



Federation
for
*Positive
Ageing*

NEWS BULLETIN SEPTEMBER 2015

Dear Colleagues

Those of you who we communicate with by email will already be alerted to this, but to the many who receive this newsletter by post we want to alert you to:

UK Older Peoples Day 1st October

The main aim for the day is to be a celebration of the achievements and contributions that older people make to our society and the economy. It is part of a campaign to challenge negative attitudes and outdated stereotypes of age and ageing. <http://olderpeoplesday.co.uk/find-out-more/>
This is a big part of the Federations ethos and we support it wholeheartedly!

The Federation for Positive Ageing is already committed to a Dementia Friends event on 1st October this year, however if any other club, group or organisation is organising anything to mark Older Peoples Day please let us know how it goes so we can celebrate your efforts in our next newsletter.

Some of you have already responded: *"so we actually do something we at Holme Hall Unite will be joining together with the Chit Chat Club at Loundsley Green Community Centre to exchange a few ideas and make each other aware of what we are currently working on."*

This is great - exactly what the Federation is about, and there's more news of local clubs and groups activities later.

Next year we want to make a occasion of the date, in fact the whole month. Let's celebrate what older people do - can't say we'll get 72 year old Mick Jagger to front our events, but theres lots of people out there who do great stuff, and it would be great to give them a platform to demonstrate the fact.

Let's start a **"Life begins at 60"** programme of events. There's plenty of time to plan - and fundraise. Anyone interested please contact Diane - dsheppard444@gmail.com or phone 0755 396 7087

Allied to this is the idea of Silver Sunday 4th October

The arrival of September signals that it is now just one month to go until Silver Sunday 2015. The day represents a chance to celebrate older people's contribution to communities and to alleviate loneliness through a day of free activities. Silver Sunday 2014 was a tremendous success with almost 400 different events taking place across the country; thousands of people were able to get out of their homes, attend an event and gain the opportunity to make new friends and connections

Silver Sunday will take place again this year on 4th October 2015 and your support would be truly valued. You can get involved by organising an event, encouraging others to do so or by helping to spread the word. The ambition remains to make Silver Sunday a National Day to celebrate Older People. Now in its fourth year, let's make Silver Sunday 2015 the best yet! To register interest or discuss ideas contact Peter Langford on 0207 641 5294 or email: plangford@westminster.gov.uk or visit www.silversunday.org.uk.

If you've organised any event to celebrate Silver Sunday or UK Older Peoples Day, let us know how it went. What did you do? Who attended? Share photos. Do you want to be part of a planning group for next year so we can create a festival of 'Life begins at 60' ?

Older people do a huge amount of volunteering in all sorts of ways and thank heavens they do. Many organisations would be lost or nonexistent without their older volunteers - older peoples clubs and groups are just one example. Help us to celebrate the contribution older people make to community life.

As a warm up to next years big events, don't forget Age Concern Chesterfield's Sponsored Walk in aid of our Careline telephone befriending service. Its an accessible 7 mile route around Rother Valley Country Park on 17th October and every £20 raised will enable an older, very isolated person to join in a Christmas party. To get more information please phone us on 01246 273333 or email administrator@ageconcernchesterfield.org.uk



Other Federation events

Courtesy of Young at Heart older peoples group, we warmly invite other older peoples groups (even if you work with a wider age range - Community Associations, Allotments, Bowls, Walking for Health or TARA's) to join us at a networking meeting **1 - 4 pm Monday 12th October at Loundsley Green Community Centre**, Cuttholme Road, Chesterfield S40 4QU. This is on the number 39 bus route and there is ample parking nearby.

If your group or organisation would like to host a networking event please do let us know. It's a chance to share and promote what you're doing, find like minded people to work with, offer members a different type of activity and join us in planning new Federation events.

We're working with St Thomas's Church Centre to provide a **Dementia Friends Workshop** as part of Chatsworth Road Festival. 1st October 2 - 4pm Places are limited and bookings going well, so if you'd like to come along please get in touch with Jane Simmonds 07974 831274 or email jane.stthomasbrampton@gmail.com

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. Dementia Friends is about learning more about dementia and the small ways you can help.

