



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

NEWS SHEET

SUMMER/AUTUMN 2019

Well what a lovely July, although not for gardeners who I am sure have struggled to keep their plants watered and await rain to fill their water butts. However August has provided that much needed water.

It was great to see those of you who came to our AGM at the end of May. Sadly our speaker could not arrive due to personal reasons. However I have said that I would like to have meeting on Transport. Our best way of getting our message across is to talk to the principal officers and you will see we have arranged a meeting for 21st October 2019 at Lyde Green Community Centre.

Instead of a speaker, at our AGM, we broke into groups and talked about the things people felt we should be doing to grow our membership. One of the requests was for a summer trip somewhere for which all participating pay so it is minimal cost to the Forum. We are trying to organise a trial run in early autumn.

I have also heard that people with dementia, who are sectioned, are being taken to Weston Super Mare as we have no local facility. I will pick this up in council and health meetings but if anyone wants to share their story then please contact me. Contact details above.

The committee are looking at taking forward your agreement that we become a registered incorporated charity. This will give us more scope to raise money to grow our offering in supporting people to be included who are over 50 and it will give protection to those on the committee. This will take some time as all the committee need to understand what the changes will mean before we develop a constitution



and make an application to the Charity Commission. More will be in our next Newsletter. A small working group has been set up and we will have the support of an Associate from South Gloucestershire CVS.

I have to say I am concerned that the numbers attending our local meetings seem to be dwindling. Please tell me why? If there are topics you want tell me, please. If you don't like the way we run things tell me. We are there to hear your voice and provide information. If we don't see you and try to deliver what you require we aren't maximising your voice. Ring and leave a message if I don't answer on 07967 102141 or text if you have a mobile phone, email southglosover50s@gmail.com and of course our postal address is South Gloucestershire Over 50's Forum, The Clock Tower, Tower Lane North, Warmley, BS30 8XU. All thoughts and comments welcome. This is not a staffed office.

A list of our meetings across South Gloucestershire, in November, are within this News Sheet. Thanks to the Councillors for funding this news sheet for us for two years.

If any members would like to take on booking venues and booking speakers again just get in touch.

We were asked to assist with providing a meeting point for older people in Filton through their Community Plan. We had a lively first meeting in August and the group, supported by the Town Council, will continue to meet monthly. If you live in Filton their next meeting is Thursday 5th September 12 noon until 2 pm. Tea/coffee and biscuits will be available at the Pavilion which is part of the Leisure Centre, Elm Park, Filton.

We continue to work with the Bristol, South Gloucestershire and North Somerset Clinical Commissioning Group in many different ways to ensure people over 50 are not forgotten. This might be related to services for people with mental health issues, their GP practice, services for children and young people as well as the developing service for those who are frail.

Consultations

There are so many consultations I have to say we let some just pass but we are responding to the Better Care Stronger Communities and Waste and Recycling.

If you live in Kingswood or use Kingswood Park there is a consultation about how we would like to see it updated/improved. This survey is on the Council's consultation list www.southglos.gov.uk/kingswoodpark and available in paper. I believe it has been delivered to local homes near the park but people with the survey will be in the park and the shopping centre or ask in the Library.

Look forward to hearing from you and seeing you at our November meetings.

Margaret

Margaret Slucutt, Chair

AROUND SOUTH GLOUCESTERSHIRE MEETINGS

Please support our meetings around South Gloucestershire.

- Wednesday 6th November at **Coniston Community Centre**, Patchway BS34 5LP from 2 pm to 4 pm.
- Thursday 7th November at **Emerson Green Village Hall**, BS16 7AP from 10 am to 12 noon
- Thursday 7th November at **Thornbury Methodist Church Hall** BS35 2AQ 2 pm to 4 pm
- Monday 11th November at **Ridgewood Community Centre**, Yate, BS37 4AF from 10 am to 12 noon.
- Thursday 14th November at **Cadbury Heath Hall** BS30 8EN from 10 am to 12 noon



ONE YOU SOUTH GLOUCESTERSHIRE

Some of you will have heard Janet talk about One You and she mentioned a rolling programme on the 5 ways to wellbeing, sessions over 5 weeks

- Connect - with the people around you.
- Be active - find an activity that you enjoy and make it a part of your life.
- Keep learning - learning new skills can give you a sense of achievement and new confidence.
- Give - even the smallest act can count, whether it's a smile, a thank you or a kind word.
- Be mindful - be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

There is an opportunity for a 20 minute 1-2-1 support session with a wellbeing worker to put together an action plan to help you access the benefits of adopting a '5 Ways to Well-being' approach.

We recommend you attend all 5 sessions to feel the full benefits.

The groups are running across South Gloucestershire. To find out more and booking ring 01454 865337 or email wellbeing @southbrooks.org.uk.

South Gloucestershire Over 50's Forum
is pleased to present a BIG discussion about Transport.



Monday 21st October 2019

At Lyde Green Community Centre, Thistle Close, BS16 7GW
from 2 pm to 4 pm

We are delighted to have an outstanding panel to share in the discussion.

Cllr Toby Savage - Leader of South Gloucestershire Council

Cllr Tim Bowles - Mayor of West of England Combined Authority

James Freeman - Managing Director, First Bus West of England

and a representative of the Community Transport services in South Gloucestershire.

The buses servicing this Community Centre are Service 48 - First (Lyde Green - Emersons Green - Downend - Fishponds - Bristol Centre) Service extended from September 15th to Lyde Green and the Science Park. The service will use Willowherb Road in Lyde Green, no change to the rest of route. The timetable will be amended but frequencies will remain the same across all days of operation. The same will apply to Service 49. The bus stop is outside the Community Centre (from September 15th).

Make sure YOU complete the sheet, enclosed, if you want to attend but will struggle to get transport. We will do our best to assist.

MAKE YOUR VOICE HEARD