

LONG EATON 50 PLUS FORUM

NEWSLETTER

Summer 2015 ISSUE

Editor Ian Neill

Report on our June 2015 Open Forum Meeting
held at 10:15 am on June 8th at the Long Eaton Town Hall .
Theme Information

Website www.lead50plus.com



CHAIR'S REPORT

June 2014-2015

The membership of our forum continues to grow and our Open Forum meetings are always well attended. Topics this year have included HS2, Long Eaton in WW1 (June), Treetops Hospice, Powers of Attorney (September), Housing for the Elderly and The Work of the Canaan Trust (March). In December we were hoping to be addresses by our MP, Jessica Lee, but in the event she could not attend. Our current MP, Maggie Thorpe, kindly stepped in at short notice with a talk about her charity work in Africa.

NEXT MEETING

September 14TH 2015

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

[Speakers Representatives from the police & DCC](#)

Theme Policing 2015

IN THIS ISSUE

Page 1	Chair's Report
Page 1	Raffle
Page 2	Speaker : Sue Higginson
Page 3	Speaker Clare Burgess ,
Page 3	Speaker Shirish Patel
Page 4	Letters to the Editor
Page 5	Charity Ads
Page 6	Forum Tours Southport Pics
Page 7	Greenwich Trip Forum Tours
Page 8	Lap it up & Astro sessions
Page 8	Free Email courses
Page 8	Computer Courses

A huge benefit of our DCC support over recent years has been the printing and mailing of our newsletter to all our members 4 times a year and again we are very grateful to its editor Ian Neill for continuing to do this valuable work on our behalf. We hope that members appreciate that the change to emailing this out has been done to reduce costs – we know many would prefer hard copy.

Our voluntary work in the library has been acknowledged by Library services and our thanks go to Roy Smith for running the Monday drop-in sessions. Also thanks to the Forum IT Trainers for their help in running the monthly laptop sessions. Long Eaton School continues to encourage our use of their observatory. Finally a big thanks to Jo Marples and to all my marvellous management committee and to you all for your continued support over nearly ten years of the forum. Long may it continue!

[Attendance 106 Members and 8 visitors](#)
[Raffle made £75.00 Thanks to Marion 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:

1st Speaker - .

Sue Higginson, Patient and Public Involvement Manager, Greater East Midlands Commissioning Support Unit & Roberta Dempster, Moir Medical Practice Patient Participation Group (PPG).

Sue started by explaining that:

Every GP practice in Erewash should have a group of Patients working with the practice to: Help themselves and others to take more responsibility for their health Provide practical support for the practice Contribute to the continuous improvement of services

What PPGs do and what Patient Participation is: Patients who are active in taking responsibility for their health and work as a Team with their practice to ensure that patients are well informed about health matters which affect the community, individual patients and the practice, to raise awareness of wider issues in the NHS, including the use of technology. PPGs are involved and can have influence in improving the quality of care objectives are to improve the patient experience in primary care in the NHS.

PPGs vary to suit local need – activities of the group are determined by the needs of the community / practice population. A successful PPG is based on co-operation between practice staff and patients that breaks down any barriers to communication. It enables sharing of information and provides a route for people to get involved in other aspects of the NHS

PPGs are not:

A Forum for complaints – whilst PPGs can improve communication and direct people to get

concerns addressed before they escalate to complaints, they are not there to deal with complaints

A single issue group that people use to address their gripes with the NHS! Action is based on the views of a range of people.

Roberta explained that she was a new member of the 50+ Forum but felt that they had a lot in common with and similar aims as the PPGs. Both need local information putting in and information sharing.

Initially GPs thought that the PPGs were there to complain and get at the practice but after a few months began to realise that they were there to help. PPGs have a wide range of members including young mums, professionals and older people, but they require more younger people and more members from the ethnic groups especially more Asian and Caribbean.

The group speaks on the patients behalf but does not take on personal issues.

A major achievement has been that conversations with GP representatives and practice managers are carried out equally and with respect.

Patients need to know how the practices work and what the expectations are.

Working together it is hoped that visits to A&E can be cut to prevent excessive unnecessary cost to the GPs.



2nd Speaker:

Clare Burgess, Public Health Development Worker – Community Projects in Erewash.

Clare explained that she was working on projects that link into the Erewash Locality Plan and looking for gaps in provision to help prevent illness and give people more social aspects.

Clare gave information on a number of projects working across Erewash including: Memory Lane a Dementia Friendly social group, Wealth and Wellbeing Bus a mobile advice service at street level giving information on debt, benefits, employment, credit union, affordable warmth, a health MOT and financial capability. A number of Community I-Pads have been issued with a range of health and wellbeing websites readily available, Arts at the Heart an art project for older people experiencing social isolation, dementia and mental health issues, a targeted Befriending group, Eat the Streets an edible vegetable growing project and Balanceability a project teaching children under the age of 6 to ride a bicycle without stabilisers.

