation.

[ACTION 21 COMMITTEE]

10. NEXT MEETING

FRIDAY 4th MARCH 2016 : QUESTION TIME JEREMY QUINN MP FOR HORSHAM
at COUNCIL OFFICES PARKSIDE or CAPITOL THEATRE 10:30am-1:00pm

ACTIONS LIST

AGo .16

GC .10

JP .11.13

LB .02.18

MB .01.02.10.12.14.15.16.17.18.20

MT .01.03.10.12.14.19.20

PS .09.15.16

VE .05.06.07

COMMITTEE .04.08.21