Fun, Games and Afternoon Tea sessions at Holmgate Darby and Joan Club. Valley Rd, Chesterfield, Derbyshire S45 9QF.

We want to help this accessible community building, with kitchen and car parking space to be used to it's maximum potential. As a joint project with Rykneld Homes we're inviting anyone in the area, or with an interest in delivering activities to the local community to join us at 4 sessions where we'll be providing afternoon tea, games, quizzes and much more. The building is surrounded by older peoples bungalows and adjacent to other areas where the residents are over 50. This doesn't mean to say that activities have to solely focus on older people - just that this is a community resource and any events or activities provided are an opportunity which older people in the area can benefit from.

The sessions are Wednesdays 2 - 4pm starting 30th September, then fortnightly until 11th November.



Your News

We're really grateful for Sybil sharing the information below, travel can be quite daunting for anyone anxious about how their disabilities may cause problems, but our intrepid traveller demonstrates how it can be done.

For anyone with loved ones living abroad, who are too nervous to travel alone, or think that an infirmity prevents them from doing so.

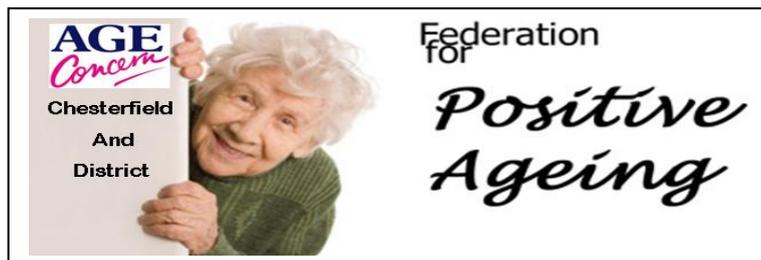
I travel to Australia, on my own, using ASSISTED PASSAGE, which is available through most major airlines. It is a free service, but you have to book early as there are limited places. From the moment that you book in at check in, someone takes over. You are put in a wheelchair (compulsory) and that is it, until you are in your seat on the plane. You do not join any queues, and there isn't any paperwork.

The chair is waiting at the other end, and you are taken straight through customs' and you are transported right to the airport door at your destination. You do have to have a recognised infirmity, and it must be booked when you make your original booking.

I'm 71, infirm, lose my memory at times, but I still travel alone to Australia to see my family.

Don't miss out - get brave!

If you pass on your contact details to the office, I am happy to contact you and discuss this scheme. Sybil Ryalls



Christmas Plans

The St Helen's Tai Chi and Health

Group will be going for a Christmas meal at Chesterfield College on the 15th December.



We have managed to increase our membership over the last few months, we meet on Tuesdays at 10.20 at the Christ Church Parish Centre in Stonegravels, Chesterfield. *Isn't it great to hear about a group increasing membership? Do you want to know how they've done it?*

Third Thursday Friendship Group We're holding a Christmas Tea Dance on Thursday 18th December and would be grateful if other organisations could let their members know about it. It will be held from 2-4pm in the main hall at St John's Church, Walton Back Lane, Walton, Chesterfield S42 7LT. Tickets are just £2.00 and available by ringing Hazel on 01246 236042. The venue has a large car park and is accessible by wheelchair. Disabled facilities also on site. We're also changing our name in January to become CAMEO (Come and Meet Each Other).

Do let us know what you're doing - for Christmas or for anything else. We'd love to publish a calendar of events to support the efforts of all clubs and groups - but we can't do it without you letting us know. Bear in mind all events will be much more sustainable if more people attend - so it pays to publicise!

Other activities

On the first Friday of every month we hold a friendship group called the '**Friendship Hour**' from 2.00 - 3.00pm at St Bartholomew's Church, High Street, Clay Cross, S45 9DZ. It is open to everyone, regardless of age, gender, disability etc. Just turn up on the day no booking needed. Free refreshments and cakes.

