

# LONG EATON 50 PLUS FORUM

## NEWSLETTER

Autumn 2014 ISSUE

Editor Ian Neill

Report on our September 2014 Open Forum Meeting held at 10:15 am on September 8<sup>th</sup> at the Long Eaton Town Hall .

Theme Information



Website [www.lead50plus.com](http://www.lead50plus.com)



### CHAIR'S REPORT

Firstly can I give you some updates:

**LAP-IT-TOP** sessions still being held at Parklands 10:00 am-12 noon -Free of charge with refreshments.

Drop in sessions continue to be well supported on a Monday morning at the library. Thanks were given to the volunteers now assisting Roy with these sessions.

### NEXT MEETING

December 8<sup>TH</sup> 2014

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

**Speakers Jessica Lee**

Theme Behind the scenes at Parliament

### Astronomy sessions:

I have made a number of star charts to be used during the sessions.

### Coach Trip:

Gloucester – 1 Coach full will be going. Gloucester visitor centre is supplying a tour guide

### I have a number of announcements:

Walking Football: taking place at West Park – Tuesdays 5:00-6:00 PM – typically for over 50's – being run by the Riverside Football Club.

Sight Awareness Event: taking place at Stapleford Care Centre – Friday 10<sup>th</sup> October – 10:00 am-4:00 PM – Lots of information stands

### IN THIS ISSUE

Page 1	Chair's Report
Page 1	Raffle
Page 2,3,4	Mary Rose Treetops Hospice
Page 4,5	Kathryn Caple, Head of Private Client Services, Else Solicitors
Page 6	Advertisements
Page 7	Travel Club News
Page 8	Lap it up & Astro sessions
Page 8	Free Email courses
Page 8	Computer Courses

Attendance 106 Members and 8 visitors

Raffle made £67.50 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**

### Speakers:

#### 1<sup>st</sup> Speaker - **Mary Rose, Treetops Hospice**

Mary started her presentation by saying that their vision is: That everyone living within the communities we serve has access to end of life care of the highest quality.

And their mission is:

- To make every day count through giving the highest quality support for patients and carers living with life limiting illness or affected by death and dying by:
- Ensuring we have the skills and experience to deliver and promote excellence in end of life care provision.
- Working in partnership with other local end of life service providers to ensure the best possible patient experience is achieved.
- Developing services to reflect the changing needs of the diverse community we serve.

### History:

1983 Vision by Cally Cheetham and campaign starts for a local hospice  
1984 Draycott Hospice Association  
1986 Treetops building purchased and renovated by volunteers  
1991 Day Care services and Volunteer Home Sitting started  
1994 Hospice at Home  
1997 Bereavement Support Service introduced  
2000 Complementary Therapies introduced  
2002 First Chief Executive 2008 Bereavement Support for children and families and Art Therapy introduced  
2010 New purpose built Day Care unit

### Who do they support?

Adults aged 18 and over living a life limiting illness that have palliative care requirements  
Support and advice is available to their families and carers both during the patient's illness and following their death.

All our services are provided free of charge to the patients and their carers.

Guests may have the following life-limiting illnesses: cancer, motor neuron disease, end stage heart, respiratory and neurological conditions, multiple sclerosis.

### The goals of palliative care are:

The best possible quality of life for patients and their families  
Symptom control  
Adjustment to the many 'losses'  
Completion of unfinished business  
A dignified death with minimum distress in the patients' place of choice

The Hospice provides services to people who live in Derbyshire and Nottinghamshire which covers a population of 1.25 million.

### How do people access their services?

Referral by healthcare professional  
Self-referral  
Relatives or friends  
It's as simple as picking up the phone.

### 2010 Purpose built Day Care unit opened

Department of Health	£300,000
Ripple Appeal	£950,000
Total	£1,250,000

The Hospice provides: A safe and secure environment, Nursing care, Peer support, Assisted bathing, Midday meal, Respite from home, Respite and support for care.  
In 2013-2014 the number of Day Care attendances was 5,068.

