



SWINDON SENIORS FORUM

A voice for Swindon's Senior citizens

Patron: Shirley Ludford DL

NEWSLETTER - Autumn 2019 - Issue23



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Introduction

Message from Norma Thompson, Chair

Dear Members

Welcome to the autumn edition of Swindon Seniors Forum Newsletter.

Hope you all manage to stay cool and hydrated in the heatwave this summer.

We are already looking forward to the Annual General Meeting and second Open Meeting in October; we had our first Open Meeting in May which attracted over 50 participants. A number of organisation and charities joined us to listen to speakers on the topic of Screening and Immunisation and a summary of the Ageing Strategy. We hope that the news and information we have included will be both interesting and useful and as always we really welcome your comments and suggestions.

Our 2019 AGM will be held on 22nd October at Pinetrees Community Centre, so make a note in your diary. I look forward to seeing you there.

Swindon Seniors Forum

We aim to keep you updated on the work of the forum and matters of interest.

The forum was set up to be a voice for people over the age of 55 in Swindon.

Swindon Seniors Forum provides an independent, inclusive forum for discussion and debate on our issues and concerns as Senior citizens within the Borough of Swindon. We engage with people over the age of 55s from all backgrounds across Swindon on a wide range of issues important to our quality of life, including loneliness and isolation, local transport, state benefits, ageing, health and social care.



Tuesday 22nd October 2019

Forum AGM plus Open meeting

Guest Speaker – Trish Watkins – Lawyer

Time: 1.30pm (Registration) 2.00pm - 4.30pm

Venue: Pinetrees, Community Centre, Pinehurst, Swindon SN2 1RF

Bus Numbers: 11 and 12

If transport is required by members please email:
secretary@swindonseniortalktalk.net or contact Chair at VAS, 1 John Street
Swindon, SN1 1RT Telephone or text 07828 446672

Come along to hear Lawyer Trish Watkins talk about and discuss your legal questions on Lasting Powers of Attorney. She will be sharing a lot of valuable information on how we can plan for the future whilst retaining as much control as possible, so be sure to attend.

Upcoming events



International Day of Older Persons 1st October 2019.



Silver Sunday 6th October 2019

A day of free, fun events for older people across the UK.

<https://silversunday.org.uk>

[Community Fair, the Link Centre, Whitehall Way, SN5 7DL](#)
[23rd October 2019. 09.00--1600](#)

Find an event that's right for you and be part of something special.
www.Bestforages.com.events to find out more or call 01332 221641.

Don't forget to check out the SSF website too for up and coming events

Committee News: Out and About

As always our committee members have been busy representing you at forums, AGM's, conferences, workshops and steering groups. This year, we have welcomed three new co-opted members onto the Committee: sadly two members have stepped down from the Management Committee for personal reasons. Mina has taken on the role of Co-Secretary.

Minutes of the last Open Meeting and the 2018 AGM will be available at this meeting October meeting.

New Members: We would like to welcome all those who joined us at our Open Meeting in May 2019, and at the Involve Centre Swindon Event which was attended by two of our members.

Swindon Pride event took place in August, which is a celebratory event that also raises awareness of the discrimination LGBT+ people still face.

Loneliness Summit

Over the coming months we should have been planning our fourth Loneliness Summit due to circumstances beyond our control at present it will be delayed for a short period, information will be made available in relation to dates and venues as they become known.

Free TV Licence Campaign

Losing TV licences well you were warned – the free TV licence for those over 75 years old is to disappear unless our government can be persuaded, it looks unlikely as the Prime Minister told the BBC to “cough up” and fund all TV licences for pensioners. Although the language is more colourful, this is exactly the same position as Theresa May. Up to 3.7m pensioners will have to start paying £154.50 a year from next June, with only households on pension credit benefit remaining exempt.

However, over a million pensioners who are entitled to claim do not do so. If you are in this category or know someone who is please apply now. It is your right.

“Over 75+” will continue, with their partners, to keep pressure up on the Government to take back responsibility for funding the scheme.

There are some people who think this is an unimportant issue – yes we have heard their views – but for the increasing number of pensioners who declare themselves lonely and those experiencing ill health and/or poverty of course those in receipt of Pension Credit will continue to qualify for the free licence.

Are you entitled to Pension Credit?

The BBC intends to means test free TV licences from June 2020, and you will only be entitled to one if you claim Pension Credit. However, an estimated 1.3 million eligible households do not claim Pension Credit, in many cases because they do not realise they are entitled to it. For those who qualify it can be worth £1,000's a year.

