



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 - Summer 2019



Welcome to our Summer Newsletter.

Since your autumn newsletter much has been happening on the health front. We have ensured that we are part of the discussions on the new community health services which are being commissioned as I write. This has happened because Bristol, North Somerset and South Gloucestershire are now one Clinical Commissioning Group. The Clinical Commissioning Group, CCG, shape the best possible healthcare for the community and make sure you are supported to stay healthy. The commission to contract one service for the whole of the area will ensure we do not have a postcode lottery.

We are also part of the Patient and Public Involvement Forum for South Gloucestershire, which means we are discussing health topics and shaping services. We have a member in the working group looking at services for frail people of any age.

We are still involved in several strategic partnerships managed by the Council.

However I can only do this work successfully by hearing your issues and trying to find solutions, which is at the top of my agenda.

We are still trying to understand more about public transport. The West of England Combined Authority, WECA, now have responsibility for transport, so we have ensured we responded to their consultation. However this is about the road infrastructure. What we are now waiting for is the bus plan. There has been a bid made for funding, from Government, for low emission buses but what we really need to know isn't yet available. However be aware that some timetable changes will happen from Sunday 28th April 2019.

I look forward to seeing you at our Annual General Meeting on 29th May at Badminton Road Methodist Church. More information inside.

Good wishes,

Margaret.

South Gloucestershire Over 50's Forum

Your committee has pleasure in inviting you to our

Annual General Meeting

on Wednesday 29th May 2 to 4 pm

at Badminton Road Methodist Church, Badminton Road,
Downend, BS16 6NU.

We will have a number of stalls providing useful information, which can be viewed before the AGM or during the tea/coffee break.

Following our business meeting we will enjoy
tea or coffee and cake.

We are delighted that the
Leader of South Gloucestershire Council will be
our guest speaker.

(We cannot give you a name as it depends on the local elections and then the elections within the winning party.)

Please see the enclosed flyer if you cannot attend without transport and we will do our best.

All applications for transport **MUST** be with me by
Friday 17th May

**Please note The AGM will include resolutions to
amend our constitution & discuss our legal entity.**

So what happened at our meetings this spring?

Our Kingswood meeting was held at Hanham Methodist Church. Cllr Mrs Heather Goddard came to explain the plans for the former Kleeneze site what is currently owned by Tesco. Although the land hasn't been sold it is understood that it is now earmarked for housing and mixed development.

We were delighted to welcome James who consulted with us on the 'Love Your High Street' initiative for Kingswood.

For anyone who hasn't visited Kingswood lately it is sad to see so many empty shops in Regent Street, which makes the town feel run down.

Our current suggestions for Kingswood High Street include:

- action to tackle empty premises
- delivery of a Makerspace Studio - a digital learning classroom in the High Street, with a range of equipment for use by schools, families and anyone wanting to improve their career skills
- work to stabilise Whitfield Tabernacle and support a Heritage Lottery Fund bid to further improve the Tabernacle and bring it back into community use
- future planning of Kingswood urban area to provide new employment, new housing, public and green space and to improve existing heritage
- a range of community-led projects
- additional street cleaning machinery and new bins

- possible new infrastructure and community facilities for Kingswood Park and support for a separate Heritage Lottery Fund application.

With our update on Ageing Better it was a busy morning enjoyed by all.

Emerson's Green is within our greater Kingswood area but it's difficult to get to or from Emerson's Green unless you wish to go into Bristol. This was a trial meeting to encourage people from Lyde Green, Emerson's Green, Mangotsfield and Downend, as well as possibly Staple Hill to have easier access to meetings.

Here we talked about staying safe with the Trading Standards Charlotte and Neil.

Louise Fowler from Bristol, North Somerset, South Gloucestershire Clinical Commissioning Group had a conversation with the meeting about health care. Mike Vernon came to talk about Kingswood Community Transport.

