



Alone a Whisper,

Together a Voice

Halton OPEN NEWSLETTER SUMMER 2015

Contact us—Clare Lightfoot on 01928 575 400 Tuesday to Thursday

E-mail: clarelightfoot@aukmm.org.uk

Chair's Foreword

Hello to all of our Forum Members old and new,

It has been a while since our last newsletter and much has changed in this time including a change in the named Chair of Halton OPEN, as I was elected at the last Annual General Meeting in September 2014.

I was born in Widnes and have lived in both towns in Halton, and have travelled extensively throughout the UK and Europe, and I returned to Widnes 12 years ago to be closer to my family and friends. I retired in late 2014 but believe that being active will keep me healthier and volunteering will enable me to keep my mind active, help others and to make new friends.

As Chair I look forward to meeting with many of our older people to hear about their concerns and issues which affect them and to bring about change through taking their concerns to the organisations that matter, to hopefully bring about improvement in their health & wellbeing in our local environment.

In December 2014 our Committee Members completed a small survey with some of our older people in Widnes and this has been very highly welcomed by the Older Peoples 'Commissioning Manager, Mark Holt at Halton Borough Council and has been shared with other local organisations. A similar survey will be completed in Runcorn during the Spring. A copy of the survey results will be posted on our website when it launches in early June, and paper copies can be obtained from our Development Officer, Clare Lightfoot who can be emailed at clarelightfoot@ageukmm.org.uk

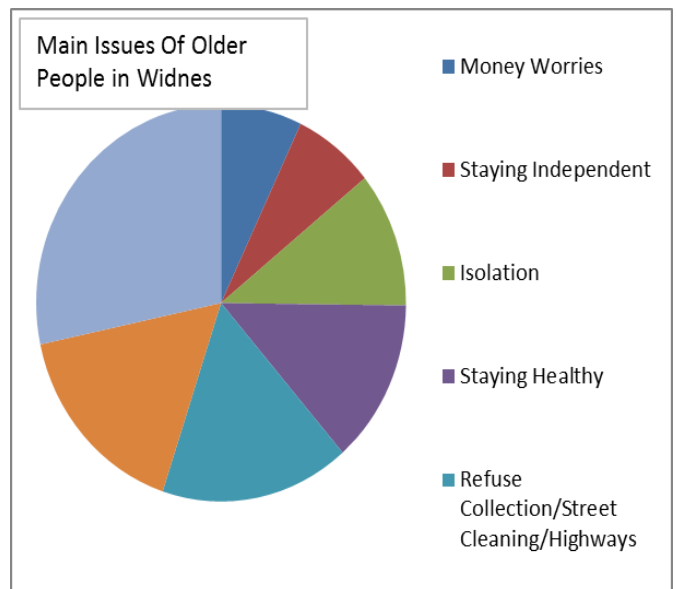
My passion is working with people and for people and especially for those who are not having their voice heard. Halton OPEN's aim is to improve the quality of life for Older People (age 50+ upwards) in Halton by influencing local policy and decision making to bring about improvements within our social environment which will benefit our Older People within the borough.

I am committed to facing fresh challenges on behalf of the Older People in Halton and look forward to hearing from you and hopefully meeting you at our re-launch events in June 2015 in Widnes and a further event in November in Runcorn.

Kind regards

Lorna Plumpton

(LORNA PLUMPTON Chair—Halton OPEN)



Halton OPEN 4 You

Hosts a Showcase of Services for Over 50's

23rd June 2015 10am – 4pm

The Foundry, Widnes

**This will provide you with the opportunity to find out what is available
and to speak directly to the people that provide those services.**

**We are hosting some exciting sessions that you can attend throughout the day
Refreshments will be provided.**

This is a free event but you will need to book your place!

Ask for Clare Lightfoot Email: clarelightfoot@ageukmm.org.uk

Telephone (Tues/Wed/Thurs): 01928 575400

Halton OPEN, c/o AGE UK Mid Mersey, 44 Church Street, Runcorn, Cheshire, WA7 1LR

FORTHCOMING EVENTS

JUNE 2015—Pensioners' Parliament—Halton OPEN will be representing the older people in Halton at this event in Blackpool.

20th May 9am to 4pm—Love your market—Come and see us in the Indoor Market, Widnes

26th May 10 am to 3pm—Love your Market, High Street, Runcorn Old Town.

23rd June—10am to 4pm—The Foundry, Widnes. Halton OPEN's Services for Older People Showcase for Widnes

29th Sept 2015—Halton OPEN AGM—all members are welcome to attend, venue to be confirmed

25th November—10am to 4pm— The Heath Business Park, Runcorn—Halton OPEN's Services for Older people Showcase for Runcorn (to be confirmed)

Janet Jones—Committee Member

I have been a resident of Widnes for 36 years, moving from Liverpool.

