

LONG EATON 50 PLUS FORUM

NEWSLETTER

Summer 2016 ISSUE

Report on our June 2016 Open Forum Meeting held at 10:15 am on June 13th at the Long Eaton Town Wellbeing

Website www.lead50plus.com



CHAIR'S REPORT

The membership of our forum continues to grow and our Open Forum meetings are always well attended. Topics this year have been Transport Stories from Long Eaton, Erewash Canal, Pride in Erewash, Patient Involvement and Community Public Health Projects. We also held a 10 year milestone celebration event after the December Open Forum which was an enjoyable occasion attended by our Mayor, MP and Jem Brown from DCC (who did much to kick off the project in 2005).

This year we have run coach trips to sunny Southport in July, Greenwich including a boat trip down the Thames from Tower Quay in October and Burghley House in April. We continue to use the excellent Silverdale coaches and while keeping ticket prices down we aim to break even. Thanks to Ian Neill again for organizing these enjoyable days out.

Our voluntary work in the library has been extended to a session on Monday afternoons at Community House Adult Education Centre and our thanks go to Roy Smith for his hard work on these. Also thanks to the Forum IT Trainers for their help in running these sessions especially Steve Smith from St Gobain and in the afternoon sessions Geoff Rann. We have also produced and printed our own task cards and booklets for use in these sessions.

Long Eaton School continues to encourage our use of their observatory and this year saw the last course specifically for our members.

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!

Editor Ian Neill



NEXT MEETING

September 12TH 2016

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

Speakers [New Police and Crime Commissioner](#)
[Hardyal Singh Dhindsa](#)

Theme Crime

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[FOOD BANK BOX WILL BE AVAILABLE](#)

[Attendance 101 Members and 6 visitors](#)
[Raffle made £78.500 Thanks to Marion and 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

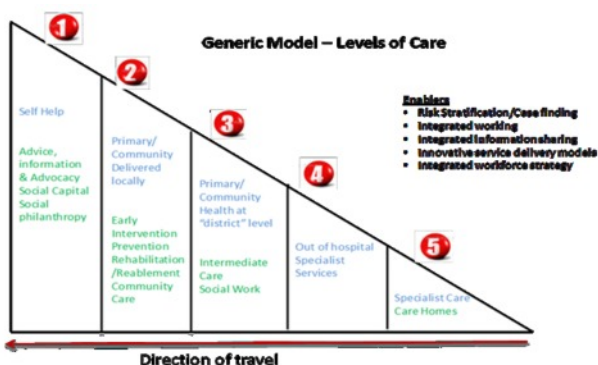
1st Speaker – Sara Bains, Resilience Lead, Wellbeing Erewash.

What is going to be different? The stars have aligned and organisations are now working together better. They have realised that people want to self-manage.

The six principles for the new Care Model are:

1. That care and support is person-centred, personalised, coordinated and empowering
2. Services which are created in partnership with citizens and communities
3. Focus is on equality and narrowing health inequalities
4. Carers are identified, supported and involved
5. Voluntary, community, social enterprise and housing sectors are key partners and enablers
6. Volunteering and social action are key enablers

Resources are moving as per the model below:



How is this being done? By:

- Listening to people/Citizens
- Understanding our data
- Working with schemes that are already up and running

Listening to People & Citizens:

- The need for a single point of access for information
- People don't know what they don't know
- Wellbeing currently means health and services to people
- People want a person centred approach
- People want more joined up working
- We need to build strong communities
- Volunteering focus needs to be promoted

Working outwards from the person and what they require –getting the priorities right:

- Personal and community resilience – Jobs, Homes, Friends
- Primary care
- Specialist services

Understanding the data:

- We have higher than national average mortality rates for liver disease in Erewash
- We have higher than the national average of alcohol related hospital admissions in Erewash
- We have very poor rates of physical wellbeing in people with Mental Health conditions in Erewash.

What is Wellbeing Erewash doing?

Building Community Resilience:

- Helping people to help each other
- Reducing loneliness
- Helping people to belong to communities and be part of something such as Derbyshire County Council's Time Swap scheme.

Supporting the voluntary sector

Building Personal Resilience:

- Prevention of illness
 - Being treated as a person when using services
 - Wellbeing planning
- Integrated and Primary Care Services
- Good clear information of where to get help and when
 - Joined up care across services
 - Timely response when needed

2nd Speaker:

Nancy Plummer, Local Independent Visually Impaired Group

Nancy informed the members that she has been involved with the visually impaired for 40 years. The group works with severe visually impaired people

She was a social worker for 39 years and was a specialist worker but now there are no longer any specialist social workers.

The group works with people who are registered visually impaired but they also accept people who are not registered but require more help.

The group was formed due to visually impaired people not being able to participate fully in other groups due to their impairment – most members of the group live alone and the oldest attendee is 100 years of age.

The group holds quizzes, has speakers and goes on numerous trips during the year.

The group is self-funded and is constantly applying for new grants – they are currently being well supported by ASDA

3rd Speaker:

Trish Hartley accompanied by Ross & John – Cancer Journey Support Group for Nottingham & Derby

Trish informed the members that lots of information about the group can be found on their Facebook page:

<https://www.facebook.com/Cancer-Journey-Nottingham-Derbyshire>

The group was started 5 years ago when it was found there was no particular support group in Nottingham/Derby/Long Eaton.

They are a voluntary organisation which holds monthly meetings in the Village Hall in Chilwell for both cancer sufferers with any type of cancer and their carers.

They also carry out home visits or meet informally in cafés etc.

They will also follow-up on any members who can no longer attend the meeting.

They group is registered with MacMillan and Self-help in Nottingham.

ASDA are currently supporting the group with the charity coin scheme.

