

## **U3A Study Day - Services & Providers for older people**

### **Wednesday 22<sup>nd</sup> October 2014**

Heart of England U3A hosted an afternoon meeting at the Methodist Church Hall, Old Town, Stratford-upon-Avon., devoted to services and providers for older people. Presentations were made by 17 service providers who also each had a small display stand or table where information leaflets and further questions could be asked following the presentations.

These included:

#### **HoE U3A Card Making Group**

They make many types of greetings cards which they sell at U3A meetings. Proceeds are given to a different charity each month.

#### **NRB Grounds**

Emma Restall Orr said a few words about Sun Rising Natural Burial Ground and Nature Reserve. Opened in 2006, Sun Rising is located near Lower Tysoe, off the Banbury to Stratford road (A422), in beautiful rural countryside. It is 16 acres that is gently developing into a valuable nature reserve in which you can be buried, or have ashes interred, either in growing woodland where trees can be planted on graves, or in wildflower meadow or grassland. It's a wonderfully peaceful site, for people of all religious and non-religious beliefs, for traditional funerals, or very personal funerals - which can be colourful and celebratory, or totally graceful in simplicity. Whatever the case, whatever your situation, Emma can lead you step by step with real care, through the process, allowing you to stay in control at what can be the hardest times of life. It's all about choice, freedom, and being able to be yourself, just like the U3A! Call Emma (01295 688488) or check the website ([sunrisingburialground.co.uk](http://sunrisingburialground.co.uk)) for more information.

#### **Citizens' Advice Bureau**

Marilyn Price gave us information. Address of SoA CAB is 25 Meer Street, Tel 01789 200156. Advice is given about Welfare Benefits; money, including banking; utilities & credit problems; consumer rights and many other concerns. Reach Out and Help is a new service which will be running drop-in sessions. Telephone 01789 200131 or email [roah@stratforduponavoncab.org.uk](mailto:roah@stratforduponavoncab.org.uk). This is also the number to check on Warm Homes Discount. There is an awful lot of help available from CAB.

#### **BUPA Alveston Leys Nursing & Residential Home**

Emma Miles brought information about the excellent facilities at the home for long stay & also short stay care, for instance, after an operation, or may be to give a carer a break. There is also a Day Care 'Pop in' service.

#### **Lifeways**

James Pavitt spoke about the wide range of therapies on offer at 30 Albany Road. He also talked about the beautiful gardens which are constantly developing for the benefit of the community. One of our members is arranging a group visit in the spring, when James will describe the activities & forthcoming events.

### **Dorn Haus**

Birgitte talked of the Dorn Method as being a gentle therapy for back & joint pain & re-alignment of imbalances throughout the body. It also teaches a set of simple exercises to be continued at home, to maintain balance longer term.

Tel: 0845 5192744; [www.domhaus.org](http://www.domhaus.org); see also display at Stratford Garden Centre.

### **Samaritans Stratford-upon-Avon**

Noreen Dean & Ros Hill told us about their extensive 24 hour services. They offer personal help with emotional problems, self-harm & give encouragement for people to help friends and family. They offer understanding to people who are suicidal. They are not funded by government. Tel: 08457 909090; [jo@samaritans.org](mailto:jo@samaritans.org).

### **AGE-UK** (formerly known as Age Concern)

Barry Collier brought information & advice on a number of important issues for older people, including health & well being, home support, money matters. It offers a befriending service for people over 70 living on their own or with a dependent relative. It also provides home safety checks, adaptations & small household repairs, where suitable. They facilitate 20 minute Advice Clinics provided by Moore & Tibbits Warwick HQ: 01926 458100; Stratford branch: 01789 205059.

### **ShoeMed**

Lisa Preston brought a varied selection of shoes for people to look at and try on. They look stylish but are designed to be kind to our feet and may even redress some of the damage we cause our feet by our constant walking on them. Drop into the shop in The Minories, Stratford.

### **Harmony Skin Care Specialist.**

Rachel Dixon told us about the range of treatments available for the older skin, plus beautiful cosmetics to keep the skin in top class condition. If a little pampering is required, then here it is. Outlet at 6 Union Street, Stratford.

### **Johnsons Coaches**

Wendy Moore brought plenty of brochures about holidays of all kinds, including visits in Britain and in Europe to Christmas Festivals, summer holidays all over the Continent and as far afield as Australia and New Zealand. They also do day trips all over Britain to places of interest.

### **Shakespeare Hospice.**

Katy Connor told us that in addition to the well known day service there is a new service "Children & Family Support Service" which gives support to children between 4 and 18 years old facing loss or who have a parent suffering a severe illness. The support will also be there for other family members.

### **VASA. (Lately CVS)**

Charles Barlow brought information about the Volunteer Drivers Scheme, which takes people to hospital & essential medical engagements. As always, more drivers are required to keep a good service going. Tel: 01789 262886

### **Men In Sheds**

Richard Ware told us something of this, as yet small enterprise. Needing more space to house it's DIY equipment & space to work, it offers a useful activity and friendship. More convivial than a shed in your own garden!. Chairman Richard Ware tel: 01789 268294.

### **Transition Stratford/TimeBank**

Roger Cooper brought some information about both projects. **Transition Stratford** organise three services which might be of interest to older residents.

**Harvest Share** - is about picking & distributing fruit from trees in people's gardens, fields and even community orchards which otherwise would be wasted. It needs many willing hands to do this. Even in poor years, plenty of fruit can still be saved.

**Garden Share** is about garden sharing when somebody who has more garden than they can manage invites somebody who would like to grow plants in to share their garden.

**TimeBank** is a similar idea where one person earns credits for doing something for somebody else & then they use the credits to get something that they need done.

Tel: 01789 373680.. Email [timebank@transitionstratford.com](mailto:timebank@transitionstratford.com).

### **Back & 4<sup>th</sup> Transport**

Kate Skinner explained about the community scheme offering affordable transport in South Warwickshire. The minibuses seat 15 to 16 passengers & are wheel chair accessible & are used for shopping trips, lunch outings, educational trips etc. In Warwick District it provides transport to medical appointments. Tel: 01789 471595.

### **Stratford Leisure Centre.**

Nick Richards was not able to attend, but a DVD of Walking Basket Ball was shown, which was an example of facilities available for people of our age group. Also available is Aquafit in the pool, Badminton, Short Mat Bowls, Exercise To Music, Table Tennis & now, Walking Football. All geared for our age group & very reasonably priced.

Tel: 01789 268826

### **Family Solicitor Ladders.**

Emma Vaqueiro highlighted the urgent need for everyone to put in place a Lasting Power of Attorney, which eases and speeds up the task for anyone who has to take control of your affairs when tragedy strikes - accident, dementia, etc.

Tel: 01789 293259.