

LONG EATON 50 PLUS FORUM NEWSLETTER SUMMER ISSUE 2017

Editor Ian Neill

Report on our June 2017 Open Forum Meeting held at 10:15 am on June 12th at the Long Eaton Town Hall



Website www.lead50plus.com



CHAIR'S REPORT

Another good year with 4 helpful Open Forums and 3 well supported coach trips. Roy and the IT team have continued to give weekly IT support sessions in term time for our members and their work is now being championed by the East Midlands Later Life Forum. In these days of financial belt-tightening we now pay Erewash Borough Council for the use of the Council Chamber and we fund the small cost of our refreshments. While we understand that the Council Chamber was not designed for our type of meeting, we think it is currently still the most suitable available for our needs. Therefore we have invested in a supplementary sound system and we do supply an extra projector screen of our own to provide better service particularly for those members sitting in the gallery. Our local history project "Toton Sidings Remembered" is going well and the exhibition at The Erewash Museum has been well attended. So far school response to our appeal has been disappointing but we will be launching another school-based initiative in the Autumn. A big thank you once again to Jo Marples and my very supportive management committee. For all their efforts this year. And Thank You to you all for your continued enthusiasm. We look forward to another good year!

FOOD BANK BOX WILL BE AVAILABLE

NEXT MEETING

September 11TH 2017

10:15 TO 12:00 Noon
TOWN HALL LONG EATON

Speakers Mark Atherton, Trading Standards Officer/Inspector of Weights and Measures Trusted Trader Team, Trading Standards Division, Economy, Transport and Communities Department, Derbyshire County Council

Matt Jarvis, Handyvan Team Leader, Metropolitan

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Raffle made £75.70 Thanks to Jenny who ran it and all those who contributed, both financially and prizes.

THE VIEWS EXPRESSED IN THE NEWSLETTER ARE THOSE OF THE CONTRIBUTORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE FORUM

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1st Guest Speaker:

**Joanne Perkins – Derbyshire County Council
Time Swap Broker**

Jo thanked the members for inviting her to speak and gave an overview of what Time Swap is all about:

Time Banks as they can be called have been around in the UK since 1998 and there are now over 350 around the country. They are affiliated with a national company called Timebanking UK of which we are also members of. Over this time they have proven to be a big success in bringing communities together, filling gaps in services and improving health and wellbeing.

The Aims of Time Swap:

- Reconnecting people
- Empowering people
- Person centred
- Asset focused
- Increase wellbeing

Sharing time, skills and talents:

- Any activity, 1 hour = 1 hour
- Activity can be anything
- Only members (over 18) can participate
- All new members receive a free hour
- All exchanges organised through a 'Time broker'
- Can be group or individual – some may need a carer with them
- Monthly meetings

Examples of Swaps:

- DIY: putting up shelves, curtain poles, toilet roll holders, mend gate, taking things to the tip
- Gardening: hedge trimming, weeding, lawn mowing
- Social: cup of tea and chat, outings to the cinema, bingo, Big Band night in Risley, trips to garden centre
- Training: computers, photography, knitting, playing guitar, piano
- Administration: office skills, completing forms, members' packs, presentations
- Wellbeing: walks, bike rides, dog walking
- Community: litter picking, knitting hats for premature baby unit

How to become a member:

- Speak to me today
- Call: 01629 532049 or 07974 269193
- Email: timeswap@derbyshire.gov.uk
- Online: www.derbyshire.gov.uk/timeswap

2nd Guest Speaker:

Chris Hegarty, Senior Project Officer, Public Transport Unit
Derbyshire County Council

Chris thanked the members and started by explaining how we all benefit from bus services-saying:

Buses play an important role in many peoples lives allowing them to get where they want to go. They give independence to people who might otherwise struggle
Even people who do not use buses benefit from them as they help to reduce congestion
And they bring trade to local businesses

Background – Commercial Services:

