

## Melton Seniors Forum Newsletter

Welcome to the Melton Seniors Forum newsletter. During 2009 the Seniors Forum hosted two events, the Active day on the 24<sup>th</sup> April and Seniors Day on the 1<sup>st</sup> September. Both events were very successful and included a host of information, dancing and even relaxation!

The Seniors forum also coordinated a range of activities for Seniors Month which ran throughout September, including climbing of the St Marys Church tower and a picnic and games in the park. Overall September was a very busy month for some with lots of new people trying and joining new activities.

Other new activities included the funding of a free cooking course during the summer by chef Jack Harrison and the setting up of coffee morning where members of the Seniors Forum were available to answer any questions. In this newsletter you will find out about local initiatives and activities and our plans for 2010. We hope that you can help us to put together a useful programme of events by telling us what you will find most valuable at the end of this newsletter.

### Dates for 2010

**Seniors Spring event** – Thursday 27<sup>th</sup> May 10am-12pm, Age Concern, Gloucester House, Scalford Road

**Seniors Day** - Wed 1<sup>st</sup> Sept 10am–2pm Age Concern, Gloucester House, Scalford Road

**Seniors Month** - Various activities will run throughout September



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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.

## When ICE can be your friend **add pic of phone**

Did you know that ICE (In Case of Emergency) is a programme that enables first responders, such as paramedics, firefighters and police officers to identify people and contact their next of kin to obtain important medical information. The program was conceived in the mid-2000s and promoted by British paramedic Bob Brotchie in May 2005. It encourages people to enter emergency contacts in their mobile phone address book under the name "ICE". Alternately, a person can list multiple emergency contacts as "ICE1", "ICE2", etc.

1. Add a new contact using the name ICE
2. Use the number of your emergency contact/ next of kin as the phone number
3. Save

Make sure you do this now, as it may help to save your life!



## The Lions Message In a Bottle scheme

The Lions Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge. Whilst it is focused on the more vulnerable people

in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you.

On your own at home, driving a car, shopping alone, etc. There are countless times when a person is on their own and may become unconscious or confused and cannot give the medical profession information about them that will ensure safer and quicker medical help.

An initiative being run by The Lions Clubs is that of "Message in a Bottle." In the bottle you place details of your medical situation. e.g. medication you take, allergies, health details, whether you are a carer of someone, have to pick someone up each day from school, day centre, etc.

This bottle is then kept in the fridge and a green cross sticker placed on the fridge door and one on the exit door of the home. The paramedics can then see you have a bottle and obtain your details. Bottles and stickers can also be kept in a car or on a wheelchair.

The Bottles are free and available from your local Lions Club. The bottles will also be available at the Seniors Spring event on 27<sup>th</sup> May and Seniors Day on the 1<sup>st</sup> September.

# Activities in Melton



## Senior Walks

Weekly walks are organized throughout the borough. The sessions are very popular and are a great way to keep fit and meet new people. Walks have front and back leaders so all walkers can find their own pace.

**When:**

**Where:**

**Contact:**

## Over 50's Table Tennis

Friendly and informal games of table tennis for the over 50's for free!  
Refreshments available at a small cost

**When:** Wednesday's 2-4pm & Thursday's 10am-12pm

**Where:** The Cove Children's and Community Centre, Sysonby Street

**Contact:** Liz Cresswell 01664 502502



## Tea Dance

With Tony Cooper. £1.50 per session including refreshments

**When:** Monday 2:30pm – 4:30pm

**Where:** Burton Lazars Village Hall

**Contact:** Liz Cresswell 01664 502502

## Mature Moves

Gentle exercise for the mature person, designed to maintain a good level of mobility, posture and coordination. £2 per session

**When:** Thursday 2-3pm

**Where:** The Edge Children's and Community Centre, Dalby Road

**Contact:** Barbara Moffitt 01530 243108

## Older Adults Exercise Class

Friendly, fun and effective exercise class. Combining energising HI/LO aerobics with toning and strengthening exercises. FREE

**When:** Tuesday 1pm – 1:45

**Where:** The Cove, Sysonby Street

**Contact:** Liz Cresswell 01664 502502

## Chair based exercise & balance class

Exercises to help remain independent and strength in later life.

**When:** Wednesday 3-4pm

**Where:** The Edge Children's and Community Centre, Dalby Road

**Contact:** Dalena Christian 07548205335

**Sequence Dance**

£2 per person.

**When:** Thursday 8pm – 10pm

**Where:** Age Concern, Gloucester House,, Scalford Road, Melton

**Contact:** Mrs Garton 01664 565748

**Tai chi**

**When:** Monday 11:30-12:30

**Where:** Age concern, Gloucester house

**Contact:**

**Tea dance**

Free. Refreshments available

**When:** Wednesday 3<sup>rd</sup> feb – 10<sup>th</sup> march 10:30-12:30

**Where:** Gloucester house

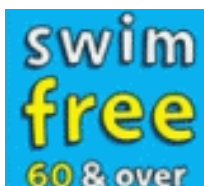
**Contact:**

**Lace & Embroidery class**

**Melton Library**

**Every Friday 10am—12pm**

**It would be good to see you !!**



**Free Swimming**

Did you know that over 60's are entitled to free swimming? Register at Waterfields



# New luncheon club

Melton Borough Council is supporting a new lunch club at the Cove on Sysonby Street, offering a hot lunch every other Wednesday for a small charge. This will be an excellent way to join with friends old and new and get a nutritious hot meal at the same time.



**If you are interested in being part of this new lunch club please contact Lucie Keeley, Neighbourhood Support Officer on 01664 502347**

# Help us to make our events right for you!

**To be entered into our free prize draw for a £25 gift voucher please fill in the below questionnaire and return to the address below by xx**

Lucie Keeley, Neighbourhood Support Officer, Melton Borough Council, Nottingham Road, Melton Mowbray, Leicestershire, LE13 0UL.

Alternatively you can drop your entry form into the following places;

- The Edge Children's and Community Centre, Dalby Road
- The Cove Children's and Community Centre, Sysonby Street
- Fairmead Children's and Community Centre, Drummond Walk
  - The Library, Wilton Road

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Which areas of information would you like more information on?

Which areas of information would you like to see a talk on?

Which venues are best for you to get to?

Will you be attending the April & September events?

**Please send us your further suggestions or comments for what you would like more information on or would like to see at one of our events**