If you would like further details please **contact: Aileen Power, Community Development Worker on M- 07935 305029 E -apower.cdw@gmail.com. or the church office on 01246 769374**

St Barnabas Centre, Pilsley Road, Danesmoor S45 9BU hold a 'Community Cafe' ever Thursday from 11am - 1 pm. The aim of the cafe is to bring the community together in a friendly and safe environment to enjoy lunch, or a snack together. We have found that this cafe helps to reduce isolation amongst some of its visitors. We are also hoping to recruit more volunteers to share in this vision and to enable us to extend the cafe opening times. Volunteers can come from all walks of life. We particularly welcome anyone who would like to build their confidence and learn new skills, while benefitting from being part of a supportive community. The St Barnabas Centre aims to be a resource for the community and depends on fundraising and income from hiring out rooms for conferences/parties etc to continue to be a resource to local people.. If you feel you can help in any way we would love to hear from you.

For further details please contact Aileen Power, Community Development Worker, M - 07935 305029, or the manager of St Barnabas, Steve Smart on 01246 250599

Community Consultations Dronfield and Killamarsh

If you would like further information please contact: telephone 01246 217204

email: economy@ne-derbyshire.gov.uk or see www.ne-derbyshire.gov.uk.rf

- **How do you see your town changing in the future?**
- **What type of lifestyle suits you and your community?**
- **What makes you happy about where you live?**

This is an opportunity to put older peoples wants, needs, concerns on the map so do please if you live or work in these areas do get involved.

New Group

Holme Hall Residents Group. Our group was formed in May 2015 and our aims are to improve the quality of life for everybody on Holme Hall Estate. The group are already looking at older people's needs and planning regular social activities. There are 106 older peoples bungalows on the estate. Please get in touch with the group if you can offer anything to support older peoples activities.

Contact 01246 498514, 07711 053601, Facebook – HolmeHall Residents Group

Bolsover District Festival of Brass to Broadcast Worldwide with First Art

The Bolsover District Festival of Brass is set to reach its biggest ever audience this year as First Art and Bolsover District Council have come together to broadcast a live

web-stream of the event.

Staged on Sunday 4th October 2015, at Heritage High School in Clowne, the 10-hour live web-stream will showcase the event as it happens, featuring live web chats with band members and arts professionals. The event is one of the leading Brass Band entertainment festivals in the UK and attracts in excess of 40 bands and 2,000 musicians.

The festival will be broadcast on a new section of the First Art website dedicated to streaming live arts performances (and pre-recorded webcasts/podcasts). We hope that this channel will become integral in creating a digital arts hub for the people of the area, and raising the profile of our areas nationally and internationally.

<http://www.firstart.org.uk/> or contact **Elsa MacPherson**

Dronfield 2gether Development Worker

07870 208866

elsa.dronfield@ndva.org.uk

<https://www.facebook.com/dronfield2gether?fref=ts>

More news from Dronfield2gether

Dronfield 2gether is working towards making Dronfield a 'Dementia Friendly' town. This involves our current Dementia Champion, Carole Barker, and our new Dementia Champion, Jessica Burgiss, delivering information sessions to local people so that they are aware of the issues surrounding dementia and the small ways in which they can help to make life a little easier for those with this terrible condition. However, Dronfield has over 21,000 residents and Carol and Jessica can not do this alone and need your help in order to make Dronfield a better place to live for Dementia sufferers.

We are forming a group 'Dronfield Dementia Friends' of which we would like to invite you to join. Anyone who delivers dementia services or has an interest in supporting our work is very welcome to join this group in order to work together to work towards making Dronfield a Dementia Friendly Town. Please forward this invitation to any of your friends or colleagues in the Dronfield area who may be interested in offering a small amount of their time in order to help.

We are looking at holding a meeting at 12:30 on Thursday 24th September 2015 at Coal Aston Village Hall, to discuss ways in which we can all work together to make Dronfield more dementia friendly. The meeting will go on until 14:30, so please join us even if you can't be there for 12:30. Contact Elsa - details above.



An initiative aimed at supporting older people to be part of the mobile phone and social media world is happening in Dronfield -

Help is at hand with the Mobile Phone Drop-In Buddying Programme!

