



South Gloucestershire Over Fifties Forum

Campaigning for older people

The South Glos Over 50's Forum

The Clocktower, Tower Road North, Warmley, Bristol, BS30 8XU
email: southglosover50s@gmail.com or call 07967 102141

Newsletter

Autumn 2018



Well where has another year gone? Nights are drawing in and before we know, it will be Christmas. Since your last Newsletter we have not let the dust settle under our feet.

We had our AGM in May which was a great success, thank you all who supported. We had some interesting speakers on topics you had identified as well as over ten stalls. It was a celebration having been operating for 25 years, so we won't be as lavish next year. However, I am delighted to announce that our AGM will be on Wednesday 29th May at Badminton Road Methodist Church from 2 to 4 pm with a break for tea and cake. Our guest speaker is Cllr Toby Savage - Leader of the Council.

A major project has been our 50 to 70 survey. We received over a 100 responses which are really helpful in enabling us to know how to move things forward that are of interest to those who are still working or wish to be working. If our organisation has a future then we need our



Cllr Toby Savage

potential younger residents to understand the benefits, how their voice can be heard and how we represent residents, over 50, at a number of strategic partnership meetings. There is more about the results of the survey inside.

Many of you have, in the past, been very involved with the National Pensioners Convention and have enjoyed travelling to Blackpool. Your committee felt that there was benefit in being more involved in GAS - Gloucestershire, Avon & Somerset - which is the regional National Convention group.

Our Vice Chair is also Vice Chair of this regional group and we hope we will be able to be more involved in local concerns and issues and be able to use them to help us when we wish

to increase our negotiating hand. We sadly don't have funding to pay for our attendance at the Annual conference but if anyone is interested in attending please let me know. It will be 11th to 13th June as usual at the Blackpool Winter Gardens.

Our meetings in four areas of South Gloucestershire are growing their own voices. This is really important to ensure the issues in each area, which may be of no interest to the rest of Forum, are addressed. For instance at our meeting in Thornbury we were told of the concerns about the Clinic, the lack of NHS dentists and concerns about health services if the large amount of housing mentioned in the strategic plan comes about. As an example at our next meeting in Thornbury is on Thursday 1st November at the Church Hall of Thornbury Methodist Church 1.45 to 3.45 pm. We have a speaker from the

South Gloucestershire part of the new Bristol, North Somerset, South Gloucestershire Clinical Commissioning Group, BNSSG CCG, and a speaker from NHS England Dentistry. Dates for our next meetings are advertised inside.

Due to an underspend last year we are looking at growing our publicity and you will see postcard-sized cards in libraries very soon.

It is with much sadness that we record our sympathy to Gloria Stephen's family at her sad passing last month. Gloria has been a stalwart for residents in the Doddington parish area as well as a South Gloucestershire Councillor for many years. She came onto our Committee 2017 as our Yate representative. We give thanks for all the help she gave the Forum in the short time she was with us and she will be much missed.

Members' Autumn Meetings

Kingswood area - Monday 29th October 10.30 am - 12.30 pm The Bean Tree Nest - this is the community space behind the café in Page Park. We are keen to hear the issues of residents in Staple Hill although we know their Councillors always have their ears to the ground.

We are hoping that Cllr Mrs Goddard will come to respond to the issues raised at the last meeting in Hanham and we also have a speaker from Sirona and much more.

Yate area- Tuesday 30th October -2 - 4 pm at Ridgewood Community Centre we will be picking up your issues relating to the Walk-In Centre with a representative from Sirona. As we get in cooler weather we have a speaker from the Warm & Well scheme.

Thornbury area - Thursday 1st November 1.45 - 3.45 pm at Thornbury Methodist Church Hall, behind the church.

As mentioned earlier we are delighted that a senior member of the South Gloucestershire part of the BNSSG CCG is coming to share about the role of the CCG as well as answer your questions about the Clinic, Community Hospital, etc and a speaker from NHS England Dentistry to respond to concerns about only one NHS dentist in the area.

Filton area - Wednesday 7th November 2 - 4 pm at Coniston Community Centre. We will have a major discussion about buses. Mark King who is the lead for transport in South Gloucestershire will try and guide us through our issues with to whom we need to need to speak to at the WECA - West of England Combine Authority - who since April 2018 are the lead agency for transport. Carers Support will also be sharing information. Plus much more.