In Thornbury there has been an on-going issue about health care provision. The Health Centre has been going to be replaced for many years but recently a application for funding was made which residents thought would be successful. When it wasn't successful they were angry and felt they had been forgotten. We invited David Jarrett, the Director for the South Gloucestershire element of the Bristol, North Somerset, South Gloucestershire Clinical Commissioning Group to come and share where we are and how it is intended we move forward. Mr Jarrett reaffirmed the intention to replace the Health Centre with a centre that would include a variety of integrated services so bringing, if possible, the three GP practices into one

building and a variety of outpatients services. Bids for funding would continue to be made but other funding options were also being considered. This facility would acknowledge the development of new houses expected in Thornbury and the communities that look to it. Various questions were asked and answered and our audience were encouraged to get involved in the GP's Patient Participation Group. (This is a group for patients to have their say and discuss ways of moving their GP practice forward with the lead partner. Each GP practice should have a constitution for the group and publicise the outcomes of meetings via their website and via their newsletter.)

In Yate our main speaker was Jenny Bright from Green Community Transport.

For the Filton Patchway and the Stokes sadly some speakers pulled out but we had an interesting and informative discussion with Giles Stocker from South Glos Council Waste Management about our response to the changes to the recycling bags/boxes. The Council has approved the changes to provide boxes rather than bags when current containers wear out.

Many of our members may feel that lifting boxes with their recycling these days is too difficult. Are you aware of the Assisted Collection service?

It has been a gem that has not been well publicised. However if you have a short term need for this service or a continuing need you can apply to StreetCare who will send an officer out to see you to agree your needs. Then when it is your collection day they will have arranged for your bins to be collected from an agreed place rather than you struggling to get the boxes or bins to the curb-side. (I am

aware that a spell in hospital may mean when you get home help with bin collections may be required until one gets fit again. Do request the Assisted Collection Service.)

Active Life also came to introduce themselves. This is a new service to help encourage people who do less than half an hours exercise to get active. This can help your health and wellbeing. It is available to all over 18 years so perhaps a chance to do swimming with your children or grandchildren, or any other activity you might consider.

At each meeting we were updated on the Ageing Better task groups - Housing, Digital Inclusion, Social isolation and Mental Health, and Transport.

We also got every person to complete a questionnaire about digital inclusion, created by South Glos Council, as they look at how they can encourage and enable people to have a digital platform eg a computer, Iplayer, Smart phone etc. The results may identify basic courses are required or something else. The Council will always provide a telephone link but from 2020 Government wants all statutory agencies to be digital in all their communications.

Thanks to all that contributed to our meetings.

As you will read it is really important that Margaret knows the issues in your community area so she can get speakers and information but also so your voice can be heard.

If you are of working age please contact us about topics that would be useful to you eg Equity Release - is it really the panacea it is made out to be? How can we protect ourselves from rogues in this industry?

We need you to tell us the topics that would be of interest whether of working age or long retired. Telephone 07967102141 or email southglosover50s@gmail.com.

'One You South Gloucestershire' - the new integrated healthy lifestyles and wellbeing service

Purpose

This briefing note provides an update on the new integrated healthy lifestyles and wellbeing service for South Gloucestershire, now formally branded as 'One You South Gloucestershire'.

Background

'One You South Gloucestershire' (OYSG) will provide information, advice and support to reduce the five leading risk factors that contribute to early death and reduced quality of life in South Gloucestershire. These are:

- Tobacco smoking
- Alcohol use
- Poor diet and excess weight
- Physical inactivity
- Poor mental health and emotional wellbeing

The new integrated service will provide a more coherent and joined up approach to maximise the chances and opportunities for people choosing to make positive lifestyle changes. A key feature of OYSG will be to develop and deliver social prescribing across South Gloucestershire. Social prescribing involves helping people to improve their health, wellbeing and social welfare by connecting them to non-clinical services, support and opportunities within communities.

The new service is funded by South Gloucestershire Council with an additional contribution from the Bristol, North Somerset and South Gloucestershire (BNSSG) Clinical Commissioning Group (CCG). The OYSG service is managed through the Council's Public Health & Wellbeing Division and when live will be delivered as an integrated service with a Council led in-house healthy lifestyles

component and a mental health and emotional wellbeing component commissioned from Southern Brooks Community Partnership.