Where? – The Hub Café in Dronfield

When? – The 28th of September

Time? – 2.00pm-3.30pm

A group of volunteers from the 50+ Forum at Derbyshire County Council will be in the stated location to provide an informal pop in service to give you advice and guidance on how to use your mobile phone.

Refreshments Available.

Big opportunity for older peoples organisations in Bolsover and North East Derbyshire - Don't miss this, in these cash trapped times, help and subsidies for group trips don't come very often.

Talk to Jane (contact details below) and find out what you can do for your group.



Do you run or attend a group based in Bolsover or N E Derbyshire?

Do you like to go on trips and days out?

If so, FIRST ART would like to get to know you.

FIRST ART is a new project that is working across Ashfield, Bolsover, Mansfield and N E Derbyshire whose aim it is to support people to enjoy and experience the arts.

We have a programme called Go See and through this area of work we can support you and your group to visit a gallery, theatre or concert venue, to do and see the things you might have always wanted to try but didn't have the means, confidence or time to do so.

FIRST ART can organise transport and subsidise tickets to make it affordable. To date we have worked with a wide range of groups and taken them to a variety of places, some further afield and some more local, for example the Buxton Opera House, Chesterfield Theatre, Shirebrook Leisure Centre to see the Grimethorpe Colliery Band and the Yorkshire Sculpture Park.

We will work with you to ensure visits are arranged at times to suit you and your group. They can take place during the day or in the evening, during the week or at weekends.

The only criteria is that your group and it's members live in Bolsover District or NE Derbyshire. There are no age or income limitations.

So, please do get in touch for a chat so we can help to make things happen!
I look forward to hearing from you.

Contact Jane Wells by emailing jane@firstart.org.uk or telephone me on 01246 209219

Reaching Out to the Community supporting people with Tinnitus

Chesterfield and North Derbyshire Tinnitus Support Group will be holding a number of Outreach events in October to support people with Tinnitus

Tinnitus is a condition which is characterised by ringing or noises in the head or ears for which there is no external sound source and for many sufferers it can affect their work, family and social lives. However, the support group will help sufferers to understand their tinnitus and learn how to manage it.

The group are organising two information and awareness events - in Buxton and Clay Cross, which will give sufferers the opportunity to meet members of the group who successfully manage their condition, as well as finding out about accessing professional support from Audiology at Chesterfield Royal Hospital. At both events,

other related organisations will be there to give sufferers information about the support which is available in their local community. This will include information and advice about improving health and wellbeing.

The information days will take place on

- **Thursday 1st October 2015 Buxton Methodist Church**, Chapel Street, Buxton, Derbyshire SK17 6HX **From 10.30am – 3.00pm**

There will be a short introductory meeting between 11am and 12 noon with presentations from Chesterfield and North Derbyshire Tinnitus Support Group and Chesterfield Royal Hospital. However members of the public are free to drop in anytime during the opening hours.

Thursday 8th October 2015 Clay Cross Social Services Resource Centre, Market Street, Clay Cross, Chesterfield, Derbyshire S45 9JE
From 11am – 3.00pm - Drop in only

For more information about the Support Group or the events please contact Chesterfield and North Derbyshire Tinnitus Support Group on 01246 380415 or email mail@tinnitussupport.org.uk

Local Community Centres do everything they can to reach out to older and isolated people. heres a good example: **Doe Lea Centre** (Mansfield Road, Doe Lea, Chesterfield. S44 5PD
Tel: 01246 850209



MONDAY **COFFEE MORNING 10.00am – 11.30am** Feeling in need of company and a chat, then come along, everyone welcome.
(NEW)CRAFT AND CHAT GROUP 1.00pm – 3.00pm Learn new skills and share your skills. It's **FREE. STARTS 14TH SEPTEMBER**

WEDNESDAY **DINNER CLUB 12.00 -2.00pm. For the over 60's.** Have dinner, pudding and a cup of tea for £3.00. Meet friends and neighbours, have great days out, parties and information.

A bit out of our area, but an interesting project.....

