**Older People Providers Forum**

Tuesday July 16th at 10am

Chair: Donna MacKey (Sporting Memories)

Note Taker: Victoria Isbister (VSGWL)

Present:

Dalia Jimenez (Health in Mind) Tony Donohoe (Age Friendly) Stuart Bell (WLC)

Leighann Bishop (Xcite) Lauren Heap (Alzheimers Centre) Esther Lynn (Re-engage)

Andrea Gourlay (Answer House) Graham Stevenson (Home Instead) Sylvia Forshaw (OPAL)

Jennifer White (Scottish Care)

Apologies:

Susan Scott (MIST) Tracy Kerr (VSGWL) Ann Edwards (Food Train) Generation Arts

1. **Welcome, Apologies, Introductions**

Special welcome to Dalia and Lauren to their first forum meeting.

1. **Previous minutes and outstanding actions**

Previous minutes agreed and will be published on VSGWL website.

1. **Guest Speaker – Esther Lynn, Re-engage**

Esther.lynn@reengage.org.uk

**0800 716 543** (Main referral and general information line) **020 8017 8234** (direct line)

* Support for over 75’s to tackle social isolation and loneliness UK wide. Esther is Engagement officer for Scotland. Various clubs and services running in WL. Volunteer supported.
* Org has been running since the 60’s, originally Contact the Elderly, rebranded.
* In person tea party including Drivers. Hosted at volunteers’ home. Livingston, Blackburn, Bathgate. Open to anywhere! Once a month, Sunday afternoon, regularly scheduled.
* Looking, post covid, at how to use Community venues and spaces. Introducing people to spaces which are local to them.
* Two Telephone befriending services – matched with an older person. 30min conversation once a week. Also LGBTQ+ line.
* Simple processes, no qualifications needed, no conditions. Not goal orientated. Companionship.
* Not working in isolation, want to link in with other groups and get the word out.
* [Find a tea party group and make friends over tea and cake (reengage.org.uk)](https://reengage.org.uk/join-a-group/tea-parties/)
* Is it mainly women? Esther agreed yes however always looking at ways to engage and spoke about services running in other areas which include partnerships with e.g. Men’s Shed.
* Volunteer Drivers – 5k radius, up to driver how far they are willing to drive.
* Comments and discussions from people about how their service may be able to link in.
1. **Guest Speaker – Tony Donohoe**

Scottish Older People’s assembly: age-friendly communities in Scotland: An Introduction.

Please see slides.

* Funded to coordinate national project of age friendly communities
* 3 Age Friendly Communities at moment in Scotland. 12 Working towards (inc WL)
* Working locally and nationally. Raising awareness. Would like to influence national agenda.
* Existing networks and activities probably cover 70% of criteria, it’s about identifying gaps.
* In practical terms, what do the 3 age friendly communities look like? Tony answered that it’s flexible term and each are different. South Lanarkshire was a Council led project which then fed into community planning. Perth and Kinross big rural area, they are earlier in process and currently working on building the network.
* Third sector, HSCP and local authority all working together. Political support needed.
1. **What’s on Where Directory update – Graham**

Summer edition is out. Distribution to usual places i.e. partnership centres. Been communicating with GP surgeries if anyone has any contacts please get in touch! Digital version on website. Will reach out end of August ahead of Autumn guide. All help appreciated. <https://www.homeinstead.co.uk/west-lothian/whats-on-where/>

Printed copies available: Unit 9 Grampian Court, Beveridge Square, Livingston, EH54 6QF

1. **Senior People’s Forum update:** Next meeting August 28th.
2. **VSGWL Update**

No comments on TOR – agreed to publish. Can be reviewed anytime.

