



helping people over 50 stay independent, active and healthy

Issue 2 September 2007

Welcome to the second issue of the Notts 50 plus staff bulletin.

This bulletin keeps you up to date on where things are up to on the Notts 50 plus projects.

We are now one year into the project and Nottinghamshire County Council and its partners have developed lots of new and exciting services to help people over 50 stay independent, active and healthy.

We are marking the anniversary of Notts 50 plus with a celebration event on October 1st and you can find out more in 'Celebrating older people in Nottinghamshire'. The last few services are now getting off the ground and you can find out more in 'What's new?'

In our last issue we told you about new services, better access to help, information and new opportunities. In future issues we will focus on different services - this time we look at Resource Centres and the revamped website.

In this issue:

- Celebrating older people in Nottinghamshire
- Have your say: sustainability
- What's new
- Spotlight on Resource Centres
- Website

Contacts:

Jane North: jane.north@nottsc.gov.uk

John Hannam:

john.hannam@nottsc.gov.uk

Maggie McNamara:

maggie.mcnamara@nottsc.gov.uk

Celebrating older people in Nottinghamshire

The United Nations International Day of Older People is on the 1st October. We will be celebrating older people in Nottinghamshire on that day with a special event at County Hall as well as supporting the 50 plus Resource Centres in their celebrations during that week.

There will be activities, workshops, and entertainment as well as the opportunity to browse stands and displays. You are welcome to drop in to look at stands and displays between 11.30 am and 12.30 pm. For further information please contact Lynne Cutts on 0115 9773234.

If you are celebrating The United Nations International Day of Older People in some way, we would like to know. Please contact Jane North.

Have your say

Sustainability

The 50 plus project is now a year old and our minds are increasingly focussed on ensuring the best projects can continue after next year.

Evaluation of the projects has started and you can find out more about what we have found out in future issues or by contacting me.

I would like to know which services you would support and why. Get in touch with John Hannam via email: john.hannam@nottsc.gov.uk

Monitoring and Evaluation

Our new Monitoring and Evaluation worker Sam Hillyer has joined Carol Ford to ensure that the achievements of the projects are fed back to our funders and potential funders. The Link Age projects are only funded until Autumn '08 so we need to demonstrate the merits of preventative services for people of 50 plus very soon.

50 plus Schemes

New Shopping Scheme

A new shopping scheme delivered by Age Concern Nottingham and Nottinghamshire for Notts 50 plus will focus on assisting older people in Mansfield and Ashfield with their individual shopping needs, by matching them up to a volunteer to give dedicated support. In addition Age Concern is developing a database about local shops and services so they can provide advice and information to people who need it.

At this early stage of the project they are not taking referrals but are urgently seeking volunteers. If you can spare a minimum of two hours per week to help to deliver this service and really make a difference to an older person's life get in touch. Contact Trudy Gill Shopping Service Co-ordinator on: **01623 488221** or telephone **01623 488218** for further information and a Volunteer Pack.

You can also e-mail: shoppingservice@ageconcernnotts.org.uk

We will let you know more when the shopping service opens.

Buy with Confidence

The *Buy With Confidence* scheme aims to reduce the number of people who fall victim to rogue traders. This new *Approved Traders Scheme* was set up as a partnership between Age Concern and Trading Standards in Nottinghamshire County and Nottingham City. Anyone can use the Buy with Confidence website: www.buywithconfidence.gov.uk and find traders who have been approved by Trading Standards. The traders can be searched for by location and trader type. Traders are being recruited now and the scheme will be launched to the public in the Autumn. To recommend a trader please call Pauline Hutchinson on: **01623 452005**.

Community Outreach Advisor

There is now a Community Outreach Advisor in every District and Borough Council area in Nottinghamshire. Their job is to reach people who are isolated or socially excluded and would otherwise not use 50 plus services. They will concentrate on the groups identified by local people which could include mental health service users, people in rural locations and the Black and Ethnic Minority Community.

For contact details phone Lynne Cutts on: 0115 9773234.

Post Intermediate Care

The Bassetlaw WRVS have launched a Post Intermediate Care project using volunteers to support people of 50 plus to live safely and comfortably in their own homes after a period of intermediate care. This scheme builds on the WRVS successful Home from Hospital Project.

Contact: Sam Ward on 01777 707547 or Bassetlaw@wrvs.org.uk

Transport

Two new transport initiatives have been launched with our Communities Department. *Transport to Health In Bassetlaw* provides information on transport to enable people to get to hospitals, clinics, opticians, dentists and doctors. The phone line gives information on public transport, community car schemes, dial-a-ride, patient transport schemes, accessible taxis and welfare benefits to pay for travel. The other scheme is *Transportation Vouchers* which offer people aged 50 plus vouchers worth up to £5 a week to pay for taxi journeys for people who can't use public transport. This scheme is proving very popular!