As with all these meetings please promote them to your friends, neighbours and family. Every meeting is open to any resident over 50 years.

For members who are working we also running evening meetings in Kingswood and Yate and in the New Year Bradley Stoke. See below.

Results from our 50 - 70 years Survey

As you know we have had a survey of our 50 - 70 year old residents in South Gloucestershire from our AGM last May until the end of July.

Some of you have been upset that you felt we were not interested in the views of people over 70. We are of course, but we need to get engagement and deliver to our residents in South Gloucestershire who are of working age. Without younger members and interest in what we do there will be no South Gloucestershire Over 50's Forum in a few years' time.

We are the voice and representation organisation for people 50 plus as well as those over 70 years young. Many cannot understand why they need to engage but running the survey it is clear about ensuring things are relevant. The Forum is seen as an older people's group for the long retired so we have to ensure we make the Forum also relevant to those who are younger.

The survey hopefully will help us engage with working aged members as many of you who are able engage in our day time meetings.

We need to hear everyone's issues so we can properly represent our residents in South Gloucestershire.

As Chair I do understand our working aged members are trying to juggle a whole number of things including trying to support their children with caring for their grandchildren,

caring for older members of the family who may not be as mobile as they would like and need day to day support, demanding jobs and trying to find social time with partners and friends.

From our survey in brief these are the headline results

What concerns do you have for your neighbourhood?

- 69% Caring for adults
- 63% GP Services
- 57% Hospital services
- 49% Environmental issues
- 47% Affordable housing
- 46% Public transport
- 44% Anti-social behaviour
- 43% Housing developments
- 43% Traffic
- 42% Parking
- 41% Dog littering.

What issues affect you and your household?

- 52% GP services

What methods would you use to share your views on issues you care about?

- 81% Replying to on-line surveys
- 69% Signing an online petition
- 62% Writing and email
- 57% Attending a local meeting

They were multiple choice questions.

We received 120 responses.

Post Retirement Opportunities Event

Thursday 25th October 6 to 8 pm

**at BAWA Health & Leisure Club, Filton, BS34
7RG**

The Post-Retirement Opportunities Project aims to help people aged 55+ who are approaching retirement or facing redundancy manage the shift into the next phase of their lives. This is one of several events taking place in 2018-19, showcasing the wide range of opportunities and advice on offer in the locality across the areas of money, work, volunteering, learning, leisure & well-being. Featuring guest speakers, workshops, information stalls and and free drinks, nibbles and a chance to talk with others at a similar stage in life. Entry is free to anyone aged 55+

More information and booking

Web: www.linkagenetwork.org.uk/pro/

Email: sarahparkes@linkagenetwork.org.uk

Or call 0117 353 3042.

Calling all 50 to 70 years olds?

Yate Pop-in Café evening meeting

Wednesday 7th November 6 - 8 pm

We delighted to address the key issue of working aged members - ADULT CARE.

COUNCILLOR BEN STOKES - South Gloucestershire Councillor and lead member for Adult Care.

We have posed the questions:

With Government funding reducing to Local Authorities, is self-care, talked about, shorthand for no care? How will the Council address resident's future care needs with an increasing number of older people? How do residents' afford paying for their care needs?

All are residents 50 plus are welcome to this free meeting, particularly those of working age.

Kingswood Park Centre evening meeting

Thursday 27th November 6 - 8 pm

Health Issues The Clinical Commissioning Group buy our healthcare from GPs, hospitals etc. LOU FOWLER will talk about the new CCG and answer your concerns and questions.

It is hoped a member of Sirona, a service provider for healthcare, will come and talk about their involvement in South Gloucestershire.

Apologies - Digital Exclusion Work Groups

I would like to apologise to those who offered their names to be part of a working groups relating to Digital Exclusion and haven't heard anything. Perhaps before you read this you will have heard from me but there has been a bit of hic-cup at the Council.

This is a letter that Margaret received

Can anyone remember this event?

I am trying to find information regarding a 1940s event in Page Park, Staple Hill.

A German war plane was placed there, on display for all to see (and climb over).

I remember a youngster having a hand crushed in the planes aileron.

Would you be able to forward this request to your members? Perhaps there is someone out there who remembers this, or at least the display of a German plane. I am hoping there is still someone around to corroborate this memory.

