



## 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: southgloover50s@gmail.com or call 07967 102141

### NEWS SHEET

Let me begin by wishing you a positive New Year.

The Committee are always looking at ways to improve our service to you and draw in new members. We do have some information cards, which we are trying to place where people over 50 might pick them up. Certainly, we are trying to have information in all Libraries. If you can distribute any cards or have any ideas that you'd like the Committee to consider please do make contact.

Our Spring Meetings are in the process of being arranged and we would love you to attend.

#### **Greater Kingswood**

We are offering two options:

**Wednesday 20<sup>th</sup> February** at Hanham Methodist Church 10am – 12 noon.

We have asked Cllr Mrs Heather Goddard to answer your queries about the Kleeneze site plus James Cooke is coming to talk about Love your High Street. This relates to Government money for Kingswood. Your thoughts are important.

**Monday 25<sup>th</sup> February** at Emerson's Green Village Hall, which is next to the Library, 2 – 4pm.

There will be a conversation about health care with a representative from the Clinical Commissioning Group and Charlotte and Neil from Trading Standards will talk about staying safe from rogue traders and scammers.

#### **Thornbury & Severnside**

**Thursday 7<sup>th</sup> March** at Thornbury Methodist Church Hall 2 – 4pm

David Jarrett, the Director of South Gloucestershire's element of the Bristol, North Somerset, South Gloucestershire Clinical Commissioning Group is coming to answer your queries about the new health facility, given they were not awarded the grant expected. We are trying to get a strategic planner to come and talk with us.

## **Greater Yate**

**Monday 18<sup>th</sup> March** at Ridgewood Community Centre from 10am – 12 noon.

Still working on the programme.

## **Filton, Patchway & The Stokes**

**Wednesday 20<sup>th</sup> March** at Coniston Community Centre 2 -4pm

Still working on the programme.

You will note that we are trying a new group in Emerson's Green.

They may have a Metro Bus service but for many in the greater Kingswood area getting to Emerson's Green or Lyde Green is difficult and the same the other way around. Perhaps this new group might be easier for members in Mangotsfield and Downend but the choice is yours. We would love to see you at meetings and answering your issues.

We are trying to ensure we hear the issues of residents across South Gloucestershire so we can respond with speakers, one-to-one meetings with people who specialise in that topic or for fact finding.

If you have issues you would like us to get to the bottom of please email us at [southglosover50s@gmail.com](mailto:southglosover50s@gmail.com) or ring Margaret on 07967102141.

## **Health**



Your Chair has been elected as Chair of the Patient and Public Involvement Forum, which is run by the Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group. They are the organisation that purchase our health services from GPs, Clinics, Hospitals etc.

Margaret has been trying to ensure the voice of people over 50 is heard at many consultation meetings that have been held over the last few months, as well as representing our residents of all ages. If you have health issues you would like raised please contact Margaret.

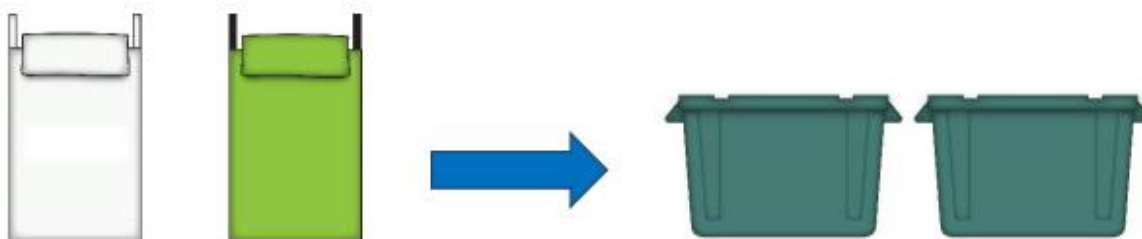
You have heard on the TV or on the radio that key for our health partners is to enable us to gain health support locally, before things get chronic, preventing us from needing a hospital admission. It is intended that when we do need to be admitted to hospital that we are able

to come home or to rehabilitation support as soon as we no longer need secondary care. It is proven that we get better quicker if we are in our own homes with the necessary support.

A particularly interesting on-going discussion is working with partners to establish better ways of caring for frail older people. Certainly, there has been a passion in the meetings to do things differently to give people better care.

