



**SPEAK AND BE HEARD**

**Minutes of Over 50s Forum Wednesday**  
**15<sup>th</sup> August 2007, Civic Centre**

**Apologies:** Reg Jones, Rose Powell, Dave Holmes, Trevor Russell  
Joan Russell, Eddie Grizzle, Pat Whittaker, M McDonald

**Present:** 16 members, Su Pascoe – Age Concern, Harm Gordjin – Falls  
Prevention Service, Sandra Hollinshead & Sharon Martin – Crime Prevention

**Chairperson:** Brad Purshouse

Item		Action
1.	<p><b>Su Pascoe - Age Concern.</b> Su informed the meeting about her role and how long she has been in this post at Age Concern. Su said that Age Concern is not achieving a collective arena to hear what older people want to say. People can call in at Age Concern office to voice any issues that are of concern to them. Also said that older people need to consider working closer in partnership with Age Concern. Age Concern offering services to help people understand issues concerning them i.e. fair access to care. Su apologised for not been able to answer any questions due to other commitments.</p> <p><b>Sandra Hollinshead - Crime Prevention</b> informed everyone about the work they do to help prevent crime. For instance highlighting bogus callers, these people always target the elderly and vulnerable. People should not answer door to unknown callers. Leaflet, which gives more details on how to prevent crime, was distributed and includes always checking callers IDs. Official callers should <b>always</b> have IDs and they should be able to quote customers account number. For more leaflets speak to Brad/Sharon. Members are encouraged to help keep themselves safe.</p> <p>Sharon informed the group that next year (2008) there will be an Older people's celebration at Wulfrun Hall. This will involve young people and older people, and will look at older people who have achieved new skills, i.e. in computing. Sharon, Brad or Sandra can be contacted for more details; date is set for June next year. This will take place over a period of 1 or possibly 2 days, leaflet to be sent to Rose via email.</p> <p><b>Harm Gordjin Falls Prevention Service</b> - Informed everyone about the services that are available. He said that statistics showed 33% of</p>	

	<p>older people suffer from falls each year. There are several reasons why people fall, hip fractures are often the results of falls (90%) in England and Wales, 50% of these are hospitalized or die as a result.</p> <p>When people are referred to the service, questionnaires are sent out, and although there are a number of questions it is important that all of these are answered as this will help the service to understand people's needs more fully. Completed questionnaires are then checked to see how often a person falls, medical history, weight gain/loss, diet etc. It's also important to have medication checked once a year either by the GP or Pharmacist. You can also get eye tests for free if you're over 60. Lack of mobility can cause falls, so it's important to use muscles which will maintain better mobility. Joining exercise classes will help with mobility, Adult Education Services train people to do these classes. Always seek advice from professionals before any exercise.</p> <p>It is important to look after your feet as wearing inappropriate footwear can cause falls. Other risks in the home are: stairs, carpets, poor lighting, chairs, toilet etc. If you live alone and have a pendant alarm always wear it.</p> <p>There is a 6 week education programme on safety, for more information contact Falls Prevention, West Park on 444502.</p>	
2.	<p><b>Minutes of Last Meeting</b> All agreed.</p>	
3.	<p><b>Matters Arising</b> Reference was made to page 3.</p>	
4.	<p><b>Treasurer's Report</b> Treasurer explained that BT Broadband is being paid monthly which accounts for the spend in budget.</p>	
5.	<p><b>Correspondence</b> None was received.</p>	
6.	<p><b>Sub Committee Reports</b></p> <p><b>Health</b> Marjorie asked members to bring any questions they might have about the withdrawal of services for older people to the September meeting too discuss prior to the October meeting which Brian O'Leary will be attending.</p> <p>Marjorie read out questions already received to the group. Any problems with feet, Age Concern can be contacted.</p> <p>Foot Care - Roy had problems with his feet, called office which is on Lampart Road, 444044, explained problem, and they then made necessary appointment, which was sorted within 48 hours.</p>	

	<p>David Plant highlighted an article in the AdNews regarding where to ring for foot care.</p>	
	<p><b>Transport</b>  David Plant told members if they have any problems with buses to let him know and he'll get in touch with the bus company. It was noted by Marjorie that one of the bus signs on Tettenhall Road was pointing in the wrong direction and also street signs are still pointing to Chapel Ash for direction to the Eye Infirmary.</p> <p>David informed the group that the next transport meeting date will be 30th August 2007, at 10.00am in Briefing Room 2a. (following meeting planned for 21 Nov)</p>	
	<p><b>Education</b>  Dana informed the group that the Older Learners consultation event will be held on 22<sup>nd</sup> October, planning meeting will be 4<sup>th</sup> September at 10:30 in Railway Carriage.</p>	
7.	<p><b>Any Other Business</b>  Cllr Smith will speak to Mr Rai after meeting about some of the issues he raised.</p> <p>David Plant informed members about a Diabetes UK Event which will be taking place on 3<sup>rd</sup> November, 9:30 – 3:30, at the Holiday Inn, Dunstall Race Course. If members wish to attend this event they will need to register first by calling 01922 614500.</p> <p>Dana – asked question about the voice of Older Person Network, whether O/50 Forum is this voice, or what is the relationship between these two groups?</p> <p>The Chairperson (Brad) – Explained the purpose of O/50 Forum and also stated that OP Network aim is to work to improve services for older people.</p> <p>Marjorie – Expressed her concerns/fears that Age Concern will take over the Over 50s Forum.</p> <p>Reg – also expressed concerns about Age Concern, feels that is becoming a political organisation and said that any political concerns should be discussed at O/50 Forum as more can be achieved if issues are worked through the Forum.</p> <p>Surgeries for Councillors (East Park area) – Cllr Smith stated that these are held first Saturday in the month, when tenants can visit and discuss any issues they might have but there were some disputes regarding the lack of support from councillors attending these meetings.</p> <p><b>Date of next meeting: Wednesday 19<sup>th</sup> September 2007</b></p>	