Key Features

Key features of the new integrated service include:

- Support, advice and information to support changes to modifiable lifestyle behaviours of tobacco smoking; alcohol use; poor diet and excess weight; physical inactivity; poor mental health and emotional wellbeing.
- A new comprehensive 'One You South Gloucestershire' website and digital system to support a single point of access providing a clear route into integrated healthy lifestyle and wellbeing services.
- A universal offer for all adults over the age of 18 living in South Gloucestershire or registered with a South Gloucestershire GP practice.
- Three levels of service provision and support: universal (self-care), light touch and enhanced support.

Progress to date

- Extensive public and wider stakeholder engagement and formal consultation undertaken to develop the new service and delivery model.
- Contract for the mental health and emotional wellbeing element awarded to Southern Brooks Community Partnership (SBCP), including management of a social prescribing programme, community based wellbeing workers, volunteer peer support workers and enhanced support.
- Staffing arrangements for the in-house element of the service agreed.
- Brand for service and website developed and agreed which aligns with Public Health England national 'One You' branding for healthy lifestyle services.

Next steps

'One You South Gloucestershire' will be live from April 2019. A full public launch will take place in June following purdah.

Contact information

Rowena Kenny

Healthy Lifestyles and Wellbeing Service Project Manager
South Gloucestershire Council

Email: Rowena.kenny@southglos.gov.uk

Tel: 01454 868289

www.southglos.gov.uk

Hearing your voice



We have tried to extend the groups we run as hearing your thoughts about things is really important.

Besides running groups where we have speakers and can properly understand your issues in order to bring in speakers who can answers your queries, I am wondering whether you would let me pop into your social groups to get a wider voice.

I know some of you belong to groups that are keeping you active or socially engaged with a lot of fun. If you could ask whoever runs your group if I can pop in for a few minutes to talk with you informally, perhaps during your coffee or tea-break, that would be great.

The South Gloucestershire Over 50's Forum needs to have a presence all over the place so we hear your concerns and what is going well. Without this information when I attend strategic meetings I am unable to ensure people know our view, as a person over 50.

We are also trying to ensure that at our meetings we address the issues that are important to you. If there is something that is confusing you, concerning you or makes your blood boil do let me know even if you can't come to our meetings. We know transport is a key issue so if you have thoughts you would like us to know about please get in touch.

If you have any ideas about growing our Forum or topics etc please get in touch.

Our email is southgloover50s@gmail.com and our phone no is 07967102141 or you can write to us at The Clock Tower, Tower Road North, Warmley, Bristol BS30



GOOD NEWS

It is great to hear that the Council have agreed to update this much appreciated booklet, 'Healthy Lifestyles directory for older people'.

We have been asked for updated information so I suspect we will have copies in the summer.

Local History Society Talks and Meetings

Tue 14 May - Thornbury LH. & AS

Philip Ashford - The migration of 1619 from South Gloucestershire to Berkeley, Virginia.

Thu 16 May - UWE Regional, History Centre & M" Shed

Dr Ryan Hanley - From Carolina to Kingswood: Boston King's story of slavery, salvation and sedition.

Tue 21 May - Marshfield & District LHS

Dr. John Chandler - The world runs on wheels: travel in 17th century Bristol.

Tue 28 May - Avonmouth Genealogy Group

Caroline Gurney - Researching Jewish ancestors in Bristol.

Tue 4 Jun - Kingswood History Society

Professor Ronald Hutton -The English Civil War.

Fri 14 Jun - Stoke Bishop History Group

Rose Hewlett - House history, trace the history of your house.

Tue 18 June Marshfield & District LHS

Dr Nick Nourse - The people's music: from street ballads to music hall in 19th century.

Thu 20 June UWE Regional History Centre & "M" Shed

Dr Peter Malpass - Homes for heroes? Bristol and the Housing and Town Planning Act 1919.

Sat 22 June Pilning & Severn Beach History Group

John Penny -. Oh, I do like to be beside the seaside.