Most bus services in Derbyshire are operated commercially by private companies
They decide the route, timetable, fares etc
In 2015/16 these services carried over 23.7million passengers 85% of the total bus journeys in county
DCC's role is to work in partnership with the operators to develop these services

Background – Council Services:

DCC does pay directly for a network of non-commercial services, these tend to be either –
Local bus services in less populated areas
Additional evening and Sunday journeys on local bus services which are commercially operated during the day Monday-Saturday
Dial a Bus and Active Travel services
In 2015/16 these services carried 4.2 million

Background - What else DCC does:

In addition DCC also provides
School transport for certain pupils

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Transport to day centres
Information on bus services
Stops and shelters in partnership with others
The Blinle travel scheme for young people
The Gold Card scheme for older people and those with certain disabilities

2016 Public Consultation:
Feb-April 2016 public consultation on proposals to end most funding for DCC supported services
Over 4200 responses to consultation received back from individuals and groups
Overwhelmingly against proposals
In November proposals were reviewed and new arrangements were agreed by DCC cabinet

What will happen now:
New Council administration in May so things subject to change
Current network of DCC supported local bus services to be reviewed
Dial a Bus and Active Travel to be replaced by a new service from October
More partnership working with operators
Pilot a new style service in the Ashbourne/Wirksworth area

Bus Strategy:
Council also agreed we need a bus strategy
A plan for what we want bus services to do in the future
Strategy cannot be just a DCC document
Needs to be a proper partnership
Has to be honest at the level of DCC funding available in future and what others are able and willing to do

Cannot promise what nobody can deliver
Needs to take account of the whole community
Include wider issues e.g. environment
Give bus operators what they want so they can expand their business
Take account of legal changes in Buses Bill
A realistic document recognising change will

COMMUNITY CONNECTORS

Helping people of Erewash connect with other local people, activities, groups and services.

Community Connectors are local people who will use their local knowledge and involvement to connect people of Erewash to other local people, services, activities and groups. We recognise local people living and working in Erewash know the community better than we do, and are the best people to help others.

A network of Community Connectors will be led by the people of Erewash, adopting a person-centred approach to improving health and wellbeing.

They will identify strengths, potentials and opportunities that already exist in the local community. By gathering the views of local people, they will establish what is important to people in their community, identify changes they would like to see and what would help to make those changes. This approach will empower local people by encouraging them to use the skills, knowledge and interests they already have and engage in the community. Existing connections will be further strengthened across Erewash by identifying and working with groups, forums or organisations we don't already have links to. The Erewash Voluntary Action Development Worker will support Community Connectors who want to enhance and strengthen their involvement in their community. Connectors may be actively involved in a local group, regularly come into contact with local people or may already be supporting others and linking them to resources of some kind. They gather and share information on services and support within Erewash, and link people to existing groups, assistance and support.

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RAFFLE PRIZES NEEDED

PLEASE BRING ALONG TO THE NEXT MEETING ANY SUITABLE RAFFLE PRIZES
HELP US RAISE MONEY FOR THE FORUM

EREWASH CVS ADVERT

Silver Line Friends

If you would like more regular contact and to build new friendships, our volunteer Silver Line

Friends can arrange to call, e-mail, or write to you on a regular basis. So you can talk to the same person - you get to know them, and they get to know you.

You can even join a Silver Circle where you can

take part in a regular group call on subjects that interest you.

Calls are free

0800 4 70 80 90

or from a mobile at local rate

0300 4 70 80 90

www.thesilverline.org.uk

**TIME
SWAP**



SWAP TIME
NOT MONEY

Can you give an hour of your time to help someone to receive an hour of someone else's time in exchange

Gardening - Shopping - Computer Skills
Music lessons - lifts - Decorating
Visiting People - Community Projects
Sewing 7 many more skills

To find out more:

Telephone 01629 532049

Or

Email timeswap@derbyshire.gov.uk

You can join the scheme at:-

www.derbyshire.gov.uk/timeswap

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Community Connectors will receive regular ongoing support from the Community Connectors Development Worker. Frequent one to ones and peer support meetings will be arranged, in addition to social events and access to a secure social media forum. They will receive training to enhance their existing knowledge and develop new skills. Agreed out of pocket expenses will also be paid.