Actually, I would very much like to contact anyone living in the Staple Hill area during WWII.

It seems to me that this local period is becoming lost.

The local history groups that I have found so far seem to have next to no information from this period, regarding the Staple Hill district.

Any help on this matter would be much appreciated.

I am now living in the USA, so cannot personally dig in.

Thanks again

Limey

Please contact Margaret on 07967102141 or email her southglosover50s@gmail.com if you have memories of this time in Staple Hill, so she can put you in touch with Limey or forward information to him.

Many thanks.

Local History Society Talks and Meetings

Thu 1 Nov 2018 Downend Local History Society Chas Ashley
Talk Mr Brunel's big battle: the gauge war 1845 - 1874.

Tue 6 Nov 2018 Kingswood History Society Professor Chris
Stephens Talk Bishops Knoll Hospital - World War I hospital.

Thu 8 Nov 2018 Winterbourne Barn Medieval Barn Jon
Cannon 7 p.m. to 9. p.m. Book at www.ticketsource.co.uk 1000
years of medieval cathedrals as time machines.

Thu 15 Nov 2018 UWE Regional History Centre & "M" Shed
Rose Hewlett Free Seminar at "M" Shed at 6 p.m. 1607: the
great Severn Estuary flood.

Tue 20 Nov 2018 Marshfield & District LHS Paul Barnett Talk
Fore & Aft: the Purton ships graveyard.

Fri 23 Nov 2018 Stoke Bishop History Group Michael Manson
Talk Vice and virtue: discovering the story of Old Market.

Mon 26 Nov 2018 Bristol & Gloucestershire Archaeological
Society John Penny Talk Out & About in Bristol 1914-1918:
Excavating the forgotten history behind Bristol's war effort.

Tue 27 Nov 2018 Avonmouth Genealogy Group Gordon
Young Film show.

Tue 4 Dec 2018 Kingswood History Society AGM. American
supper quiz and entertainment.

Wed 5 Dec 2018 UWE Regional History Centre & "M" Shed
Dr Andy Flack Free Seminar at "M" Shed at 6 p.m. The wild
within; animals, their people and the making of Bristol Zoo,
1836 - c 2000.

Thu 6 Dec 2018 Downend Local History Society Yvonne Bell
AGM and talk The Edwardian Christmas.

Sat 8 Dec 2018 Winterbourne Barn Medieval Barn Make a
Christmas wreath workshop. 10 to 12.30 Book at
www.organicblooms.co.uk/courses-and-workshops

Sat 15 Dec 2018 Winterbourne Barn Medieval Barn Carols in the Barn. 3.30 Tickets at www.ticketsource.co.uk or from Daisy's Coffee Shop.

Sun 16 Dec 2018 Winterbourne Barn Medieval Barn Carols in the Barn 3.30 Tickets at www.ticketsource.co.uk or from Daisy's Coffee Shop.

Tue 18 Dec 2018 Marshfield & District LHS John Penny Talk Communicating Christmas.

Bristol & Avon Family History Society

www.bafhs.org.uk

Next meeting dates

Bristol - BAWA Leisure Centre, 589 Southmead Road, Filton, BS34 7RG

12th November Sisters of the Somme a WW1 Field Hospital on the Western Front - Penny Starns

10th December The Stations, Halts and Platforms of Bristol & South Gloucestershire - Mike Oakley

14th January Bristol Through maps - Jeff Bishop

Sodbury Vale - St Nicholas Family Centre, Chargrove Yate, BS37 4LG

14th November The American in Sodbury - -Jim Ellsworth

12th December Victorian Leisure Time - Whisper & Shout

9th January Medieval Cities - John Putley

All meetings start at 7.30 pm and are FREE to everyone

For free advice on Family History visit the Society's Research Room next door to the Bristol Archives, 'B' Bond Warehouse, Smeaton Road, Bristol, BS1 6XN.

Non-members welcome

Flu vaccinations

Theses are now available from your GP. Getting the flu can be very unpleasant and can take ages to get our strength back afterwards.

If you are:

- over 65 years
- have a weakened immune system due to certain conditions
- children between pre-school age and school year 5.
- pregnant

the vaccination is free.