### **Clinic in Palliative Care:**

Once a week a local Consultant in Palliative Medicine holds an Out patients clinic at Treetops Hospice. This gives our own patients, and other out patients who live locally, a more accessible and friendly environment to see their consultant, and avoids them having to travel to a large general hospital.

### **Art Therapy**

gives guests and their family the opportunity of expressing thoughts and feelings that are too painful to put into words. It provides understanding and emotional support during a most difficult time. The trained art therapists are often given a personal in-site from their work and how it links to their life.

### **Complementary Therapy:**

Their qualified therapists provide complementary therapies, including Reiki, reflexology and massage, to patients, carers and bereaved people in our fully equipped treatment rooms

### **Care Homes provision:**

The service provides: Nursing care in patients' homes, 1-1 specialist nursing care, Overnight stays and daytime breaks giving respite for carers. They have a team of over 40 trained nurses and health care assistants available 24/7 365 days a year and they aim to deliver 33,000 Hospice at Home hours this year.

### **Bereavement Service:**

Sessions take place at the centre or in the home or other venue if more appropriate. Any grieving adult, child, young person or family can access bereavement counselling and support, regardless of a connection to Treetops Hospice. They have given 1,198 Adult Bereavement Support sessions and 545 families bereavement support.

### **The Cheetham Centre**

opened in July 2014 at a cost of £800,000 – it is a purpose-built centre to accommodate the development of two of Treetops Hospice's core services, and to introduce a brand new service for the local community.

- Space for growth and development of our Hospice at Home coordination hub.
- A purpose-built facility for our Bereavement Services.
- The Introduction of a Support and Information Centre.

### **Support and Information Service:**

The service will be available for anyone who has been diagnosed with a life limiting illness and those caring for them and will work in partnership with other agencies to provide advice on medication, treatments, benefits and other sources of support.

The Hospice holds a lottery draw every Friday: 1st prize of £1,000, 2nd prize of 200, 3rd prize £100 and 10 prizes of £5. Rollover up to £10,000

### **Retail outlets:**

Allestree, Ashbourne, Beeston, Bramcote, Draycott (2), Eastwood, Heanor, Ilkeston, Long Eaton, Melbourne, Sandiacre, Stapleford (2) Coffee Shop at the Magistrates Court, Nottingham

550 volunteers aged from 16 to 90. They all have specific roles and responsibilities and attend training courses. The Volunteers underpin the work of the Hospice to the value of £1 million.

## NEWSLETTER

Autumn 2014 ISSUE

Page 4

Editor Ian Neill

All services are provided free of charge. The cost of running Treetops Hospice continues to grow:

2006	£825,938
2008	£1,300,000
2012	£2,270,000
2014/15	£2,860,000

Moonlight Walk 2014 is on target to raise £63K - 687 ladies registered - 629 took part on the night.

### 5-Year Strategy: 2014-2019

- Develop the Hospice at Home service increasing to 40,000 hours of care per year.
- Launch a New Support and Information Service
- Expand the Bereavement Service
- Introduce Community based clinics giving patients the choice of seeing their Clinical Nurse Specialist in a local environment.

Mary finished her presentation with a quote from Cicely Saunders 1976, Founder of the UK Hospice movement:

‘You matter because you are you, and you matter until the last moment of your life. We will do all we can to help you not only die peacefully, but to live until you die’

#### Contact Details:

Treetops Hospice,  
Derby Road,  
Risley  
DE72 3SS  
Tel: 0115 9491264

### 2<sup>nd</sup> Speaker – Kathryn Caple, Head of Private Client Services, Else Solicitors

Kathryn was specifically giving a presentation on Lasting Power of Attorney and Claims on Estates

Kathryn explained that Else Solicitors is an award-winning law firm working with commercial and private clients across the Midlands and the UK.

Their teams of solicitors in Birmingham, Burton upon Trent and Derby specialise in everything from dispute resolution and debt recovery, to corporate law, commercial property deals, HR & employment law, Wills and Probate.