Tue 25 June Avonmouth Genealogy Group

Norman Routledge – History of Kingsweston House, the building and exploring its owners - the Southwells.

**Compiled from and further details at
www.alha.org.uk/events.html**

Bristol & Avon Family History Society

www.bafhs.org.uk

Next meeting dates

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

13th May History of Place Names - With a local flavour - Tony Painter.

17th June AGM followed by members' help sessions.

28th September Bristol Through maps - Jeff Bishop.

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

12th June History of Death, Funerals and Bereavements since about 1300 - Dr Helen Frisby MA.

10th July Stone age to Waitrose. A study of the Sodbury area from the stone age to the 21st century - Jim Elsworth.

14th August Presenting Your Family History to Future Generations - Steve Ralph.

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.

Family History Fair

Saturday 28th September 2019

All visitors welcome - if you are not a member of the family history society, come and find out about us.

BAWA Leisure Centre, address as above.

Open 10 am to 4 pm.

enquires to: openday2019@bafhs.org.uk

Entrance £2.

DATES FOR YOUR NEXT MEETINGS

We look forward to welcoming you to our next series of meetings.

Please note the dates and come along to the meeting most convenient to you.

Where possible topics / speakers will be relevant to your community area

Kingswood/Hanham meeting

Monday 22nd July at The Park Centre, High Street,
Kingswood BS15 4AR. 10 am to 12 noon.

Yate meeting

Monday 29th July at Ridgewood Community Centre,
Yate BS37 4AF. 10 am to 12 noon.

Emerson's Green meeting

Friday 2nd August at Emerson's Green Village Hall,
BS16 7AP. 2 to 4 pm.

Patchway/Filton/The Stokes meeting

Wednesday 7th August at Coniston Community Centre,
Patchway, BS34 5LP. 2 to 4pm.

Thornbury meeting

Thursday 15th August at Thornbury Methodist Church
Hall, Castle Court, BS35 2AQ. 2 to 4 pm.

AGE GAP TAX

The Government is planning to change the way benefits are given to couples if there's an age gap between them. It's nothing short of an #AgeGapTax, and here's why this decision should be reversed.

What's happening?

Couples come in all shapes and sizes - and all ages too. Some are the same age as each other and others are at different stages of their lives.

Currently when couples claiming benefits have an age gap between them, this is what happens:

- When the older partner reaches State Pension age, the couple stops receiving working age benefits.
- They start receiving pension age benefits instead.

Pensioner benefits are higher so this makes quite a difference to the couple's overall income, but the Government has decided to change this system - the latest in a long line of stealthy cuts to hit older people who are not very well off. If it's allowed to happen it will increase pensioner poverty at a stroke.

What will the Government's changes mean?

As of 15th May 2019, if one partner is of working age the couple will only be able to receive working age benefits - in the future this will mean claiming Universal Credit.

They'll no longer be able to claim Pension Credit and/or Housing Benefit. These benefits are a huge help because they top up their low incomes, taking the couple above the poverty line.

Read more at:

<https://www.ageuk.org.uk/discover/2019/january/challenging-the-governments-age-gap-tax/>

This should not affect existing claimants.

Age UK advice number is 0800 169 6565.

Energy Advice and Support

We are an energy advice charity based in Bristol able to provide advice and information on funding and grants, energy debt and further support services. We would very much like to raise awareness with one of our informal sessions and also offer further training to any frontline staff/Volunteers.

We have funding to provide information and advice on switching, energy saving tips, warm home discount application help and priority services awareness in your area. This could be in the form of a talk or an advice stand at any upcoming events you might be running.

On average, people can save £200 per year by switching supplier and help remove themselves from Fuel poverty through Energy debt advice. We can advise on:

The discounts and schemes available from energy suppliers(eg £140 Warm Home discount)

- The best practice for switching energy suppliers & how to get the most accurate savings figures
- Payment options – the advantages/disadvantages of each / What you'll need to switch – the process and timeline
- Support from local services / Benefits checking and Energy Debt advice / Energy Advice
- Other schemes/support available such as access to the Priority Services Register.