The NHS pays your GP for every flu vaccination given, which gives them money to use in improving services more generally.

However if you are not in one of these priority groups your chemist can provide the injection for about £20.

Assistance at a railway station.

Did you know that if you have a Smart phone an app is being produced to offer assistance.

Transreport You just download the app to your smart phone. It is due to be launched very soon.

Passenger Assist is the perfect tool for those who require specific assistance at train stations. Use the app to send your exact location to staff at train stations, who will locate you quickly - just press one button and help comes to you. No trouble. No effort. Just assistance.

Do you have a sight disability?

The Council can provide a Platinum Travel card. This enables the severely sight impaired person to use the buses for free at any time, but before 9 am they must commence from South Gloucestershire. You'll need to ensure you are on the South Gloucestershire visual impairment register, you'll have a certificate as authorisation, to evidence you qualify.

Housing Needs of those 55 plus

Members may remember that earlier this year at our meetings Peter Herald-Smith asked us to complete a survey relating to housing. The purpose is to inform those planning for the long term what housing we over 50's think we will require.

We now have a 60-page report on the findings.

There were around 400 responses to the survey.

One or two key messages were that around 60% of respondents wanted to move within the next few years. However for some the cost of moving or the costs involved in retirement developments prohibited the option of moving.

Lots of people want to move to property that is easier to manage or a property that is fully accessible and some would like to live in facilities that offer care options if they could afford it.

The five strongly scoring issues when moving home were

- finding housing near good public transport
- a garden
- outside green space or park nearby
- Wifi
- A fully accessible property

The barrier for many was the lack of suitable options in the location of choice.

61% of respondents would like a bungalow with a further 24% choosing a flat or apartment.

As members attending our meetings will know Housing is one of four topics the Ageing Better Group are specifically actioning in the next 12 months, with work groups looking further at how this priority issue can be addressed.

Can't Wait is Relunched



We are very excited to announce that we have been given some funding to work on the Can't Wait scheme this year!

Can't Wait is a scheme run by SGDEN with assistance from South Gloucestershire Council to encourage businesses to make their toilets available to disabled people with an urgent need.

We created a local, credit card-sized 'Can't Wait' Card, for individuals to show to businesses, with a request to allow them to use staff or non-public toilets, or to use customer toilets without purchasing anything.

Who is it for?

The card can be used for all impairments which would necessitate quick, discreet access to toilets. This includes "invisible" disabilities and conditions.

Sometimes a disabled person might need to be accompanied by someone of the opposite sex and can't use single sex toilets. Fear of being unable to access a toilet urgently means some disabled or elderly people have trouble getting out of the house, contributing to isolation.

How can I get involved?

Businesses:

Businesses are asked to sign up to the scheme and display a postcard in their windows, to show people that they are supporting the initiative.

If you own or are part of a business which might be able to help, please contact us directly: contact@sgden.org.uk

Individuals:

We are carrying out a project this year having taken over management of the scheme from the Council. We need people to help us carry this out - whether it's on the ground going into businesses and asking them to sign up to the scheme, putting on events, creating and updating a directory of businesses involved or promoting via the media - we're keen to get local people on board, either short term or longer term.
contact@sgden.org.uk.

South Gloucestershire Disability Equality Network.



healthwatch

South Gloucestershire

Healthwatch South Gloucestershire is the independent champion for people who use health and social care services. Healthwatch wants to hear what matters most to people, and make sure their views shape the support they need.

Healthwatch South Gloucestershire listens to what people like about their services, and what could be improved and share their views with those with the power to make change happen. Healthwatch has statutory powers to ask questions of service providers and commissioners who must reply within 20 days. The statutory powers allow Healthwatch to enter health and care services and observe the service happening, Healthwatch can then make recommendations for the improvement of the service.

You can share your stories about health and care with Healthwatch South Gloucestershire Tel:01454 543402 or text sg+ your story to 07860 021603.

Or rate your services online www.healthwatchsouthglos.co.uk

Or Email info@healthwatchsouthglos.co.uk

You can contact Healthwatch by post:

Freepost RSBS-YBHY-RYLL

Healthwatch South Gloucestershire

The Care Forum

The Vassall Centre

Gill Ave, Bristol, BS16 2QQ



Healthwatch can also help people find the health and well-being information they need about services in their area, we do this through Well Aware www.wellaware.org.uk

Contact Well Aware through the free phone number: 0808 808 5252.



