



www.haltonopen.co.uk

SUMMER 2016 NEWSLETTER

Chair's Welcome

It only seems like yesterday since I sat down to write my welcome for our Spring newsletter. At that time we were putting together our plans for the year to 31st March 2017 and I am delighted to inform you that we are well on the way to reaching our goals.

We have been overwhelmed with positive feedback about our new website and I encourage those of you that have internet access to look at it on a regular basis where you will learn about what we are doing, you will see interesting news items that may have an impact on your life in Halton, you will see details of events we have planned and you will find interesting contact information. Visit www.haltonopen.co.uk.

I am pleased to report the success of the first phase of our consultation with Halton Borough Council on the transformation of domiciliary care and to inform you that we are working closely with both the council and CCG on issues including improvement to public transport, provision of useful information and on loneliness and isolation. You will find details elsewhere in this newsletter of many of these activities.

We are determined to get a better understanding of what you believe necessary to improve the lifestyle of our older residents of Halton. We shall soon be commencing our member survey and we have started visiting local community centres where we hope to meet some of you as well as to make people aware of what Halton OPEN can do for the community. We should love to see you there. We are also present every Wednesday from 11:00am in The Box in Runcorn Shopping Centre where we are working with the council and other organisations to provide an environment for lonely people to meet up.

We have had excellent response to our appeal for members to become more involved in our work and to add their voice to our consultations and campaigns for which we are very grateful and thank all who have come forward. As I said in the spring, our success depends on understanding the concerns of our members and it is fundamental to hear your views and opinions.

We are currently looking forward to our AGM on 29th September, and we hope to see you there. Full details can be found in this newsletter.

With my very best wishes to you all,

Richard Ashworth.
Chair, Halton OPEN.

THE VOICE OF HALTON OPEN

Please put your name forward to join our OPEN panel—this is YOUR chance to have Your say: Contact Halton OPEN on 01928 242034 or e-mail: clarelightfoot@ageukmm.or.uk

We present to our members two free events!



Building on the success of last year's events, Halton OPEN has collaborated with Halton Clinical Commissioning Group to host Halton People's Health Forum with **Older But Wiser Wellbeing, The Heath School and Saints Peter and Paul Catholic College.**

The events will take place at the Heath Business Park, Runcorn on the 18th October, and at Saints Peter and Paul Catholic College, Widnes, on 20th October. Both events start at 11:30am. The events will feature presentations on key health related issues, information stands and...

FREE TRAINING FROM OUR LIBRARY SERVICES ON HOW TO USE THE INTERNET

PlusStrictly Come Dancing and free refreshments!

Places will be limited so we would advise early booking on 01928 593479 (quoting Halton Peoples' Health Forum October 18th or 20th), or by e-mail to communications@haltonccg.nhs.uk

Older People's Week 2016

Once again Halton Borough Council will be sponsoring and celebrating Older People's Week, 3rd-10th October. As usual the celebrations are a collaborative approach with all the organisations and individuals of the Partnerships in Prevention Group (PIP) involved. These include The Red Cross, Age UK Mid Mersey, Royal Voluntary Service, Halton Disability Partnership, Sure Start to Later Life, Wellbeing Enterprises, Halton Housing Trust, Cheshire Fire and Rescue Service, HBC Sports Development, and many more. The events are still being finalised but include Tea Dances, Get Togethers, Tai Chi classes, indoor bowls, health walks, gentle exercise plus more. Most events we advertise will be free or at a low cost. Information about Older People's Week will appear on the Council's website and will also be distributed through Halton OPEN nearer the time.

HALTON OLDER PEOPLE'S EMPOWERMENT NETWORK GROUP (Halton OPEN) Annual Conference and AGM

Thursday 29th September 2016 9.30 am (Registration) - 1.30 pm

At the Brindley Theatre, High Street, Runcorn, WA7 1BG

ENTRANCE IS FREE (light refreshments included)

EVENTS ON THE DAY

Music by Talking Through Music (Ian Collinson) – music written and created by local community members.
Councillor Marie Wright – (brief overview of her view of Halton OPEN this year)
Professor Bimal Bhowmick – the Bhowmick model
Barry Davidson – Mersey Gateway Bridge Project

If you would like to attend, please contact Halton OPEN. Tel: 01928 242034 or email clarelightfoot@aukmm.org.uk You can also book online at www.haltonopen.co.uk

Campaign Corner

A brief summary of our progress where we have been campaigning on behalf of our members.

Age restrictions on routine cancer screening tests.

