

Melton Seniors Forum Newsletter

Welcome to the Melton Senior's Forum newsletter. During May this year the Seniors Forum and our partners organised events and sessions for celebrating Silver Surfers day and Adult Learners Week. Sessions included 'spring online' introductions to the internet and how to use the internet to research people and places. We hope this encouraged many of you to explore what the internet can do for you.



In this edition the Seniors Forum would like to tell you about our plans for Seniors Day and Seniors month during September.

The traditional Seniors Day event will be taking place this year at the Melton Mowbray Royal British Legion Club on Friday 2nd September from 10am – 4pm. On the day you will be able to find out information from many different local agencies and service providers and try new activities as well as enjoying refreshments, lunch and a chance to meet friends old and new. For more information on what will be available on Seniors Day please see pages 2, 3 and 4 of this newsletter.

During seniors month throughout September there are over 30 different activities available for you to try. Want to try a new activity? Why not try the beginners health walks or new age kurling? For more details see page 5. Bored of making the same old foods? Want to learn new techniques and try exciting new dishes? Why not try one of the cooking courses being offered by the Melton Learning Hub during September. For more information please see page 6.

For a detailed list of all activities on offer during Seniors Month please see the calendar & listings included with this newsletter.

Whatever your interests or abilities we hope that you may be able to find an activity or event to try during September. We look forward to seeing you!

Melton Seniors Forum

If you would like to know more about the Seniors Forum or about items in this newsletter please contact Lucie Keeley, Neighbourhood Support Officer on 01664 502502.

Melton Seniors Forum would like to invite you to our



Melton Senior's Day
Friday 2nd September 10am - 4pm
Melton Mowbray Royal British Legion Club,
Thorpe End, Melton Mowbray

Refreshments
and lunch

Tea Dance

Activities

Pick up your
Seniors Month
calendar

Information stands

Booking required
To book your place at this event please call
01664 502502

Seniors Day
Friday 2nd September, 10am – 4pm
Melton Mowbray Royal British Legion Club, Thorpe End, Melton
Mowbray, LE13 1RB

10am – 2pm Refreshments, information stands and activities available;

- **Activity for Health** - Home based exercise programme for older people is designed to prevent falls by improving strength and balance enabling older people taking part to feel more confident and independent in their everyday activities. Taster sessions available on the day
- **Age Concern** – Find out about the services and support available from Age Concern
- **Care Online** - Helps older people, disabled people and their carers in Leicestershire understand how computers and the Internet can reduce their isolation and improve their communication, and access services and information that they could not previously access.
- **Hate Incident Monitoring project**
- **Health Checks** – Checks include blood pressure, height, weight, BMI, body fat and waist circumference
- **Kurling** - Would you like to try a new activity? Then why not try New Age Kurling? A taster session will be available at 11am.
- **Leicestershire Constabulary**
- **Leicestershire Handyperson service**
- **Leicestershire LINK** - Local Involvement Network for local people and voluntary organisations who want to improve Health and Social Care services
- **Melton Country Park & Melton in Bloom**
- **Melton Foot clinic**
- **Melton library**
- **Midlands Co-op Society Ltd**
- **Older People's Community Champions**
- **Parkinson's UK**
- **Pension, Disability and Carers Service**
- **PSA Financial Services Ltd** – Available to answer questions, either about yourself or on behalf of a relative, about Long Term Care planning
- **Recycling and Waste Minimisation** – Find out how you can reduce waste and what can be recycled
- **Snowdrop language learning** – Come and find out how language learning has changed since you left school and what you could gain from joining a French class
- **VISTA** - Gadgets & information on services for sight loss
- **Voluntary Action Melton** – Find out information about the community transport and gardening scheme

1pm Lunch

A buffet lunch provided by the Samworth Centre Cafe will be served at 1pm.

2pm – 4pm Tea Dance with Tony Cooper

Booking required please call 01664 502502

Do you live in Leicestershire? Are you Disabled, a Carer or an Older Person?

CareOnLine helps people who have difficulty leaving home, learn how to use computers, send emails and use the Internet.

For people who qualify, we offer:

- Advice on computer equipment to meet your needs
- One-to-one training in your own home
- Telephone and home visit support
- An easy to use web site to access other services



CareOnLine has helped hundreds of people from 18 to over 90 improve their quality of life, help them stay in touch and open a new window to the world.

“Thank you for getting me online – it’s a lifeline”

“Where else would you be able to get all this information on a Sunday afternoon?”

LEICESTERSHIRE CAREONLINE
TEL: 0116 305 7538 www.leicscareonline.org.uk
Visit our stand on Melton Seniors Day, 2nd September

Activities available during Seniors Month

On the next few pages you will find details of new activities that you can try during September.



Beginners Health Walks

Our beginners health walks are starting on Wednesday 27th July at 10.30am, and on every Wednesday thereafter. The walks will last 30 minutes to an hour. The terrain is fairly flat, with no stiles. This makes it perfect for beginners of all ages, and those just wanting a leisurely stroll. The country park is full of great scenery and nature, making the walks extremely interesting and pleasurable for everyone. Trained walk

leaders will be present to lead the walk and give you support. Meet at the cafe in the county park at 10.30am. We look forward to seeing you!

New Age Kurling

Would you like to try a new activity? Then why not try New Age Kurling? New Age Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. Importantly, the game can be played by both able-bodied and disabled people of all ages alike.

We are starting a ten week programme on the 11th of November at the King Edward VII Sports Centre, 11am-12noon. It will then run every Friday until the 27th January, except for 23rd and 30th of December. Each session will only cost £2.50. Taster sessions will be available on Seniors Day and during September.



Activity for Health

Voluntary Action Melton's Activity Friend Scheme is a service provided by volunteers who visit older people and encourage them to do a series of gentle exercises to increase their mobility and reduce the number of falls. Do you live in Melton Borough? Have you had a fall or are you worried about falling ...If so Voluntary Action Melton may be able to help!

Our home based exercise programme for older people is designed to prevent falls by improving strength and balance enabling older people taking part to feel more confident and independent in their everyday activities. Taster sessions will be available on Seniors Day and during September.



For more information about this project please contact Sue Sharp, Activity for Health Co-ordinator on 01664 485302 or email sue@voluntaryactionmelton.org.uk.



LEARN HOW TO COOK MODERN INTERNATIONAL FOODS

**Bored of making the same old foods?
Want to learn new techniques and try exciting new dishes?**

Melton Borough Council in partnership with local alternative education provider The Melton Learning Hub are offering 24 places on a new cooking course aimed at introducing people to new foods. All levels of skill are welcome, whether you consider yourself to be a novice or an experienced chef. Each week the course will go through a different theme of cooking from all corners of the world. So put away those frozen microwave meals and come and learn some exciting new dishes.

These courses will start in September and continue through on a different day of the week until the end of the month. They will start at 4.30pm and run through till 6.30pm at the Melton learning hub on Burton Road next to Craven lodge. There will be a £5 charge for each course to cover the cost of ingredients.

COURSE DETAILS

MONDAY 5TH SEPTEMBER - Thai Themed

Thai beetroot soup
Bangkok street vendor noodles

TUESDAY 13TH SEPTEMBER – Tastes of Italy
Traditional homemade Lasagne

WEDNESDAY 21ST SEPTEMBER – viva España
Spanish Paella

THURSDAY 29TH SEPTEMBER – bistro cuisine
Breast of chicken stuffed with ricotta cheese with Dauphinoise potatoes and sugar snap peas.

Places are limited to six per group so it's essential that you book early by phoning the HUB on 01664 564967.