Clare had brought along a full list of her current activities and asked members to contact her if they thought of any projects they would like starting in Long Eaton.

Clare Burgess, Public Health Development Worker for Erewash
Derbyshire County Council, Godkin House, 2 Park Road, Ripley DE5 3EF

Telephone: 07771-980105 or E-mail: Clare.Burgess@derbyshire.gov.uk



GREENWICH MARKET

3rd Speaker:

Shirish Patel

Shirish gave a talk on how your thoughts and emotions affect your life and health.

Emotions are an energy that affects our mental health and all our body including blood pressure, heart and immune system. People may not notice these affects immediately and they may creep up on us gradually so we may not be aware of what is happening. The removal of stress will alleviate some of these affects so take time to close your eyes and think about what is affecting you. Having a positive outlook and being in good health is very important.

“Look at what is in your glass, it’s a nice cocktail, so raise it up and say cheers!”

Shirish is a qualified healer and offered his services to anyone who felt they may benefit from talking to him. He can be contacted on 07701-091601

Visitors to GREENWICH said:-

Don't miss the cable car and the National Maritime Museum, you can get discounts for the cable car if you have an Oyster card, the museum is free and it is unforgettable

Cute little town, cute little houses, cute Cutty Sark, nice walk to do on the Thames. Beautiful park though, and MAGNIFICENT view !! -

We loved all the little shops, the boat trip to reach it, & the overall feel of this unique area. I left my iPad in a coffee shop & someone came out to the sidewalk to give it to me!



Ten Years of Long Eaton 50 Plus Forum

How time flies when you are enjoying yourself! Can it really be 10 years since that first development meeting held in the Silver Prize Band Club to ask our older community if they would like to try setting up a forum to "*strengthen the channels of communication with organisations whose decisions impact their lives*".

We did it and now have a thriving forum of over 500 members meeting 4 times a year to discuss local issues. Our first meeting (on Crime) was poorly attended but by Christmas 2005, we knew we were going to be a success. Did we guess that our membership would rise to over 500, that we would have our own newsletter and website, run computer help sessions, astronomy courses and coach trips catering for over 100 people! I don't think so!

A big thanks to Derbyshire County Council for getting us off the mark, and to Jo Marples for her consistent encouragement and hard work on our behalf. As chair, I would like to pay tribute to my hard working management committee .. a great team indeed.

I will be giving a presentation in September covering the decade just past and there will be a display and a finger buffet to celebrate this milestone.

Meanwhile we have a new Tablet Project on the drawing board to enhance our computer work. More on that later..!



50+ Tour of Trent College Arboretum 2015

In June I was pleased to lead a group from our 50+ around the Arboretum which is one of the best in the East Midlands. We enjoyed the variety of species all looking their best in the evening light. The arboretum contains about 40 rare and uncommon trees as well as many less unusual species.

The *Pinus monophylla* is one of the best in the UK planted in 1918. It is a two-needle pine where most of the pairs of needles appear fused.

The Gutta-Percha tree intrigued us as we carefully tore leaves to see the rubbery latex which hardens in air.

The *Pinus muricata* is covered with cones which have been on the tree for over 40 years.

At the Blue Atlas Cedar we carried out an exercise helping us remember how to recognise the three types of Cedar in the UK.

The Weeping *Wellingtonia* let our imaginations run; a group of visiting young children had thought it reminded them of their grandparents! The Poplars in the Bishops' Spinney were planted in the late 1930s to mark the coronation of King George VI. One of them is the uncommon native Black Poplar. The trees are mentioned in the Royal Record for the Coronation.

The 'Sapporo Autumn Gold' English Elm has grown very well since I had the honour to help plant it in 1981.

Towards the end of the tour we enjoyed the magnificence of the Common Hornbeam planted in 1905 and smelt the crushed leaves of *Zanthoxylum simulans* (Toothache Tree) which usually grows as a shrub.

To book tours for groups, please contact me David Pinney on 0115 877 9669.



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,

Next trip is to Buxton on the September 6TH
It includes a meal.
Choice is Beef or Fish and Chips, with a choice of
Cheesecake or Sticky Toffee Pudding for pud.

Price is £15.00
Pick up Points are:-

Eaton Farm 1	10:00	Eaton Farm 2	10:00
Wyvern Avenue	10:05	Norfolk Road	10:05
Oakland Avenue	10:05	Grange Park	10:10
Sawley Junction	10:10	Recreation Street	10:10
Wilsthorpe Tavern	10:15	Westgate	10:15
Fairfields	10:25	Old Post office	10:15
Breaston Church	10:25	Canal Street	10:20
Sawley Road	10:30	Breedon Street	10:20
Repton Road	10:35	Longmore Road	10:30
Beresford Road	10:35	Bracken Road P R	10:30

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
£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

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

SureStart Monday Morning
TVH 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

The Association is also arranging for a Tinsel &
Turkey holiday starting 25TH October 5 days at
the Four Oaks Hotel in Llandudno.