If you would like to know more about Community Connectors or would like to get involved please contact

Jo Hallam, Development Worker

Email: Jo@erewashcv.org.uk Tel: 0115 94667

GOLD CARD RENEWAL

**MOST OF US HAVE A RENEWAL DATE OF
01 OCTOBER 2017**

I HAVE BEEN ASKED TO TELL YOU THAT THE LONG EATON TOWN HALL RECEPTION WILL RENEW YOUR CARD EARLY SO THAT THEY ARE NOT OVERWHELMED THE WEEK BEFORE

PLEASE HELP THEM HELP YOU

PETERSHAM HALL

Every alternate Thursday a social afternoon starting at 2:00 PM till 4:00 PM.

Come along and play games of cards dominos or do your own thing for the first hour then enjoy tea or coffee and a biscuit. Finally play a game of bingo.

Membership is £3.50 per year with an admin charge of 50 p for the first year

Entry is free, we just ask you to bring a small raffle prize.

Dates 10TH , 24TH August 7TH & 21ST September, 5TH & 19TH October

CHARITY ADS.

PARKLANDS STROKE CLUB

HAVE YOU OR SOMEBODY YOU KNOW HAD A STROKE

Why not come along to Parklands Stroke club.
We meet every second Friday, starting on the 7th
of November, from 2:00 PM to 4:00 PM
Where? At Petersham Hall

Contact:- Pat on 0115 972 2389

LONG EATON AND DISTRICT INVALID CLUB

Meets every second Tuesday of the month at
Sawley Memorial Hall.

Come along and join us
We run 3 coach trips per year
Pick up points are too numerous to mention but
there will be one near you,

The Erewash RAFA (884) Branch Welfare
'Drop-In' Centre,
is now open at 91, Grasmere Rd, Long Eaton,
next to the Petersham Hall Social Centre, for all
people to join, regardless of military service. The
Trentbarton Indigo bus service from Nottingham,
via Long Eaton, to Briar Gate, stops outside the
premises every 20 minutes. For Sat Nav code:
NG10 4DZ.
There is plenty of parking in the area next to the
Co-op shop.

Erewash Voluntary Action Information and Open Day Followed by our Annual General Meeting

All are welcome to come along and see what we do.
Organisations will be attending a "Market Place" with information stands from 3pm - 6pm
Buffet 5pm AGM commences at **6.30 pm**

Thursday 21st September 2017

Join us at Granville Avenue, Long Eaton, Derbyshire, NG10 4HD
For more details call us on 0115 9466740

LONG EATON INDIAN ASSOCIATION

Meets every Monday (except bank holidays) from
12:00 until 3:00 PM
United Reformed Church, the Green, Long Eaton
Chair based exercise and social
£12.00 per quarter
All welcome

LONG EATON ALL MEDIA AND ARTS GROUP

Meets every Thursday evening from 7.00 PM
until 9:00 PM at Petersham Hall
Contact Loraine on 0115 972 6132
All Welcome

PETERSHAM HALL

The fully refurbished hall is now running the
following clubs or meetings

Flower Arranging Monday Evening starting in
September
EMH Tuesday Club Tuesday Afternoon
Bingo Tuesday Evening
Social Line Dancing Wednesday Afternoon
Serious Line Dancing Wednesday Evening
Social Thursday afternoon
Art Club Thursday Evening
Stroke Cub Friday Afternoon
Private Function Friday Evening
For more information on these events
www.phca1969.org.uk
or phone Ian on 0115 972 6057

NENE VALLEY RAILWAY

DATE 20TH SEPTEMBER

PRICE INCLUDING THE TRAIN £21

PETERBOROUGH ONLY £15

The plan is to go to Peterborough for the 12:00 Noon train. The tickets are Rover ones so you can then go on any train available.