If you have issues you feel need picking up regarding health care do contact Margaret via the details above.

### **Recycling**



The Council has had a consultation about changing the containers in which we place our recycling. There are concerns about the plastic issue with the bags. Boxes are thought will take up less space if we place one on top of the other. It could save the council around £100,000.

For people who cannot lift the recycling boxes they can request an assisted collection service.

### **Keeping Up To Date**

We try to keep the website up to date with information but are very aware that many of our members do not have access to an electronic device. We hope this update News Sheet is helpful.

If you are not on-line and want to know something like where can I get information on X or Y then do ring 07967102141 and we will try to put you on the right track.

### **Attracting our younger members**

As you know last year, we ran a survey to discover what might attract people who are our younger members 50 -70 years.

We held 2 meeting at the end of last year. One in Yate about Adult Care and one in Kingswood on Health. Although we had a very small turnout both meetings were seen as useful by our speakers and those that attended.

## **Ageing Better Group**

Many who attend our meetings will know that Sue Jaques comes to our meetings to keep us up dated on the work of this group.

Currently there are working groups on Transport, Housing, Digital Inclusion, & Social Isolation. I know Sue hopes to report some news at our spring round of meetings.

### **Please note:**

**Our Annual General Meeting is being held on Wednesday 29<sup>th</sup> May 2019 from 2 -4 pm**

**Our guest speaker will be The Leader of South Gloucestershire Council**

**Cllr. Toby Savage.**

**Please note it in your diary and we will  
be back in touch about any transport  
needs.**



Well Aware is a website with a host of activities that you can filter for your area or you can ring them on Freephone **0808 808 5252** and they will be happy to advise you of services or activities in your area.

The Council is developing an Information Advice and Guidance website which will also be accessed by phone.

It is currently being discussed with a focus group.

## **Top ten tips for motivation and change**

Are you one of those people who feel that they need to or would like to be more physically active? It doesn't have to be the first of January for you to make a pledge to be more active for your health. Now is a good time as any. We talked about the 5 ways of wellbeing in our meetings so perhaps you'd like a few pointers to help you on your way.

### **1. Make personal reasons list**

Rather than general stuff about 'getting a bit fitter', your list should be specific to you e.g. I am going to be more physically active because .....

- I want to be able to play with my grandchildren.
- I want to be able to walk to the shops without getting out of breath.
- I want to follow my doctor's advice to lower my blood pressure.
- I want to feel comfortable about my appearance in public.

### **2. Think 'challenge' not 'barrier'**

It's easy to make excuses e.g. the weather, lack of time, too tired, 'don't know where to go', don't have the right gear.

Rather than looking on these issues as insurmountable barriers, think of them as challenges to be overcome i.e. turn negative issues into positives ones.

### **3. Choose an activity you enjoy and will keep doing**

There is no point in choosing an activity to help you improve your health if you don't enjoy it – you'll probably give it up and become de-motivated. So, choose something you actually enjoy doing and will continue to enjoy. Even better, enjoy several different activities; variety is the spice of life after all.

### **4. Set achievable and intermediate goals**

If you can't run round the block, yet!, then 'I'm going to run in the London Marathon' might be an unachievable goal. If you don't do anything at the moment, then 'I'm going to the gym five times a week, starting tomorrow' is again not realistic. So be reasonable when setting goals e.g. 'I'm going to walk to the end of the street by the end of week' can then be followed by 'I'm going to walk round the block by the end of the month'. It is sensible to consult your doctor if you previously have been inactive for a long time.

### **5. Be flexible**

Having planned an activity, it's not the end of the world if due to unforeseen circumstances you have to cancel it: you can do something else instead or re-schedule the planned activity. Every little bit of activity helps.

## 6. Avoid 'all or nothing'

This relates closely to the two previous points: don't give up if you can't do everything you want to do. It's not 'all or nothing'. You'll still feel the benefits from doing some of it. Perhaps you've given yourself too much to do and need to re-evaluate, or maybe it's just a bad week!

## 7. Integrate active living into your day

Regardless of how many scheduled or 'formal' activities you do, you can become more physically active by including short tasks within your everyday routine e.g. use the stairs, take stretch breaks when working at a table or desk, park the car further away from the supermarket doors, leave the car behind when you can etc. These short tasks just take a little thought and will have a positive cumulative effect on your physical health.

