

Melton Seniors Forum Newsletter



*Reflexologist Benny
Sandhu and Janet Bowes*

Welcome to the Melton Seniors Forum newsletter. So far in 2010 Melton Seniors Forum have hosted a very successful Seniors Spring event at Gloucester House where visitors were able to take part in various activities including tai chi, head and shoulder massages, health checks and food tasting. A host of information was also available on the day.

The forum are currently busy with plans for Seniors Day on the 1st September which will officially launch the beginning of Seniors Month. For more information see pages 2 and 3 of this newsletter.

Dates for 2010

Seniors Day - Wed 1st Sept 10am–4pm 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.



This year Seniors Day will be hosted at Gloucester House from 10am – 2pm, followed by lunch and dancing at the Working Men's Club from 1pm – 4pm.

Activities and information available on the day will include;

Health Checks, Chair based exercise class, Tai Chi, Knitting & Crochet Guild, Slipper exchange, Shopmobility, Scooter Marking, Leicestershire Constabulary, Voluntary Action Melton (carers/ befriending and transport schemes), Age Concern , Care Online, Leicester WEA, VAL, NHS Falls Service, Leicestershire LINK , Melton Library, Snowdrop Language Learning

This is a FREE event where you can find local information about lots of activities and services for older people



**Free lunch
&
Slipper Exchange**



For more information contact Lucie Keeley on 01664 502347

September is Seniors Month

Once again September has been chosen as Older Person's Month for Leicester, Leicestershire and Rutland. A number of activities and events will be taking place across the county throughout September. Voluntary agencies, emergency services, health and local authorities will be joining forces to engage with older people in their own communities, providing information and advice and listening to their views on services in their local areas.

Information on events taking place during Older Persons' Month in the Melton area are listed on the Seniors Month calendar available at the Seniors Day event or by calling Lucie Keeley on 01664 502347. For a copy of the county booklet contact Liz McGregor on 0116 2334243 or e-mail liz@ccp.org.uk.

Leicestershire Walking Week 4-12 September 2010

A collaboration of walking, health and fitness, social, wildlife organisations and local authorities, coming together to provide nine days of walking opportunities, exploring the delights of Leicestershire's countryside, villages and towns.

With guided walks taking place throughout the county, the programme aimed to cater for all ages and abilities. The walks included countryside rambles, health walks, heritage trails, and guided walks with themes, such as a history tour, or wildlife wander. Melton's walking week launch walk takes place on Saturday 4th September at 10am at Melton Country Park.



Know your Numbers!

Know your numbers week 13-19 September 2010

Know your Numbers! Week is the UK's biggest free blood pressure testing event, run to raise awareness of high blood pressure - the leading cause of strokes and heart attacks. Last year more than 1400 venues, known as Pressure Stations, offered free blood pressure checks across the UK. Free Health checks, health advice and information will be available from Melton Library all week.

Active ageing week 27 September-3 October 2010

**BE NIFTY
OVER FIFTY!**

Get Up and Go...a week of activities to get adults, aged 50+, moving more often. From walking and kurling to seated aerobics and Wii fun, there is an activity for all to enjoy. To find out what activities are taking place in Melton please refer to the Seniors Month calendar or telephone Liz Ashbridge on 01664 502389.

The Home Library Service from Melton Library

If you love reading but find it difficult to get to the library, the FREE home library service can bring you:

- Books
- Large print books
- Books on tape and CD
- DVD subscription service

We will visit you to discuss what books you like to read and volunteers will deliver them to you, at home, every fortnight.



Is this you or somebody you know?

“Large print books are so heavy I can no longer carry them home.”

“I used to come to the library every week, but since my stroke I don't get out much.”

“I would love to get to the library but I look after my wife full time so it's difficult”

Yes? Then to find out more contact:

Anne King at Melton Library

Tel: 0116 305 3646



Tai Chi Participants are 'Aging Well'



This therapeutic exercise is taught in mixed ability groups, in this case Melton Age Concern hosted 20 'senior' participants through a session delivered under the Active Together programme.

Individually prescribed exercise is expensive but Tai Chi instructor, Nasser Butt, was passionate and persistent in his message that 'everyone must work WITH their own bodies, understanding their own individual minimum and maximum ranges'. His teaching was both patient and considerate, ensuring that everyone gained maximum benefit both from the culture as well as the movement offered by this Chinese system of slow meditative physical exercise.

Tai Chi contains a combination of both strength and balance training and there is evidence that Tai Chi can significantly reduce both rate of fall and risk of falling. Joan Wrottesley (a spritely 84 years young) is a regular attendee, "since I have been coming to these sessions I am much steadier on my feet and the moves really help with my balance. I have been coming for 3 months and I have not missed a single session." Pete Franklin (69), another session regular who was fitted with two artificial hips two years ago commented "Since attending the taster session, I am hooked, I won't miss a week. I can exercise without putting my body under any stress, and although I ache a little the next day I benefit greatly from a workout in a gentle, controlled way".