Pension credit is an income-related benefit aimed at people over state pension age. It offers a regular tax free top-up to their income and is available to single and widowed people, as well as couples.

What you get depends on your income, and how much you have saved or invested. All income is taken into account, including basic and additional state pension, other pensions, employment, any social security benefits you have, plus any savings and investments above £10,000.

Pension credit has two parts. Guarantee Credit tops up your weekly income if it's below £167.25 (for single people) or £255.25 (for couples). Savings credit is a

reward for those who reached state pension age before 6 April 2016 and had saved some money for retirement.

You can claim by calling the Pension Service on 0800 99 1234 or you can contact the helpline on 0800 731 0469 for more advice or to request a paper form. You will need your National Insurance number, information about your income, savings and investments and your bank account details.

The earliest you can start your application is 4 months before you reach State Pension age. You can claim any time after you reach State Pension age but your claim can only be backdated for 3 months.

For help and advice on your entitlement, how to claim and other benefits you may be entitled to, contact Age UK, Citizens advice bureau.

Recipe – Bread and Butter Pudding with Cherry Compote



100g butter, at room temperature
1 loaf medium-sliced white bread
4 eggs
8 egg yolks
200g caster sugar
1 teaspoon vanilla bean paste
300ml milk
300ml double cream
2 tablespoons icing

For the compote: 200 cherries, pitted, 50g caster sugar

The key to a great bread and butter pudding have to be the egg and egg yolk combo, the cooking time and temperature of the oven. Too many eggs and it tastes eggy, too hot an oven and the mix will soufflé and split, too long in the oven and it will be too firm.

When made right, it's a great dessert and one that should be on menus around the country. By the way, Paul Ainsworth doesn't make a bad one at Number 6 in Padstow.

Method

Preheat the oven to 150°C (130°C fan)/300°F/gas 2.

Butter each slice of bread on one side only, then cut off the crusts.

Slice each piece in half diagonally to make 2 triangles. Lay them in a 30 x 20cm ovenproof dish, overlapping each slice as you go.

To make the custard, put the eggs and egg yolks into a large bowl and add the sugar and vanilla bean paste. Whisk together to break down the eggs then pour in the milk and cream and continue to whisk until smooth. Pour as much of the mixture over the bread as possible to cover and set aside to soak for about 20 minutes – you won't use all the custard at this stage. Keep topping up with more custard until all of it has been poured into the dish.

Transfer to the oven and bake for 35–40 minutes. The pudding should be bubbling hot but not necessarily golden brown.

To make the compote, put the cherries and sugar into a saucepan. Heat gently to dissolve the sugar then bring to the boil and simmer for 10 minutes. Allow to cool slightly and pour into a bowl.

Dust the bread and butter pudding with the icing sugar and use a blow torch to caramelise the sugar or place it under a hot grill for a couple of minutes. Spoon into bowls and serve with the compote alongside.

Extracted from James Martin's Great British Adventure by James Martin (Quadrille, £25) Photography © Peter Cassidy Magazine Saga/ 50 plus

Scam update

Beware fraudulent phone calls and emails aiming to panic you into taking action immediately. These may be automated calls saying they're from your broadband provider, there's a security breach and this will mean your service will be interrupted, so press 1 to contact us now. If you receive one of these calls, please do not press any number to contact them, just hang up.

Beware the very authentic looking email from TV Licensing claiming that your payment hasn't gone through, or you are due a refund or a discounted license. Don't click on any links in the email, TV Licensing don't ever send emails of this type, nor do they ask for bank, card or personal details. You can report these emails to Action Fraud at: www.actionfraud.police.uk/report-phishing

Key Issues - Health



Helen Trudgeon: Screening and Immunisation Manager, Public Health

England/NHS (National Health Service) England South (South West) Our guest speaker at the May Open Meeting, gave a talk/ presentation. Minutes of the May Open Meeting will be available at the October

AGM/Open Meeting. The Bowel Cancer Screening Programme Hub helpline is 0800 707 6060.

Helen and Una at SSF Open Meeting

Swindon Borough Council Ageing strategy consultation workshop

Swindon Seniors Forum members were invited to take part in Swindon Borough Council Ageing strategy consultation workshop, public engagement in May, and 8 members attended. The Chair attended (see minutes of May 2019 Open Meeting)

Proportion of the population aged 65+ is growing, with older people the fastest growing segment of the population¹

KEY FINDINGS

- Projected increase of 89% in the number of people aged 65+ in Swindon from 29,069 in 2011 to approximately 55,000 in 2031.
- Projected increase of 52% and 70% respectively in the number of people living alone aged 65-74 and aged 75 plus from 2015-2030.
- Projected increase of 55% in number of people aged 65+ providing unpaid care from 4,520 in 2015 is to 7,003 in 2030.