We drew your attention to this matter in our Spring Newsletter following the tragic experience of one of our members when we wrote to the Director of Public Health seeking clarification as there is a lot of conflicting information. To date there has been extensive communications between the Director of Public Health, the NHS and other interested organisations on the subject. An expert NHS representative has agreed to attend our October committee meeting to talk to us. Sadly this is too late for our member who now has limited life expectancy but we hope that we have contributed in some way to an ultimately better service.

Waste collection Services

Following much complaint about the charges introduced for green bin collection last year we wrote to the appropriate authority in the Council to express our concern about the charging methods along with the lack of green bins in certain areas and the problems with moving of wheeled bins faced by many of the elderly and infirm. Although we have been unable to influence the charging procedures, green bins are now being introduced in areas where they have been lacking and we have learnt that the Council does offer an assisted collection service for those who need it. If you fit into that category all you have to do is call the council and ask for assistance when your refuse is collected.

Dog waste collection bins

We have received complaints from members regarding the removal of dog waste bins in Halton parks and notice that dog walkers should place bags with dog droppings in the general waste bins. We have written to the Council with copy to the Director of Public Health to express dismay at this move.

Maintenance of Green Spaces

Many areas of Runcorn New Town are suffering from significant reduction in hedge trimming and grass cutting. Not only is this giving the area an untidy appearance but we have been made aware of a number of people suffering from loneliness and isolation now being unable to see beyond overgrown hedges. This is adding to their feeling of isolation and potentiality damaging to their wellbeing. We have written to the Council expressing our concerns.

A BRIEF HISTORY OF HALTON OPEN

Halton OPEN has been in existence since 2001. It was originally set up by Age Concern Runcorn (now Age UK Mid Mersey), sponsored by Halton Borough Council to examine and implement the National Service Framework for Older People – a ten year programme devised by central government. Since that time the role and subjects explored have expanded and Halton OPEN now seeks to be a wider voice for older people living and/or working in Halton. "Alone a Whisper, Together a Voice". We are still sponsored by Halton Borough Council and facilitated by Age UK Mid Mersey with whom we work in close co-operation. Our mission is to inform and, where possible, influence and improve the services and conditions for older people in Halton.

"We are developing a booklet entitled "**Did you Know?**" for members. The aim of the booklet is to signpost services and facilities in Halton for older people. The booklet will empower members with local information which they can use as they see fit. If you have any suggestions on what should be included then please contact our committee member Dave Austin, on daveaustin@live.co.uk. All ideas will be fully researched.

OlderButWiser – Wellbeing Lifestyle is an innovative way for older people to start thinking about their future lifestyle requirements and all about improving the health of our older population in the UK using activities that will not only improve their health but enhance their lifestyle. It is primarily, however, built around a lifestyle which encourages and assists older people to live independently for longer encouraging not only good food and nutrition but provides opportunities for meeting new friends through ongoing learning, exercise and most importantly relaxation.

Throughout research it is proven that good relationships are part of the key to health and wellbeing, so at OBW Wellbeing Lifestyle we aim to proactively bring people together. We do this through our range of activities, regular get-together's for various activities and away day weekends etc.

Tea Dance afternoons including live music and refreshments.

Pre dance lunches and informal get-togethers.

Short break (2/3 day) activity trips (Dance and other)

Short mat indoor bowling. (winter only)

Iphones, I pads and laptop training involving face time links home and abroad.

Nordic Walking

Canoeing or sailing and many other physical activities.

The goals of health and social care policy are to promote and extend a healthy active life and to take control of their ongoing future independence and lifestyle.

“Plan for the next stage of your career and lean to value your age and experience” – Alan McKie

www.olderbutwiser-wellbeing.com (07971 832467)

Useful Numbers:

Diabetes Essentials—Group education sessions for people with Type 2 diabetes—to find out more contact Therapy Services on 01244 365234

Cheshire Police ALERT— Community messaging system where you can sign up to receive information about what's happening in your local area. To find out more visit www.cheshirepolicealert.co.uk

Talking Through Music - Workshops, tuition—music written and created by local people. Contact Ian Collinson on **07889 457435**

Fun Crossword—answers next time

Across

- 1. Vegetables
- 6. Sheep
- 7. Female Chickens
- 8. Boats sail on them
- 9. Often dropped

Down

- 1. A tool
- 2. A Horse
- 3. A blow
- 4. A drink
- 5. Judy's mate

1	2	3	4	5
6				
7				
8				
9				

“Be careful about reading health books. You may die of a misprint”
Mark Twain, Writer

This is your newsletter, we hope you enjoy it. We welcome your ideas on how we can improve the newsletter. Please contact Halton OPEN on 01928 242034 or e-mail: clarelightfoot@ageukmm.org.uk