As well as the benefits derived from the gentle body workout, instructor Nasser Butt also focuses attention on breathing techniques and general body strengthening, designed to help participants stay active for longer. The group also appeared to have developed a fantastic unity and the positive benefits of regular social interaction for the emotional well-being of older adults is well documented.

A regular tai chi class runs on Mondays at Gloucester House, Norman Way, Melton Mowbray from 11:30-12:30 for £2 per person. For more information contact Liz Ashbridge on 01664 502389.

The Active Together programme is a countywide initiative to help you become more active. Each district has a programme of regular activities including walks, seated exercise, dance, pilates, yoga and lots more. For a comprehensive guide to activities in the Melton area contact Liz Ashbridge Physical Activity Development Officer on 01664 502389.



Falls programme helping to cut risk of injury in Melton and Rutland

**Leicestershire County and Rutland
Community Health Services**

National Falls Awareness Week: 21– 27 June

An innovative, award winning falls-prevention programme developed in Rutland and now available across Leicestershire is helping to cut the risk of injury and isolation for hundreds of at-risk patients.

Last year Leicestershire county and Rutland Community Health Services' "Safe, Active and Independent" programme worked with more than 230 people, aged between 46 and 98, who had all been identified as being at high risk of falls.

The free six-week programme, developed to increase mobility, balance and self-confidence, includes:

- Education and discussions on a wide variety of health topics
- Balance, circuit and chair exercises
- Foot care and footwear advice
- Relaxation techniques
- Tips on safety around the home
- Tai' chi exercises

The programme is delivered by a team of occupational therapists, physiotherapists, technical instructors and social support staff who work closely with local authorities and local voluntary organisations. Patients must be referred by a health professional for assessment to ensure the programme is a suitable option for their circumstances.

Across the two counties, more than then 92% of people completing the programme in 2009-10 improved their physical balance and more than 99% reported feeling they had benefited from attending, with 97% saying they would recommend the programme to others.

Irene Mitchell, 80 from Long Clawson, who has attended the programme in Melton Mowbray, had a fall recently in her garden. She said: "The ground was uneven and unfortunately I lost my balance and fell but I remembered what I had been taught at the group, stayed calm and managed to use the technique we had been given to get up again safely. The course is wonderful and has helped to restore my confidence."

Speaking at the start of National Falls Awareness Week* Stefan Milroy, physiotherapist attached to the falls service in Melton, Rutland and Market Harborough, said: "Many people who are at risk of falling develop anxiety as a result of their fears. This anxiety is mainly based in a lack of understanding of the risks themselves, as well as the consequences. When people attend the

programme, we explain the links between people's lifestyles, problems and anxieties; and how these can come together to result in falling. Beyond this, we also introduce people to a variety of ways to exercise, reducing many fears and misconceptions about exercise.

"The most gratifying results are those where people regain their confidence and get to live the lives they want to, keeping their independence and allowing them the freedom to choose their lifestyle."

How the service works:

Patients can be referred for assessment by the falls service, by their GP, social services or any other health professional. A consultant specialist, physiotherapist, and occupational therapist will then assess each person's individual risks and situation and many then go on to the programme, The average length of time from referral to attendance at clinic is less than three weeks.

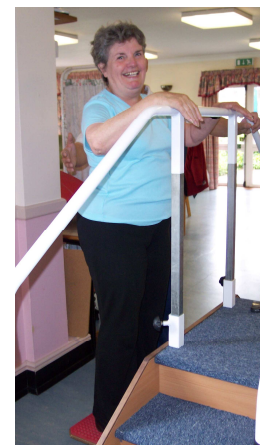
Sessions are held at Gloucester House in Melton on Thursdays and at Rutland Memorial Hospital on Fridays.

If it is found the programme is not suitable, other options, such as home visits, one-to-one therapy, or further assessments or investigations, can be offered.

- According to Age UK, around 30% of adults aged over 65 who live in the community experience at least one fall each year and figures rise to 50% for those in residential care. Around 5% of falls result in serious injury, such as a fracture.
- It estimated that the cost of an individual hip fracture(including hospital, community and social care) can top £25,000 Nationally the annual cost of treatment and long-term care linked to falls is estimated at around £1 billion.



(left)
Community health services technical instructor Suzi Stooke with patient Eileen Chandler



(right)
Melton patient Jane Downs

HAVE YOU MADE YOUR WILL?



Firms of local solicitors have agreed to reduce their Will writing charges for Age Concern's campaign for the over 60's to:

£35+VAT

for a single uncomplicated Will

The promotion will take place from:

1st September to 31st October 2010

INTERESTED?

AGE
Concern

Leicester Shire and Rutland
Lansdowne House, 113 Princess Road East
Leicester LE1 7LA

Tel: 0116 2992233