

## **Age Friendly City Forum Meeting June 15th 2015.**

**Present:** Jackie Duncan (facilitator) Maggs Browne, Sue Howley, Mehvish Durrani, Francis Tonks, Val Brown, Penny Morley, Sue Starr, Lynne Shields, Neil Kelly,

**Guests:** Roisin Murphy (Age UKBH), Kerri Fowkes- Morley (The Fed), Emily Sinclair (Time to Talk Befriending)

**Apologies:** Sally Watson, Val Cane, Ted Talbot.

### **Minutes**

Read and accepted.

### **Emily Sinclair (TTTB), Honouring Older People Event (HOPE)**

Emily outlined the work of her organisation and detailed the links with Lifelines. TTTB are also working with the police to identify vulnerable older people who might need befriending and support.

Emily informed the group about an event she has organised, called 'Honouring Older People Event' (HOPE), which will be a free tea party with entertainment, for older people in the East Brighton area.

Many of the older people invited may be socially isolated and unaware of services in their area, and a variety of organisations, such as Age UKBH, The Fed, Sussex Police, Sheltered (Seniors) housing and local befriending charities have been invited to attend.

It is on Saturday July 18th, 2.30pm – 4.30pm at Dorset Gardens Methodist Church, Brighton.

This 'HOPE' event is currently being considered as a model to be rolled out to other areas.

Emily admitted that the finding of those in need had at first been very random, but with the help of Sussex Police, more people were being reached. There are challenges in relation to safeguards for data sharing and these safeguards had been strictly adhered to.

Emily invited anyone who was interested to attend as host volunteers, to let Jackie know. LS volunteered to assist.

### **Time to Talk Befriending (TTTB)**

Emily started TTTB after organising two previous 'HOPE' events, and chatting to the older people who attended. Befriending was the main theme being asked for, and she realised that there was a need for more befriending services in the Brighton & Hove area.

The referrals usually come from professional bodies, and are for people over the age of 65, who do not have family and friends nearby, or who have little contact with them.

There are 61 volunteers currently befriending 59 people. TTTB also signposts to other organisations where necessary, and works closely with other befriending organisations, Brighton College and Sussex University.

The organisation tries to match interests, is intergenerational and while based on Christian faith values is not limited to those with religious beliefs, however, if people do want to have some pastoral support, this can be arranged.

All agreed that this kind of service was invaluable - but there was a need to inform older people of the service. NK suggested Neighbourhood Watch might be a useful conduit for information sharing.

### **Fresh Expressions**

NK informed the group about a developing group Fresh Expressions - not purist religion in nature - a new concept - 3000 groups in the UK.

### **The Valley Gardens Project - Lynne Shields feedback on workshop at Brighton University**

There is still some confusion about the stage at which this project is at. It is the Old Steine area of Brighton. New council still to rubber stamp the details of the design and there is some opposition to the proposals - even though the funding for the project has been secured. Watch this space! - OPC to follow up.

### **Age UKBH - Anniversary Celebrations - Roisin Murphy**

There is to be a 60s evening on September 2nd at The Emporium on London Road. There will be a Grand Raffle. Great prizes! More details to come.

### **Food Partnership Presentation to the AFC Steering committee and subsequent workshop - feedback by Penny Morley.**

Research has been conducted by The Food Partnership - commissioned by the Public Health dept. of the Council.

The workshop was made up of service providers, charitable institutions, hospital workers and members of the OPC.

Much of the presentation concentrated on the need for a good balanced diet.

Many of the service providers pointed out the importance of supplements to the diet - however balanced and nutritious the diet - for people with specific needs.

LS raised the question - How do we find out if we are in need of a "better diet" or supplementary vitamins / minerals etc.? This can only be identified with a blood test - which should be done on an annual basis at the GPs surgery.

Single men living alone were identified as a group particularly at risk.

Ordering prepared meals on line could be useful - but these meals vary considerably

in quality and price. The service is also limited to those who have access to a computer.

Fresh food vans were lauded - but there are only a few in the city.

Iceland will deliver - and frozen foods can be very useful for those living on their own if the food choices are healthy. Many vegetables freeze well.

### **Any Other Business**

There are Health and Wellbeing pharmacies. A list of these pharmacies has been circulated - but we need to find out what services are offered by these pharmacies. We will try to get an update by the next meeting

It was pointed out that life expectancy is reduced by 7 years in Whitehawk. There is an organisation in Whitehawk called Duceast, run by Graham Allen, Community development worker with Serendipity.

The Trust for Developing Communities was also mentioned (Steve Andrews the contact)

### **Next Meeting July 27th**

10.30-12 noon

Fitness room, Age UKBH office

Emily O'Brian, The Food Partnership, will come and talk.