References:

1. Swindon Health and Wellbeing Board. Joint Strategic Needs Assessment: Ageing Well. Swindon Borough Council. 2017.



Healthwatch



“Help make health and social care services in Swindon better by talking to Healthwatch.”

“There is a local Healthwatch in every area of England. We are the independent voice for people using local health and social care services. We listen to what people like about services and what could be improved and share their views with those with the power to make change happen.

We also share them with Healthwatch England, the national body, to help improve the quality of services across the country. People can also speak to us to find information about health and social care services available locally. Our sole purpose is to help make care better for people.

We are here to:

- Help people find out about local health and social care services.
- Listen to what people think of services.
- Help improve the quality of services by letting those running services and the government know what people want from care.

If you want to tell us about your experiences of health and social care in Swindon speak to Sam, Carol, Jim, Vanessa or Jo on 01793 497 777 or email

info@healthwatchswindon.org.uk



You can also give us your feedback on line here:

<https://www.surveymonkey.co.uk/r/healthwatchswindonsurvey18>

Vanessa Scott, Communications Healthwatch

Rosemarie SSF MC Member, with the white board.



“White boards are beside every bed in the hospital – there are now four logos on every white board (two in the children’s wards) which can be covered by a white magnetic square if they do not apply. There is one for someone who is hard of hearing, one for someone who is unable to see well, one for dementia and one for someone who may fall.”

Housing

Local Plan Review Emerging Strategies Public Consultation. Consultations close on the 23rd September.

“Inclusive design and accessible housing in the Local Plan Review

The Council is currently consulting on a range of alternative options for meeting the Borough’s housing and employment needs to 2036. Included within the reviewed Plan are also draft revised development management policies to guide decision making on planning applications submitted to the Council.

The council would like to draw your attention to the following policies as they may be of interest to our organisation and its' members:

- DM4 Inclusive Design – a separate policy has been introduced in order to better prioritise inclusive design within new developments
- DM16 Housing for Older People – Swindon has an ageing population and we want to encourage the provision of a range of different housing types and tenures, in appropriate places, which can meet the specific requirements of older people and enable people to live in their own homes as long as possible
- DM17 Accessible Housing – we are proposing changes to the current Policy
- HA3 Wheelchair Accessible Housing: a higher proportion of wheelchair user homes compliant with Category 3 of the national accessibility standards set out in the Part M4 Building Regulations. The threshold has been reduced from 50 to 25 dwellings in order to provide more wheelchair user homes on a wider range of smaller sites across the Borough.
- Subject to viability testing, we are also seeking to ensure a proportion of new homes are compliant with Category 2 of the Building Regulations in order to increase the stock of adaptable homes within the Borough
- DM18 Annex Accommodation – a new policy to enable multi-generational living so that family members can live independently but access support when needed. www.swindon.gov.uk/localplanreview

Housing: Action for Ageing Well.

Home is the hub of our lives... and living independently in a home of their choice is the simple aspiration of older people. It is also a proven way to reduce health and social care costs for our ageing population. But this can only be achieved by a concerted, connected and collaborative approach that enables older people to live well at home for as long as they wish, safely and securely.

About the Older People's Housing Champions Quote. "We are a national network of older activists dedicated to representing older people's views. Our aims are to raise awareness of the impact of poor and unsuitable housing on older people's health and wellbeing, influence decision making and bring about improvements in policy and practice. For details see Ageing Well: A Housing Manifesto Web: housingaction.blog/ Contact: housingchampionsnetwork@gmail.com"

What is Shingles?

Shingles can be very painful and uncomfortable. Some people have pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over 70s who develop it.

What is the vaccine? - The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

What does it do? - The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter.

Who is eligible? - You can have the shingles vaccine if you are between 70 and 73 or from 78 up to your eightieth birthday

Flu Jab

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

Do not forget to ask your GP about the free Flu Jab.

Website volunteer wanted

Description - Update and maintain the website. Keep it current and interesting, find ways to utilise the website's communication with members. Attend some of our Management Committee meetings.

Someone with interest in the cause and knowledge of designing/updating websites.

Contact the Forum! Join us today.