I have always wanted to help people, especially older people and when I had chance to join Halton OPEN 3 years ago, I thought I would have a go, although at the time I was only 56—having taken early retirement from the NHS.

I have attended the Pensioners Parliament in Blackpool for 2 years and have found it very passionate and informative, coming away with knowledge about the many things that are a national issue, i.e.: pensions, healthcare, care homes.

OPEN is helping me to help older people by trying to get their voice heard by those who matter and to try and ensure older people are not being left out of many issues and changes. Our older population is growing rapidly and they need to be provided for by any government.

Kind regards

Cheshire Police Alert is the community messaging system brought to you by Cheshire Constabulary and servicing the whole of Cheshire.

By registering with Cheshire Police Alert, you receive news and appeals, local crime information and crime prevention advice - direct to you as an e-mail, mobile text or voice message. <https://www.cheshirepolicealert.co.uk/>

SCAMS / LOAN SHARKS

If you have trouble with, or think a Loan Shark is operating in your area try to gather as much information as possible and give it to Trading Standards-record conversations, take pictures, make a note of their registration number etc.

Beware of: BOGUS OFFICIALS –DOOR STEP TRADERS OR PHONE SCAMMERS

IF YOU FEEL THREATENED OR SCARED DIAL 101 FOR THE POLICE OR 0303 333 4300 FOR TRADING STANDARDS

Mandy Molyneux, Halton Trading Standards

CARE QUALITY ACT

The new Care Quality Act came into being on 1st April, 2015

Contact Halton Borough Council through the website: www.haltonboroughcouncil.co.uk. Tel 0303 333 4300 or Halton Carers Centre—Runcorn 01928 580182—Widnes 0151 257 9673

They can advise you when you qualify for financial support.

ONE HALTON

Vision for Healthcare Services

Service will be no different wherever you go to across Halton

NEW PENSIONS

You will probably have heard that people aged over 55 are now entitled to have access to their personal pension fund. To find out more go to website: www.pensionwise.gov.uk

HALTON CLINICAL COMMISSIONING GROUP

Halton's new Urgent Care Centres:

Now open at Halton General Hospital, Hospital Way, Runcorn, WA7 2DA.

Additional Services will be available from July in Widnes Resource Centre, Caldwell Road, Widnes, WA8 7GD

Expert treatment with no appointment needed.

365 days a year access from early in the morning till late at night.

Expert diagnostics including X-ray.

Ability to see a Doctor

Specialist staff to treat children.

Go to www.haltonccg.nhs.uk for more information

HELP AT END OF PHONE

Blind persons: Cheshire & N Wales: Vision Support
01244 381515

Deaf Persons: St Helens, Deafness Resource Centre
01744 23887

Persons with Dementia & Alzheimer's: 0151 420 8010

Marie Curie—Care and support through terminal illness
Support Line 0800 090 2309

WELCOME TO THE HALTON HEALTH IMPROVEMENT TEAM



The Halton Health Improvement Team offers a wide range of services to help you improve your health and wellbeing, including support to quit smoking, lose weight and get fit and healthy.

Our services are open to all residents across Runcorn and Widnes.

To find out more, give us a call on **0300 029 0029**
www.haltonhealthimprovement.co.uk

Halton's OlderButWiser Tea Dances - Become a member to meet new people, have some fun, show off their best side and look after your Health at a series of weekly events called "The OBW Tea Dances" and at the same time funds for an Apprenticeship Scheme in supporting older People.

The Tea Dances take place each **Monday and every other Friday afternoon** at the Heath Business Park (Old ICI Headquarters) in Runcorn and begin at 1pm, at a **cost of £3.50**, followed by sessions of ballroom, sequence and other types of dancing to the live music by our resident organists. There is always a chance to meet earlier to enjoy a meal with a refreshment break (tea/cake) in the middle, to have a quiet chat with new friends afterwards; **come and join us!**

For further details and to join please phone Alan on 07971 832467.



50 PLUS CLUB



Hot Drinks and Cakes

Games

Newspapers

Friendship



Every Tuesday: 1 to 3pm at Hope Corner, 70 Clifton Road, Runcorn, WA7 4TD. Tel: 01928

STAY SAFE—STAY WELL

THIS IS A FREE SERVICE FOR PEOPLE AGED 50+ LIVING IN HALTON—The Stay Safe Team consists of staff from Age UK Mid Mersey who have vast experience in ways to assist you to remain independent and safe in your own home.

What will it cost-about an hour of your time—THE REST IS FREE.

Book an appointment with : Age UK Mid Mersey, 44 Church St, Runcorn, WA7 1LR: Tel 01928 575400

Finally,

Please help us help you, and if you know of anyone who may be interested, ask them to join us to help us continue and make our voice be heard for the older population of Halton.

We hope you have enjoyed this newsletter and attend our many events.

Thank you

Lorna and the Committee Members of Halton OPEN.

HALTON'S OLDER PEOPLE MATTER TO US