A coffee morning is due to be held at St Mary's

Church on the 25th June 10:00am-12 noon where they will be selling 'Ross's Coffee' and homemade cake. There will also be a number of craft and plant stands.

They are always looking for more volunteers to assist with the group so if anyone is interested please contact them through their Facebook page.

Ross spoke the group; stating that walking into the meeting this morning it had given him a reminder of 40 years ago when there was a sense of togetherness.

Cancer Journey has developed and evolved over the last 4 years and is now like a small community itself – it is a very precious support group and very important that the group keeps going!

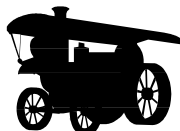
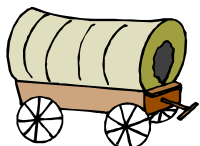
EREWASH CVS ADVERT

Erewash Voluntary Action
Information and Open Day
Followed by our
Annual General Meeting
Wednesday 28th
September 2016

Join us at
Granville Avenue,
Long Eaton
Derbyshire, NG10 4HD
All are welcome to come along and see what we
do.
Organisations will be attending a
“Market Place” with information
stands from 2pm
AGM commences at
6.30pm.
For more details call us on 0115 9466740



THE ABBY AT WHITBY



Volunteers are urgently required throughout the Erewash area for just an hour or two a week.

**Would you like to
Make a Difference ?**

Erewash Voluntary Action, Granville Avenue,
Long Eaton, NG10 4HD
Tel: 0115 9466740
Email: volunteers@erewashcvcs.org.uk
or check out the National volunteering website
www.do-it.org.uk

QUIZ NIGHT

Friday, 28th October 2016
Volunteer Centre Erewash, Granville Avenue,
Long Eaton, NG10 4HD
7:00pm for 7.30pm Start
TEAMS of 6 max
Tickets £5
Our Registered volunteers free

Includes **Buffet**

(Bring your own drinks)
To Book your tickets call
Tel: 0115 9466740

volunteers@erewashcvcs.org.uk



THE STEAM TRAIN AT WHITBY

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.

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

SureStart Monday Morning
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

The Association is also arranging for a Tinsel &
Turkey holiday starting 7TH November 5 days at
the Crown Hotel, Weymouth Dorset Cost £299.00

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BURY

Bury Market

The indoor market is open on Thursday.

Bury's World Famous Market is a multi award winning market and has recently added Best Market Attraction 2016 to the list.

Fresh produce ranges from speciality cheeses to beautiful fresh fish and fruit and veg. you will be seriously spoiled for choice. Some of the freshest produce in the North West can be found here; including locally grown vegetables brought to market by the farmer himself, award winning meats, hand raised pies, and freshly made soups. The Market has an abundance of multicultural cafes and takeaways, so there's sure to be something to suit everyone's taste and make sure you don't miss the local delicacy of Bury Black pudding, served hot or cold with lashings of mustard or piccalilli.

Bury Transport museum

Bury Transport Museum is part of the East Lancashire Railway Experience. Housed in a beautifully restored 1848 goods warehouse this fascinating museum brings the history of early 20th century transport to life. With restored vehicles, interactive displays, touchscreens and a dressing up area, the museum is very family oriented with plenty to keep little ones – and adults – busy. Bury Transport Museum successfully combines education and fun.

The Pilot Mill outlet

Visit The Pilot Mill Outlet and receive a warm welcome from our friendly staff!

There's lots of choice for everyone, clothing for all the family, footwear, luggage, homeware, gifts, pet accessories and much more. Lots of well-known brands are on offer including Antler, Skechers, Hush Puppies, Yankee Candle, Roman Originals, Babytown and Tigi Wear.

The Pilot Mill Outlet is also home to Barista Piccolo coffee shop. Group visits are welcome, lots of incentives are available

TRAVEL CLUB NEWS

SEPTEMBER TRIP EAST LANCS RAILWAY

Date 15TH SEPTEMBER
Price £20.00

CONTACT INFORMATION

Phone :- 0115 972 6057

Email trips@ianconsult.co.uk

Post: 50 Plus

10 Pennine Close

Long Eaton

NG10 4JT

**Please note some changes to
this trip**

JULY TRIP

We need to leave at 7:45 from Petersham Hall and ASDA

WHITBY

We are aiming to get the 11:05 from Bury
The original plan was to get the 2:00 PM train
back but I have been informed by one of the
eateries in Rawtenstall that they have had to close
due to flooding. This just leaves a Tea Room, a
Restaurant and the station bar. I now suggest
that we get the 11:55 back to Bury where there
are more eating establishments. If people want to
still get the 2:00 PM train I will make
arrangements for them to do so.

We had a good day out at Whitby with 119
people going on the day.
The problem we had was that there were so many
people dropped out that we made a £200 loss.
As a result we cannot refund anybody,
As it was in July, to ensure we had to book the
coaches back in March to ensure we had a firm
booking. At the time there were 147 reservations.
The other problem was the Pay on the Day that
we have been operating. We paid in nearly £600
in Whitby rather than carry it around. The
committee have asked me to not do it in future.

Street map of Bury will be available on the day.

Pictures of the Whitby trip Thanks to David Farley For them

Tickets available at the September meeting

Pick up points:-

Petersham Hall 7:45 AM

ASDA Bus stop 7:45 AM

Long Eaton Railway Station

West Park Leisure Centre

Returning at 6:00 PM

I will be at Petersham Hall on Wednesdays
from 2:15 to 4:00 PM for people to get tickets, if
they cannot make the meeting.



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TABLET SESSIONS

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

Sessions restart on September 12TH

For Details Contact Pete Wearn at :-

petewearn@hotmail.com



FREE COMPUTING FOR THE ABSOLUTE BEGINNER

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Sessions restart on September 12TH

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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

LEAD 50plus

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