That Plant Place



BEDDING

PERENNIALS



ALPINES

SHRUBS



HANGING BASKETS



CHICKEN EGGS

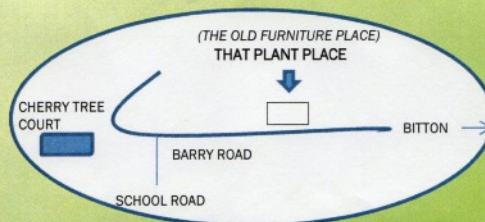


VEG/LOGS/KINDLING /MULCH
and much more



Ring Dean 07887 801904
Diane 07776 367896

OLDLAND BUSINESS UNITS , BARRY ROAD , OLDLAND COMMON BS30 6QX





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We help you...

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- Reduce your fuel bills
- Switch energy supplier
- Find local installers & tradespeople

*Subject to eligibility criteria, survey and funding availability.



For further help including free energy efficiency advice, free home energy visits and access to funding, please...

Call: **0800 500 3076** • Email: warmandwell@severnwyenergy.org.uk

Visit: www.warmandwell.co.uk @WarmAndWell

Warm and Well is managed on behalf of the local authorities in Gloucestershire and South Gloucestershire by the charity Severn Wye Energy Agency (No 1083812)



Stoke Gifford
Retirement
Village

An ExtraCare Charitable Trust Village

DEREK LOOKS FORWARD to his brand new village lifestyle.



Grandfather Derek Blundell, 73, was all smiles as he officially became the first resident to exchange contracts at The ExtraCare Charitable Trust's new Stoke Gifford Retirement Village.

As the finishing touches are being put on the £53 million village, and the first residents expected to move in later this autumn, Derek confessed that he was really looking forward to the move.

Both of Derek's children and their families live abroad, so his move from Plymouth to the Bristol area will be a brand new start.

Said Derek, "My wife was ill for some years, life was dominated by her hospital visits and our social circle diminished. My move to the village will give me a great opportunity to meet like-minded people and make new friends."

Just one of the features that make this village so special is that its unrivalled mix of social and leisure facilities can be enjoyed not only by its residents, but by the local community too.



These will include a village hall, bar and bistro, gym, hair and beauty salon, a shop, library and IT suite, hobby room and greenhouse. There'll also be a timetable of wide-ranging and stimulating activities on offer to help residents stay healthy, active and independent for longer.

We are currently recruiting for care staff, if you have NVQ 2/QCF or care experience, please contact Jackie Young on **0117 440 3570**.

We are also advertising the Hairdressing Salon and Beauty Salon retail units as an individual business or rent a chair. If this may be of interest to you, please contact Andrew Strong on **07894 229 294**.

Located near to the University of the West England campus, Stoke Gifford Village will have 261 comfortable, spacious apartments for purchase, shared ownership and rental, with care and dementia support for those who need it.



Thousands of older people have already benefited from living in one of ExtraCare's inspirational villages.

An Aston University research project found that ExtraCare's approach typically results in a reduction in medication, hospitalisation and morbidity when compared with people living in traditional residential care.

The village is a partnership between The ExtraCare Charitable Trust, a charity that exists to enable better lives for older people, and South Gloucestershire Council, Bristol City Council, and The Homes and Communities Agency.

Stoke Gifford Retirement Village, Off Coldharbour Lane, Stoke Gifford, Bristol BS16 1EJ

☎ **01173 216 632**

🌐 **www.stokegiffordvillage.co.uk**

✉ **stokegifford@extracare.org.uk**

📱 **StokeGiffordVillage**



The
ExtraCare
Charitable Trust

*Subject to availability. Charges will apply. Details of any costs associated with your home, care and village services will be provided as part of your application. The ExtraCare Charitable Trust, registered charity number 327816, is a company limited by guarantee and registered in England and Wales as company number 2205136. Its registered office is at 7 Harry Weston Road, Binley Business Park, Binley, Coventry, CV3 2SN. Copyright © 2018 – The ExtraCare Charitable Trust.

*The Committee of the South Gloucestershire
Over 50's Forum would like to wish you
joy, peace and happiness
this Christmas
and in the
New Year*