* Third sector report was presented to the council this month by Alan and was well received. Alan also highlighted the reduced funding in the sector along with the higher demand for services. The report can be read here;
<https://www.voluntarysectorgateway.org/launch-of-4th-third-sector-annual-report-23-24/>
* A reminder that any volunteering opportunities get sent to us to add to volunteer Scotland via this form to get the widest reach possible.
<https://www.voluntarysectorgateway.org/organisation-support/advertise-your-volunteering-opportunities/>
* Have been receiving increased requests for corporate volunteers. Bear in mind if you have any events or projects that a one day help out could support. The offer is sent out to members when received – if not a member, you can check under current members and join for free here <https://www.voluntarysectorgateway.org/organisation-support/our-members/>
* Communities Health and Wellbeing fund for this year has been confirmed, keep an eye out for updates and launch dates on bulletin and social media.
* A sector resilience and wellbeing session was held for leaders on 27 June and was very successful. There are plans to repeat this later this year.
* A cultural event is being planned by WLC at Whitburn partnership centre. They are working with the Race forum to make it as diverse as possible.
* A reminder about easyfundraising as a way of increasing funds. More info here and the link to sign up your organisation is here <https://www.easyfundraising.org.uk/west-lothian/> .
* The final OPP terms of reference are complete and ready to publish on website. Decided to leave older person term for now but this can be revisited.
1. **Service updates**

Sporting Memories: Broxburn and Livingston clubs going well, always looking for volunteers. Working with Linlithgow Rose: new club starts Thursday Sept 5th 1.30-3.30pm – day / time based on volunteer availability. They have good community links and existing successful events at social club.

OPAL: 60+. Run a Thursday 1.30-3.30pm in Linlithgow at Longcroft Hall - potential joint opportunity with sporting memories. Annual tea in the park, all clients and volunteers and staff, July 30th Hillcroft. Pride representation – July 27th. Open session for referrers August 29th in Bathgate. Community Hub in Bathgate is busy including weekly drop in coffee mornings. In partnership with HCL for transport.

Answer house: Whitburn based. Dementia day care unit, 9 people on waiting list. Looking forward to confirming 20 or so volunteers from Armadale Academy, 6th years. 1 day a week per term. Andrea said she was really impressed with the young people and had not considered volunteers from a high school. Received grants from Morrisons and HP insurance and will be buying replacement chairs (with arms).

Health in mind: Running various sessions for all ages. Some online, 90 mins, send an email, enquiry system. The Peer Connecting service (Health in Mind - West Lothian) has an Anxiety and Depression Peer Support group (online). The next block of sessions is starting in mid-August. See below overall information for the sessions. **Anxiety & Depression Peer Support (Groupwork):** The Peer support group can offer a ‘Peer’ space for those facing anxiety and depression to meet with others in a safe space to explore challenges, discuss coping strategies and support one another over the course of 6 sessions.  This group is held fortnightly on Thursday evenings. Group is facilitated virtually via zoom for 90 minutes to allow for those who work or have caring responsibilities to make it as accessible to as many as possible. **For referrals**, please fill out the enquiry form (link below) or call the Health in Mind head office tel. 0131 225 8508. Please make sure to mention you are based in West Lothian as Health in Mind offers a variety of services across Scotland.

<https://health-in-mind.org.uk/enquiry-form/>

Jennifer White – Working on Age Friendly communities and a Partnership with Social Care and The Larder, 16-24yr olds who have funding for one year to support young people into Social Care.

Home Instead: One advantage of remaining at home is that people can engage in their local communities. Had a huge uptake recently for respite including overnight live in care for brief spells. Commissioned survey research of 1000 adults: some answers expected, others surprising. Paints a real picture. Will be commissioned quarterly to build a picture. Can also be useful to identify gaps and opportunity to try.

Xcite: Groups all up and running as normal. Young at Heart hasn’t been as busy as normal, so will advertise again. New website coming out which will be a lot easier to use. Ageing well will have their own part making it easier to find information. Working towards Can Olympics for all the care homes. Good relationship with the college and students happy to help. Silver Sunday – Nov 17th Hillcroft. Partnered with the Police and OPAL for talk about online and over the phone scams. Oct / Nov. All welcome.

Alzheimers: Waiting on rebranding. You don’t need diagnosis to attend café. Currently Promoting preventative measures such as brain health. July 23rd – Epilepsy UK, keeping brain healthy and looking at links between Epilepsy and Dementia. Fauldhouse Café is currently based at Salvation Army, which is potentially closing, so could be looking for new premises. RNIB information sessions: sight loss can stop people getting out and about in the community however various aids are available. All welcome to all drop in cafes. Youngest people over West Lothian accessing services are early 40’s. Happy to share other services to combat social isolation and give people information.

1. **West Lothian Council updates** - none
2. **AOCB** - none

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| Volunteer role information | Donna - completed |
| Pick up printed copies What’s on Where Guide and share links on social media | All |
| Share survey results | Graham – completed |
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