## 8. Exercise with a friend

Well done if you're a very self-motivated person. However, most of us appreciate a bit of friendly help. You and a friend can motivate each other and help each other along. You're more likely to succeed through not wanting to let your friend down.

## 9. Keep a record

A few simple notes in your diary of the type of activity, how long it took and you felt can help you progress. It's well known that self-recording can lead to a sense of achievement.

## 10 Reward yourself

Look forward to rewarding yourself with a treat such as a meal out or a new item of clothing but only when you have achieved at least an intermediate goal! How about putting a pound in a piggy bank every time you exercise, then look forward to spending it when you have hit your targets.



(This top ten list was provided by the South Glos Council website with slight alterations to meet our Over 50's needs.) For information about the Friendship 7 Exercises groups around South Glos please contact the Forum on 07967102141 or ring Brian Gardiner on 01454 862296.



# REFRESH<sup>2</sup> IMPRESS!

## Courses by you, for you...

Refresh 2 Impress is a **FREE** course for the retired and over fifties especially designed for people who are young at heart and wanting to learn new skills, meet new people and have fun. Having been named Project of the Year at the 2017 Festival of Learning Awards, the team behind Refresh 2 Impress are looking forward to welcoming new learners. The excitement was echoed by one of the courses long-time learners, Alfreda, 86:

"I would tell anyone, go and learn something, it's brilliant. I kept discovering things; I'm 86 and I'm like a new kid! I loved it, absolutely loved it!"

David Drew, MP for Stroud praised the course for its role in the community:

"Refresh 2 Impress has done so much good for the community and for adult learners in the area."

### Refresh 2 Impress 2019 dates

Refresh 2 Impress takes place over three days:

**English Course date:**  
 20th-22nd February 2019 - 9.15am-3.30pm - SGS Stroud  
 10th-12th April 2019 - 9.15am-3.30pm - SGS Stroud

**Courses include:**  
**FREE** English qualification  
**FREE** lunch and refreshments every day  
**FREE** \*Taster Sessions, which may include:

- Art: 'Make and Take'
- Active and Wellbeing - Yoga, First-Aid at Home, Table Tennis, Dance, Circus Skills, Horticulture
- Creative Writing
- IT
- Music

To book your place call **0800 056 6940**  
 or visit [www.sgscol.ac.uk/refresh2impress](http://www.sgscol.ac.uk/refresh2impress)

**Festival of Learning**  
 #Love2Learn

## Refresh to Impress

Want to learn new skills? We hear it is really an interesting scheme.

Programme includes:

- FREE Lunch and refreshments every day
- FREE Maths or English Entry Level 3 qualification
- FREE fun and interactive \*Taster Sessions, which may include:
- Art: 'Make and Take' - Suminagashi Paper Marbling, Fabric Printing, Mono printing and Chine-colle, Press Mould Making, Drawing, Sculpture, Art History
- Active and Wellbeing: Yoga, Mindfulness Meditation, Table Tennis, Badminton, Dance, Horticulture, Circus Skills, Qigong, First Aid at Home
- I.T. (session includes basic I.T. jargon, Emails, Using the Internet to save time & money, Managing data securely, Social Media, Online shopping)
- Creative Writing
- Musicality: African Drumming-Sessions dependent on programme schedule and tutor availability.

The web site is <http://www.sgscol.ac.uk/refresh2impress/>

One has to book on-line or ring 0800 056 6940.

Further info is:

Each 3-day programme takes place at one of our state-of-the-art campuses in either Bristol (Bristol RWA or WISE Campus) or Stroud. Free parking is available at WISE Campus and Stroud Campus.

Starting at 09:15/09:30 each day and finishing no later than 16:00, you will take part in Taster Sessions as well as Maths or English Sessions. Please note only Art based Taster Sessions available at Bristol (RWA) Campus.

There is no dress code. However, please wear comfortable clothes and appropriate footwear, especially when taking part in the active sessions.

On completion of the Maths programme you will have the opportunity to attend the progression programme to achieve the higher Maths qualification and experience other sessions.