Established in 2003 and they now have a team of experts that bring more than 100 years of combined legal experience to the company.

### What are Lasting Powers of Attorney?

- Enduring Powers of Attorney – a document which enables others to make choices/decisions on a person’s behalf or for signing paperwork depending on a person’s physical condition. The document does not mean you give up any control!

### Why might you need a Lasting Power of Attorney?

Depending on mental/physical capacity the Power of Attorney may be required to deal with bank accounts, access to ISAs etc.

### What decisions do they cover?

- Property and Financial Affairs
- Health and Welfare (care needs/end of life decisions)
- Advance Decisions
- Protections – notification of Power of Attorney given to 3<sup>rd</sup> Party.

### What are the duties of Attorneys?

- Mental Capacity Act guidelines – ‘the Power of Attorney must act in the best interests of the person at all times.
- Mental Capacity Act Code of Practice – must be followed.
- Guidance and Restrictions in the LPA itself

## NEWSLETTER

---

Autumn 2014 ISSUE

Page 5

Editor Ian Neill

### **What happens if there is no Power of Attorney in place?**

Approximate charges for putting a Power of Attorney in place will be:  
Lasting Power of Attorney

One - £400 plus VAT + Court fee - £110  
Two - £600 plus VAT + 2 x Court fees - £220

#### **With no Power of Attorney:**

An application has to be made to the Court of Protection for the appointment of a Deputy.  
Court application fee - £400  
Solicitors' fees - £850 plus VAT  
Security Bond  
Annual Management fee  
Annual Solicitors' fees (if kept on)

It may also incur costs for visits by Court Officers and the preparation of annual accounts.

#### **Claims on Estates**

A person can make a claim on estate if they feel that Will is not valid due to:

- Capacity
- Lack of knowledge and approval
- Formalities
- Undue influence

Claims on Estates are covered by The Inheritance (Provision for Family and Dependents) Act 1975.

#### **Who can make a claim?**

- Wife / husband / civil partner
- Former wife / husband / civil partner – if they have not remarried.
- Someone who '... during the whole of the period of two years ending immediately before the date when the deceased died, the person was living (a) in the same household as the deceased and (b) as the husband or wife / civil partner of the deceased.
- Child
- Treated as child of the family
- Was being financially maintained by the deceased.

### **What will the Court consider?**

- Has financial provision been made?
- Was such provision made reasonable / was the failure to make provision reasonable
- Should the Court make an order, and what form should it take?

The Court will also consider:

Section 3 factors

- Financial resources and needs of the claimant
- Financial resources and needs of any other claimant
- Financial resources and needs of the beneficiaries under the Will
- Any obligations or responsibilities the deceased had towards the claimant or any beneficiaries
- Size and nature of the net estate
- Any physical or mental disability of the claimant or any beneficiary
- Any other matter, including conduct

### **Can you prevent claims being made?**

No – not if that person has reasonable rights to do so!

### **Can you make claims less likely to succeed?**

- Court examines the circumstances at time of death of the deceased - very difficult to predict in advance
- Make some provision for the potential claimant
- Letter of wishes – you can prepare a letter stating specific reasons why a person has not been included in your will and has no claim to any part of your estate.

All legal documents are available on-line for you to prepare yourself; however, it is advisable to have a solicitor look over the document before it is registered to prevent any mistakes or loop-holes.

**Contact details:** Kathryn Caple – Tel: 01283 526230  
E-mail: [kathryn.caple@elselaw.co.uk](mailto:kathryn.caple@elselaw.co.uk)

# LONG EATON & DISTRICT 50 PLUS FORUM

## NEWSLETTER

Autumn 2014 ISSUE

Page 6

Editor Ian Neill

### 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 7<sup>th</sup>  
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,



Ian with Geoffrey Smith and Wyn the 93 year old president at the Re - Opening of Petersham Community Hall

#### **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 lunch and social  
£4.00 per month  
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  
All Welcome

#### **PETERSHAM HALL**

Petersham Hall has now been fully  
refurbished by Erewash Borough Council.  
It has been brought into the 21<sup>st</sup> Century and is  
now a magnificent place for clubs to meet. The  
hall itself is almost fully booked, just a few  
sessions available. Some Saturdays are booked.  
We do now have a smaller room available for hire  
suitable for groups of about 20.