The Alzheimers society is developing a Sporting Memories group. An activities and reminiscence group for people with dementia, their families and carers. It takes place in Alferton Town Football Club, second Thursday of each month 1.30 - 3.00pm
For more info contact Ron Wade at Alzheimer's Society 01332 208845 or email derbyshire@alzheimers.org.uk

50+ Forums - Attendance is a good opportunity to learn and respond to local issues affecting older people and to raise awareness of your local club or group.

Ongoing activities held by the 50+ Forums

Chesterfield 50+ Inspired Group – Toenail Clinic

Held weekly on a Tuesday & Friday - 1.00pm-2.00pm.
At The Physiotherapy Clinic, 98 Saltergate (Old N.U.M Building)
£6.50 per session
No appointment necessary

Staveley Seniors – Toenail Clinic

For residents living within the Staveley Geographic Boundary
If you struggle to cut your own toe nails this service could be for you!
Held weekly on a Tuesday - 1:00pm-3:00pm at Rectory Road Surgery, Staveley
£5.00 per session
Appointments made through: John Morehen, Chair of Staveley Seniors Forum
Tel: 01246-473313

Up and coming 50+ Forum Meetings

The Older Peoples Forum – Bolsover & District

4th December 2015 – To be held at Shirebrook Leisure Centre
10:00am – 3:00pm – Christmas Event
Variety of Speakers and light buffet lunch (cost £2.00)

Chesterfield 50+ Inspired Group

12th November 2015 – To be held at Chesterfield Town Hall
10:15am – 12:45pm

Clay Cross & Surrounding Districts

18th November 2015 – To be held at Clay Cross Social
1:30pm – 4:00pm – Christmas Event

Staveley Seniors

Meetings held the last Thursday of every month (except December)
10:00am for 10:30am start – 12 noon.
Held at Staveley & Barrowhill Church Community Rooms

Chesterfield and North Derbyshire Volunteer Centre Voluntary Sector Awards

The judges have been up all night sifting through the nominations and it really was a tough job because the number of nominations we receive continues to grow year on year. As always it was very difficult but a shortlist for all categories was finally arrived at. You should have received a letter by now explaining how your nomination fared but if you would like more information do give us a call.

Tickets are now on sale from The Volunteer Centre priced at £5 for adults and £3 for children (under 15). Please do contact us if you would like to come along as we expecting another exciting night.

The Awards ceremony is at the Pomegranate Theatre 14th October, doors open at

6.30pm with entertainment due to starts around 7.15pm. We look forward to seeing you on the evening.

Charity Groups and Organisations are wanted for Shirebrook's Christmas Market.

Shirebrook Town Council have organised this year's annual Christmas Market for Sunday 29th November 2015 and are looking for more charity groups, organisations and partners to come along and promote what they do, raise profiles and raise funds etc.

If you would like to be involved please contact: Tracy Baxter at Shirebrook Leisure Centre/email: tracy.baxter@shirebrooktowncouncil.gov.uk / Tel: 01623 748313

Funding

Derbyshire County Council Public Health Department has set up a small grants scheme in each of its locality areas to help support local groups and communities improve the health and wellbeing of local residents. Any voluntary/community groups or local people within the Chesterfield Borough Council (CBC) area, who come together to support the health and wellbeing of their community, are welcome to apply to the Chesterfield Public Health Small Grant Scheme.

The closing date for applications is 5.00pm on Monday 28th September 2015.

The grant scheme will be administered by NDVA. For more information or to request an application pack please phone NDVA on Tel: 01246 555908 or Email: info@ndva.org.uk

Please do keep your news about what's happening in your group, community or organisation coming in to us. One of the key aims of the Federation for Positive Ageing is to enable anyone working with older people (even if you work across generations) to share information and facilitate joint working.



Federation
for
***Positive
Ageing***

We're stronger together!

How to submit your news and events:

By post to Age Concern Chesterfield and District, address below - please mark the envelope Federation of Positive Ageing. By email to Diane Sheppard dsheppard444@gmail.com, or telephone Diane on 0755 396 708