The Timetable is :-

Wansford	D	11:00	12:45	14:30
Yarwell	A	11:05	12:50	14:35
Yarwell	D	11:15	13:00	14:45
Wansford	D	11:20	13:05	14:50
Ferry Meadows	D	11:35	13:20	15:05
Orton Mere	D	11:40	13:25	15:10
Peterborough	A	11:45	13:30	15:15
Peterborough	D	12:00	13:45	15:30
Orton Mere 1	D	12:06	13:51	15:36
Ferry Meadows	D	12:11	13:56	15:41
Wansford	D	12:26	14:11	15:56

Yarwell Station

Yarwell Station is the westernmost Station on the Nene Valley Railway and sits at the edge of the picturesque Northamptonshire countryside adjacent to a tranquil lake. From here it is easy to take a pleasant walk into the nearby villages of Yarwell and Nassington. Both villages are approximately 25 minutes from Yarwell Station. In Nassington you can stop for refreshments at the Black Horse or Queens Head public houses and in Yarwell, the Angel. On some summer Sundays, there are also cakes and tea on sale in Yarwell Village Hall.

Wansford Station

Wansford station is the headquarters of the Nene Valley Railway. The station brings together three forms of transport in one location, with the River Nene being separated from the railway by the "Old Great North Road". Facilities at Wansford include, Toilets with disabled and baby changing facilities, Turntable Café, Shop, Garden and Model Railway, Second hand book shop and Museum, Locomotive works viewing gallery and Children's playground

Ferry Meadows

Ferry Meadows Station is the gateway to Ferry Meadows Country Park, run by Nene Park Trust. Only a few minutes from the entrance of the Country Park, visitors can enjoy our visitor centre, children's activity areas and a miniature railway, as well as walks in our meadows, lakes and woods. Light refreshments are available at the station

Orton Mere Station

Orton Mere Station is an ideal point to either join the train or stop off at whilst travelling. Stop off here for Riverside walks our station provides light refreshments, Free car parking can be found here

Peterborough (Nene Valley) Station

Peterborough Nene Valley Station is the eastern terminus of the Nene Valley Railway, and our gateway to the city centre. The area surrounding the station was once the site of the London and North Western Railway's Woodston Locomotive Works. Today it is the gateway to the historic city with its large 12th century Norman Cathedral, old-fashioned arcades, bustling streets and modern malls. Behind the station, Railworld offers old and new exhibits as well as information about railways all over the world. Its theme of sustainable transport spells out the need to cut global emissions of CO2 and explains how this is being achieved today. A separate admission charge is payable on entering.



TRAVEL CLUB NEWS

JUNE SEASIDE TRIP

Llandudno



Relaxing on the beach.. the sun shone for us!



The Great Orme .. cliff scene.



Healthy walking along the prom...
and lots of hotels!

FORUM TOURS PLANNED TRIPS

FORUM STEAM TRAIN TOUR

DATE 20TH SEPTEMBER 2017
Nene Valley Railway from Wansford to
Peterborough Provisional cost £21.00

There will be the usual 4 pick up points
Petersham Hall
ASDA bus stop in Trent Street
Long Eaton Railway Station
West Park.

Payment and booking for the trip will be at
the Open Forum meeting in September.
Or at Petersham Hall on a Wednesday
afternoon 2 - 4 PM



CONTACT INFORMATION

Phone :- 0115 972 6057

Email trips@ianconsult.co.uk

Post: 50 Plus

10 Pennine Close

Long Eaton

NG10 4JT

LONG EATON & DISTRICT 50 PLUS FORUM

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TABLET SESSIONS

These are held at the Community House on Derby Road on Monday afternoons

For Details Contact Roy Smith at :-

longeaton50plus@yahoo.co.uk



Pictures of Llandudno

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Your Views

In future editions we propose to have
a letters page so send you views to
50plus@ianconsult.co.uk

or

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