Call the Home Energy Team on **0800 082 2234**

Visit our advice website | cse.org.uk/loveyourhome

Sign up for our latest newsletter | [Home Energy News](#)

Centre for Sustainable Energy

St James Court

St James Parade

Bristol BS1 3LH

FREE EVENT AS PART OF DEMENTIA AWARENESS WEEK

Older Person's Wellbeing & Information Day

Monday 20th May 10am - 4.00pm

Christ Church Parish Hall, 57 North Street, Downend

The day will offer information and support from a range of services:



There will also be a programme of talks followed by a film with tea and cake.



10.15am: South Gloucester Dementia Action Alliance
Building a Dementia Friendly Community.



11.00am: Home Instead Senior Care Bristol North
Tips for families caring for a loved one.

11.45pm: Age UK
Navigating the maze of funding support.

12.30pm: Barcan+Kirby
Practical advice about Wills & Power of Attorney.

1.15pm: Wiltshire Farm Foods
Looking after your diet and nutrition.



2.15pm: FILM – Edie (12A)
Sheila Hancock plays Edie an 83 year old who believes it's never too late...packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

Tea, coffee & cake available throughout the day but there are no lunch facilities - please feel free to bring your own lunch with you.



Organised by
Home Instead Senior Care Bristol North
0117 989 8210
www.homeinstead.co.uk/bristolnorth



Welcome to Future Bright, a new free service for people in paid work, that offers flexible options to boost your job prospects and skills.

What will I get? Is this for me? How do I sign up?

- ◇ Support: A dedicated Career Coach
- ◇ Advice: Practical help to take control of your work and pay

Skills: Training and development designed around you

Future Bright works with residents in Bristol, South Gloucestershire and Bath and North East Somerset, who are aged 19 or over and are in paid work and receiving benefits to top up their income*.

Visit:
www.futurebright.org.uk

Call:
01454 866 008

Email:
future.bright@southglos.gov.uk

The service is managed by the West of England Combined Authority and delivered by Bath & North East Somerset, Bristol and South Gloucestershire Councils.

* To be eligible you must be receiving one or more of the following in-work benefits: JSA, ESA, Universal Credit, Working Tax Credit, Child Tax Credit, Housing Benefit, Income Support or Council Tax Reduction.



Bath & North East
Somerset Council

South Gloucestershire
Council

Free Central Heating

For homes in South Glos

Central heating can help you keep warm, stay healthy, and lower your heating bill.

You can upgrade your home with a central heating system installed absolutely free in time for next winter.

If you are living without central heating in your home, contact the Warm and Well team today to register your interest



0800 500 3076 or text WARM to 83010

Web: warmandwell.co.uk/heating

Twitter: @WarmAndWell

Email: warmandwell@severnwyne.org.uk

Unit 15 Highnam Business Centre, Highnam, Gloucester
GL2 8DN severnwyne.org.uk 01452 835060 Registered
charity no 1083812

Severn Wye's Warm and Well team have partnered with South Gloucestershire Council and Affordable Warmth Solutions to fund the installation of first-time central heating systems. Subject to eligibility criteria, survey and funding availability - so call early to avoid disappointment.

Activity Angels

Activity Angels are free sessions which offer those who take part a lot of fun, through a series of stimulating and inclusive social activities.

Monday 29th April, 10.30 am – Wake up with Primrose

Tuesday 7th May, 10.30 am – Holidays and Seaside

Monday 20th May, 10.30 am – A Trip to France

Tuesday 28th May, 10.30 am – Lets go Shopping

Monday 3rd June, 10.30 am – Through the Musicals

Monday 10th June, 10.30 am – School Days



**HELD IN THE CASTLE SUITE AT ANCHOR
HANOVER, BADMINTON GARDENS,
DOWNEND, BS16 6FG**

(If using sat nav please use post code BS16 6UE)

For further details please contact Samantha on 0117 9560568



The Counting House, Tonedale Mill,
Wellington, TA21 0AW
01823 323752 | 01823 668676
www.reminisencelearning.co.uk

Reminiscence Learning

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