No singles are available but there are Twin and
Doubles Available at £211.00 per head

NEWSLETTER

Summer 2015 ISSUE

Page 6

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FORUM TOURS SOUTHPORT

The Southport trip was a success by the number of people who said they enjoyed the day. It was a record for Forum Tours as 95 members went but sadly we made a loss so I cannot do any refunds.

The journey to Southport did have some problems with our driver's SatNav taking him through Derby to the A 50 and then the M6 was closed at from the junction before we were due to leave to our junction. We had the tourist office meet us bearing information and discount voucher. The Sun also decided to meet us there so we had good weather.

These photos are courtesy of David Pinney

Southport Pier

The 1,000 metre long Pier is the second longest in the country The Editor along with many other members walked the full length and back

This Picture from the editor



NEWSLETTER

Summer 2015 ISSUE

Page 7

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FORUM TOURS NEWS

OCTOBER TRIP

Date October 1ST

Depart from the usual pick up points starting at Petersham Hall at 8:00 AM

Trip to London with a boat trip on the Thames to Greenwich
Or
direct to Greenwich via Tower pier

If you booked and paid at the July meeting could you confirm your destination at September meeting as I did not note all of the booking destinations

The following arrangements:-

The coach will take us to the Tower of London pier where we will board a boat that will take us to Greenwich. If you have booked to go direct to Greenwich stay on the coach and go directly to Greenwich.

The coach will depart from Greenwich pier at 6:00 PM to return to Long Eaton

The price is £20.00 including the boat and £13.00 if you do not take the boat trip.

At Greenwich there is a market along with the usual stores and museums, including the Cutty Sark

Greenwich, the place where hemispheres meet and royal heritage combines with contemporary architecture. It's home to a World Heritage Site, The O2 arena, Britain's only urban cable car, London's prettiest royal park and the Prime Meridian of the World - longitude zero.

CONTACT INFORMATION

Phone :- 0115 972 6057

Email trips@ianconsult.co.uk

Post: 50 Plus

10 Pennine Close

Long Eaton

NG10 4JT

Whatever your interest there's something you'll love - fabulous baroque artistry in the Painted Hall at the Old Royal Naval College, designer-maker arts and crafts in Greenwich Market, and the beautifully conserved Cutty Sark, the fastest ship of her age. Explore Britain's momentous naval history at the National Maritime Museum and enjoy the views in a riverside pub.

Everyone loves the mix of arts and crafts, vintage clothes, hats, cards, antiques and collectables and all sorts of other fantastic stuff. That's just the stalls, of course, the covered Market is also lined with boutiques and small independent shops, galleries and places to eat and drink



FUTURE FORUM TOURS

Next year I am looking at following up the success of Southport with a trip to a seaside town in July.

Also every two years we do a Steam Train Trip. I will plan this for October.



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 LAP IT UP Sessions: Sept 25th, Oct 30th, Nov 27th

Also do not forget our Astronomy sessions

Coming soon

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 :-

ANNOUNCEMENT

IN SEPTEMBER WE ARE 10 YEARS OLD TO MARK THE EVENT AFTER THE OPEN FORUM MEETING WE WILL BE HAVING A FINGER BUFFET IN THE COMMITTEE ROOM BEHIND THE THE COUNCIL CHAMBER WHERE WE MEET.

IT WILL INCLUDE A FREE YES FREE RAFFLE

All Tickets have been taken



Should be there on the 1ST October hope to see you there

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

DEVELOP YOUR SKILLS



COVERING:

- Computer skills • Health matters •
- Community volunteering •
- Confident communication •
- Managing finances

When: THURSDAYS

Starting on 17th September - Thursday 26th November 2015
9.30am - 4.00pm

WHERE:

Sandiacre Town Cricket Club
Longmoor Lane, Sandiacre
NG10 5JJ

FUNDED BY: LLOYDS BANK FOUNDATION

FOR OVER 50'S

FREE!

- meet new people
- light lunch provided
- Informal
- FUN!

FOR INFO OR TO BOOK
Ring Elaine on
0115 9444146

RUN BY:
COMMUNITY CONCERN
EREWASH

(as part of the HOPEFUL Project)

Community Concern Erewash is a company limited by guarantee No. 4270544 and registered in England Registered office: Dennis Centre, Dingle Street, Thoresby, Erewash, Nottingham NG10 5JH



Your Views

In future editions we propose to have a letters page so send you views to 50plus@ianconsult.co.uk or LEAD 50plus C/O 10 Pennine Close Long Eaton NG10 4JT