Contact Audrey on 0115 973 3632  
Or  
Visit our website at  
[www.phca1969.org.uk](http://www.phca1969.org.uk)

An advertisement for 'Derbyshire ALERT'. It features a blue background with a white arrow pointing right and the text 'Derbyshire ALERT'. Below this, there is a photo of two police officers in high-visibility jackets. To the right of the photo, it says 'Receive regular updates about what is happening in your neighbourhood.' At the bottom, there is a red bar with white text: 'Register online at www.derbyshirealert.co.uk' and 'Call 101 To speak to your local Community Information Officer. If you are blind use 3963 Text 0700 002414'.

Derbyshire Alert is a free two - way community messaging service that allows Derbyshire Constabulary to send messages about local crimes, good news, community events and crime prevention. You can receive alerts via email, text or a voice message.

Information required Name, Address, email or telephone number

Send the information to:-

Bethany Fletcher, Corporate Communications, Community Engagement Team, Derbyshire Constabulary headquarters, Butterley Hall, Ripley DE5 3RS

## NEWSLETTER

Autumn 2014 ISSUE

Page 7

Editor Ian Neill

### TRAVEL CLUB NEWS

#### NEXT TRIP

There may be a trip to Westminster early next year. If you want to go we will be taking names and contact phone numbers at the forum meeting in December.

#### CONTACT INFORMATION

Phone :- 0115 972 6057

Email [trips@ianconsult.co.uk](mailto:trips@ianconsult.co.uk)

Post: 50 Plus

10 Pennine Close

Long Eaton

NG10 4JT

#### The Gloucester trip

We only had enough for one coach. All bar two from the waiting list were able to go. The couple that missed out was because we had a cancellation on the Wednesday before the trip and could not contact them by phone.

#### TRIP TO GLOUCESTER

This was the easiest to organise as the Tourist office provided free parking, meal vouchers for the driver and a tour guide for us. The weather helped to make it an enjoyable day for most of us.



The lady in green was our tour guide



### LAP IT UP SESSIONS

Get help using your laptop with the help of our friendly forum advisers. All free to members.

The sessions are all at Parklands connections between Stanhope Street and Leopold Street starting at 10:00 AM Refreshments are provided. Sessions end at 12:00

Next Sessions are:- Jan 30, Feb 27, Mar 27, Apr 24

Also do not forget our Astronomy sessions  
Advanced : Jan 14, Feb 4, Mar 4

All sessions start at 7.45 PM at Observatory Building, Long Eaton School, Thoresby Road starting at 7.45 PM .. all welcome!

For Details Contact Pete Wearn at :-

[petewearn@hotmail.com](mailto:petewearn@hotmail.com)



**The Astro Group in Sandiacre stargazing**



**Main Street Gloucester**

### **FREE COMPUTING FOR THE ABSOLUTE BEGINNER**

EVERY MONDAY MORNING FROM 10:00 - 12:00 AM

COME ALONG TO THE LIBRARY AND FIND OUT HOW A COMPUTER CAN HELP YOU

**FREE**  
**1 DAY WORKSHOP**  
**EMAIL**  
**Introducing Email**  
**Training and Advice Centre**  
**153 Bath Street**  
**Ilkeston**  
**DE7 8AS**  
**Book Now by phoning**  
**0115 9 300 199**  
**Also**  
**FREE**  
**On-Line Course**  
**Make Money Work**  
**Contact them by calling**  
**0115 9 300 199**

### **Your Views**

In future editions we propose to have a letters page so send you views to [50plus@ianconsult.co.uk](mailto:50plus@ianconsult.co.uk)

or

LEAD 50plus  
C/O 10 Pennine Close  
Long Eaton  
NG10 4JT