Contacts: Cristina Nogues: 0115 9774710 and Robin Riley: 0115 9774520.

Resource Centres for older people

Promoting independence, health and wellbeing

Based in the heart of local communities, Nottinghamshire has four Resource Centres for older people. The Centres cover both urban and rural communities and are based in Retford for the surrounding area; Stapleford for South Broxtowe; Forest Town for Mansfield; Kirkby for Ashfield.

They offer a range of services, opportunities and activities to help older people keep active, healthy and remain independent at home. The Centres provide help and advice so that older people can make choices and have control over key aspect of their lives.

Older people can just call in for information and advice or stay longer and enjoy the opportunities and activities that are available. Refreshments are available throughout the day and the Centres also provide a two course lunch at a low cost.

The place to go to share skills and experience

The place to go to meet other people

".. it was the first place I came to when I moved up here and I have made several new friends" Mrs B

The Centres are a great place to meet other people. Anyone over 50 can pop in, join in or just have a cup of tea. The Centres aim to reduce isolation by providing a friendly place for people to socialise.

"I was lonely after my wife died and did not know where to go but the centre has helped me make new friends and I now enjoy being a volunteer driver" Mr P

Older people are involved in the running of the Resource Centres through either being part of the advisory group, a trustee or a volunteer. The Centres are a place that older people can come to, use their skills and experience to help and support others. They provide an opportunity for people to become active members of their community and feel valued for the contributions they make. For example; the Pen Pal project in Kirkby provides an opportunity for intergenerational activity, where older people are offered training and support so they share their life experiences with children.

The place to go for information, advice and services

"It's the best thing that ever happened to me, it's marvellous, I found so much information" Mrs T

Older people can find out about; benefits, carers support, health, transport, practical services, housing, safety in the home, social care, volunteering, learning and leisure services.

Staff and volunteers are on hand to offer help and advice. If they don't have the answer they will find out who has. Different service providers are also invited to the centres and can give expert advice to people face to face, as well as talks and presentations.

For example: Trading Standards, Arthritis Care, benefits advice, information about home care, equipment aids and adaptations for the home, local self help groups, energy efficiency, crime prevention, falls awareness, Disability Living Centre, Help the Aged, diabetes support, chronic pain support, Fire and Rescue Service, health promotion and senior forums.



The place to go to keep active and healthy

"Since joining the Movement to Music class I've noticed an improvement with my balance, co-ordination and reaction, and I relish the opportunity to meet up with friends" Mrs S

The Centres offer a range of activities and opportunities to keep active, have fun and learn new skills. The programme offered reflects the interests of the people using the Centres.

For example: walking and other exercise groups, performing arts and art displays, crafts, quizzes, board and card games, bingo, plays and trips out to places of interest.

In addition Centres may provide services such as nail cutting, complementary therapies and befriending schemes.

The Resource Centres

The Resource Centres open one day a week. They all welcome anyone over 50 on a regular or occasional basis. There is no membership and no charge to attend. People can choose to pop in for a short while or stay the whole day. All activities are optional. Voluntary transport schemes are available for travel to and from the centres.

Retford's resource for older people

Open Thursdays from 10am to 3pm at the New Life Centre, Bridgegate

To find out more call Dave Bacon on 01777 709650

60 in South Broxtowe

Open Wednesdays from 10am to 3pm at Maycliffe Hall, Stapleford

The centre is run by Stapleford Bureau

If you are interested in knowing more, phone Margaret Bowen on 0115 9491175



Lovin' Life Resource Centre, Kirkby in Ashfield

Open Fridays from 10am to 2pm at the Evergreens Community Centre, Kirkby in Ashfield

The project is run by Our Centre

To find out more call Sandra Musson on 01623 753192

Forest Town Friends in Mansfield

Open Thursdays from 10am to 2pm

It is part of the Kingsway Community Project

You can contact Norma Sparkes on 01623 422161

Notts 50 plus website

Notts 50 plus website has been given an overhaul by Rebecca Batterham, Information co-ordinator for this project and it is now more user friendly. After extensive user testing, it has an improved search facility, structure and layout. Rebecca now has the somewhat daunting task of getting the site populated with as much useful information as possible whilst making sure it is accurate, up to date and all links working! The new look website will be launched on 1st October at the "Celebration of Older People" event at County Hall. But it is active now, so take a look: www.notts50plus.co.uk

If you have any comments or want your group included get in touch with Rebecca on 0115 977 4025 or email: Rebecca.batterham@nottsgov.uk



web portal for older people: www.notts50plus.co.uk