To become a member of the Swindon Senior Forum, either: complete the form on page and post it to the address below, phone 07828446672

Follow the link 'Contact Us' on our website www.swindonseniorsforum.btck.co.uk

Membership is free and open to people resident within the Borough of Swindon, in middle and later life, or anybody with a particular interest in older people's issues. As a member you will, unless you notify us otherwise, receive our newsletter twice a year by post or email as well as invitations to our Open Meetings or any other event.

To continue the work of the Forum we currently need more volunteers to get involved in a range of activities, including helping at events, as well as gathering views of Seniors on issues that affect them and putting these views forward to policy makers and service providers. You might want to encourage a friend to come to our Open Meetings.

Your feedback is greatly appreciated – any comments, constructive criticism or compliments please get in contact.

Change of your contact details

It is important that we are informed of any changes to your email/ postal address.

Post: Chair, Swindon Seniors Forum, c/o Voluntary Action, 1 John Street, Swindon SN1 1RT

Email: info@swindonseniors.uk

Telephone: 07828 446672

Website: [Swindon seniorsforum.btck.uk](http://Swindon-seniorsforum.btck.uk)

Norma Thompson, Editor
October 2019

Fit, Active, Involved and Interested

Swindon North End Bowls Club

St Mark's Recreation Ground, Ipswich Street, Swindon, SN2 1DB

We are a well-established club founded in 1926, known as a friendly club and for making new members feel welcome. We have an all-year round programme of events that keeps members involved both socially and as active players.

Come along and enjoy this wonderful, enjoyable sport. All equipment and coaching available for new players. Contact us below.

Phone 07561 058825

Email swindonnorthendbowls@icloud.com

www.swindonnorthendbowlsclub@weebly.com

Good Gym



We are a community of runners that combine getting fit with doing good. We stop off on our runs to do physical tasks for community organisations and to support isolated older people with social visits and one-off tasks they can't do on their own. It's a great way to get fit, meet new people and do some good. As long as you're up for getting sweaty, everyone's welcome. www.goodgym.org
emma.s@goodgym.org

Cinema



Empire,
Greenbridge
Swindon

Generation Gains team

Is based at the Haydon Centre and Gym

For more information on this project please email generationgains@gll.org

See website for timetable and phone numbers, also information in SSF spring newsletter 2019.

Advice, Information and Organisations.

Leaflets

Leaflets of charities, organisations and information are available in reception at Sanford House Sanford Street, Swindon SN1 1QH

Adult Social Care and support for Older People in Swindon

Information and advice about care and support for adults.

Phone: 0800 085 6666

E-mail: careline@swindon.gov.uk

Swindon Borough Council. www.swindon.gov.uk

Age UK Swindon

Phone: 01793 687017

Age UK Wiltshire

Support and services for Older People

The Work Shed, New Park Street, Devizes, SN10 1DY

Phone: 01380 727767

Monday-Thursday 9.00 am to 4.00 pm, Friday 9.00 am-1.00pm.

Community Nursing: GWH.

The Community nursing service provides care to patients at home or in residential homes, many of whom have long-term conditions or disabilities.

Phone: 01793 463333 (choose option 4), 01793 646463 (8.00am to 10.00am)

Healthwatch Swindon

Ensures that public views on local health and social care services are heard.

Sanford House, Sanford Street, Swindon.

Phone: 01793 497777

Website: www.healthwatchswindon.org.uk

Men in Sheds

A friendly social environment with the opportunity to learn new skills

Phone: Kevin Prosser 07540726432 / 07544540576

Email: kevin.prosser@outlook.com

My care my support:

Swindon Borough Council's care and support information and advice

Website: www.mycaremysupport.co.uk

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NHS Swindon CCG

Swindon Clinical Commissioning Group is responsible for commissioning health services in Swindon and Shrivenham so they meet the needs of the people living in the area.

The Pierre Simonet Building Gateway North Latham Road, Swindon SN25 4DL .
Phone: 01793 683700

www.swindonccg.nhs.uk

Robert Buckland, MP

MP for South Swindon:

Phone: 01793 533393

Website: robert.bucklandmp@parliament.uk

Silver Line

Free confidential helpline providing information, friendship and advice to older people.

Phone Helpline: 0800 4 70 80 90

Website: www.thesilverline.org.uk

Swindon Circles:

Swindon Circles is the newest addition to the

Community Health and Wellbeing family, joining the service in April this year.

Phone: The Live well Hub: 01793 465513

Email: livewell@swindon.gov.uk

Swindon Carers Centre

Providing health and support to carers in the Swindon area.

Sanford House Sanford Street, Swindon SN1 1HE .

Phone: 01793 531133

Swindon Citizens Advice Bureau

Providing free, confidential and impartial service.

Sanford House Sanford Street, Swindon SN1 1QH

Phone: 01793 681781

Email: advice@swindon.cabnet.org.uk

Website www.citizensadvicewindon.org.uk/contact

National Advice Line: 08444 994 114

National website: <https://www.citizensadvice.org.uk>

Swindon Mind, Mental health support

Providing mental health advice, support and services

Sanford House Sanford Street, Swindon SN1 1HE .

Phone: 01793 432031

Swindon North End Bowls Club

Friendly bowls club with social events through the winter months

Address: St Mark's Recreation Ground, Ipswich Street, Swindon, SN2 1DB

Phone 07561 058825

Email: swindonnorthendbowls@icloud.com

Website: www.swindonnorthendbowlsclub@weebly.com

Swindon 105.5 Community Radio

Swindon's local community radio

Address: Radio Studios, Liden Centre, Barrington Close Swindon, SN3 6HF

Phone: 01793 611555

Email: info@swindon1055.com

Website: www.swindon1055.com

Justin Tomlinson, MP

MP for North Swindon

Address: Orbital Shopping Park, Thamesdown Drive, SN25 4AN.

Phone: 01793 533393

Website: justin.tomlinson.mp@parliament.uk.

United Community Lunch Club

Lunch club and activities, Mondays 10:30am to 3:00pm

Address: Broadgreen Community Centre, Salisbury Street, Swindon SN1 2AN

Phone: Gloria Morgan - 01793 613310

Email: Keith Duffus - keith21947@gmail.com

Voluntary Action Swindon

Supporting other local charities and voluntary groups

Phone: 01793 538398

Email: info@vas-swindon.org

Website: www.vas-swindon.org

Wiltshire and Swindon Users Network

Promoting user involvement in services

Address: The Independent Living Centre, St George's Road, Semington BA14 6JQ

Phone: 01380 871057

Website: www.wsun.co.uk

Wiltshire Sight

Supporting blind and partially sighted people

Phone: 01380 723 682

Email: info@visionwofe.org.uk

Emergencies

Wiltshire police: Phone: **101**

In an emergency always call **999**

Website: www.wiltshire.police.uk

GP Out of Hours Service

To contact the GP out of Hours Service please dial 111.

You can also access 111 Online:

Website: www.nhsdirect.uk

Opening Times

Weekdays: 18.30 to 08.00

Weekends: 18.30 Friday - 08.00 Monday

Bank Holidays: 18.30 previous evening – 08.00 on the next working day after the bank holiday.

Swindon Samaritans

The Samaritans offer support and advice to people feeling suicidal or vulnerable 24 hours a day, 365 days a year.

5-6 Curtis Street, Swindon SN1 5JU .

01793 537373

Links from Swindon Seniors Forum

Age Action Alliance

Network for partnership working and practical action to improve older peoples' lives

Phone: 0207 449 7008

Email: info@ageactionalliance.org

Website: www.ageactionalliance.org

Age UK Forum pages

Website: www.ageuk.org.uk/get-involved/older-peoples-forums

Ageing Well Legacy

Website: www.local.gov.uk/ageing-well

Beth Johnson Foundation

A charity championing positive ageing and research

Phone: 01782 844036 Website: www.bjf.org.uk

Campaign to end loneliness

Campaigning, research and networking

Website: <https://www.campaigntoendloneliness.org>

Elders Council

Older people in Newcastle

Website: www.elderscouncil.org.uk

Link Age

Empowering older people to live healthy, fulfilling and satisfied lives

Phone: 0117 353 3042 Website: www.linkagenetwork.org.uk

Mature Times

Campaigning newspaper for older people

Phone: 01934 864410 Website: www.maturetimes.co.uk

Royal British Legion

Supporting armed forces community

Address: Alexander House, 19 Fleming Way, Swindon SN1 2NG

Phone: 08457 725725

Email: sbaker@britishlegion.org.uk (local contact Samantha Baker)

South West Seniors Network

Supporting older peoples organisations in the south west

Phone: 01373 813088 Email: info@southwestfoundation.org.uk

Email: whetlor1942@me.com (Chair)

United for All Ages

Bringing older and younger people together

Phone: 01692 650 816 Email: info@unitedforallages.com

Website: www.unitedforallages.com



SWINDON FORUM

SENIORS

A voice for Swindon's Senior citizens

Patron: Shirley Ludford DL



Pride of Swindon Team Award 2018

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