

Melton Seniors Forum Newsletter

Welcome to the Melton Senior's Forum newsletter. During September 2011 Melton Seniors Forum launched Seniors Month with a Seniors Day event held at the Royal British Legion Club in Melton Mowbray on Friday 2nd September. The event, which was officially opened by the Mayor of Melton Cllr. Alison Freer, welcomed over 120 people through the doors. On the day people had the chance to get advice, information and to try new activities all in one place, as well as enjoying a raffle, a few cups of tea and a fantastic lunch.

Councilor Pat Cumbers, Chair of Melton Seniors Forum was delighted with the high attendance on the day. She said: "This is a really important event for the local elderly community. It allows older people to learn, experience and enjoy new things in a comfortable and safe environment, often without having to pay a penny. That's what the day was all about."

Nancy (87) and John Oliver (89) of Gaddesby, who married three years ago after meeting at a seniors' forum dance, said the day had been a great experience. "It's been lovely here today, we've had a great time. We were here last year and it was a fantastic day then. The food is always good and the day allows the elderly like us to experience new things and get out of the house."

More than 20 different organisations were available on Seniors day with information about their services, ranging from the Leicestershire handyperson service to learning a new language. People were also encouraged to try some new activities including New Age Kurling. All of the stands offered advice specifically tailored to older people.



Pictures of Melton Seniors Day kindly provided by meltonmowbraypeople.co.uk

£124 raised to help fund new ambulance for Age Concern



The raffle that was held at the Seniors Day event raised money towards the Age Concern Leicestershire & Rutland minibus appeal, after their 17 seater bus was destroyed in the riots in Leicester in August. A total of £124 was raised at Melton's Seniors Day and will help go towards a new ambulance to transport frail and elderly people to daycare services.

Paul Gillett of Age Concern Leicestershire & Rutland said;
"Thank you very much for your fundraising efforts for our minibus appeal. Please thank everybody concerned with the event. Thanks to the overwhelming support from the general public and the business community we now have raised over £38,000.00 towards replacing the ambulance which is so vitally needed to transport the frail and elderly to our day centres. It is a fantastic response by all concerned. Once again many thanks for your efforts and support to our charity, I am sure there will be a press release when our new ambulance is delivered in a few months time"

September opened up new experiences

During September over 30 different activities were available locally and listed in the Seniors Month calendar. You can read about the experiences of people who joined new activities during this month on page 3 of this newsletter.

Also in this newsletter;

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If you would like to receive regular copies of this newsletter please add your name to the Melton Seniors Forum mailing list by calling 01664 502502.

Melton Seniors Forum

Cooking experiences from across the world



During September Melton Borough Council in partnership with The Melton Learning Hub offered 24 places on a cooking course aimed at introducing people to new foods.

The course included Thai, Italian, Spanish and Bistro cuisine taught over four weeks. Everyone who participated in the courses enjoyed the experience and the meals that they made. In fact, a few people who attended these cooking courses have asked whether they will be repeated and/ or whether there are any plans for an ongoing cooking course as they enjoyed the experience and social interaction.

The cooking course was offered as a one off as part of Seniors month, so unfortunately the forum has no plans to be able to continue the sessions, however we are looking into whether anyone else can deliver an ongoing cooking course.

Barbara Todd, Seniors Forum member on the Tastes of Italy cooking course with another participant and Chef Michael Connolly.

Melton Beginner's Health Walks



During September the Seniors month calendar highlighted a relatively new activity which started in Melton on the 27th July. Beginner's Health Walks take place every Wednesday and start at the Melton Country Park café at 10:30am. The walks last 30 minutes to an hour, on fairly flat terrain with no stiles. The walks are perfect for beginners of all ages, and for those just wanting a leisurely stroll with company.

Evie, one of the Seniors Forum members, joined the beginner's health walks and thoroughly enjoys them.

Some of the members of the beginners health walks at Melton Country Park

**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.

The programme is **free** except for a small refundable deposit for the loan of a set of ankle weights.

If you, a family member, or anyone you know, is interested in the programme please contact **Activity for Health Co-ordinator**, for more details by ringing **01664 485302** or emailing catherineh@voluntaryactionmelton.org.uk



Voluntary Action Melton
34 Asfordby Road
Melton Mowbray
Leicestershire LE13 0HR

Tel: 01664 485302
Tuesday 12:00noon – 4:30pm
Wednesday 9:00am – 5:00pm
(An answerphone is available
at all times)

New Age Kurling is the new sport taking Melton by storm!

New Age Kurling is a relatively new sport, played similar to curling, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. This game is loved by all ages and is suitable for able-bodied and wheelchair users alike and can be played as mixed teams as well.

There are currently two clubs running in the Melton Area. Thorpe Arnold Village Hall holds two sessions on a Monday at 2:30pm and 7:30pm and there is a session held at King Edward VII Community Sports Centre on a Friday morning at 11am. All sessions last for an hour and are only £2.50. King Edward sessions are due to end on the 10th of February, however if interest remains high then they may continue. The overall aim and hope is to establish a New Age Kurling league in the county.

For more information about New Age Kurling please contact Hollie Paterson on 01664 502502.



First Contact – Help is just a tick away

What is First Contact?

One simple checklist enables vulnerable people aged 18+ to receive vital services to stay safe and independent in their own homes. An older person can receive a whole host of services without going to the trouble of contacting all of the various different organisations themselves.

How does First Contact work?

If a staff member from any of the partner agencies comes into contact with a vulnerable adult, they can complete a checklist to find out if the person has any other particular needs for example:

- Home Fire safety check
- Home security check
- Home repairs or mobility adaptations
- Energy saving improvements to keep warm and reduce energy bills
- Confidential advice on money entitlements
- Signposting to local voluntary and community groups and clubs

Checklists are forwarded to one central point and referrals are then made to appropriate agencies. Those agencies then make contact with the customer directly.

Find out more about information about the scheme in the Melton Area by contacting Emma Chouhan on 0116 305 9393, email emma.chouhan@leics.gov.uk or visit www.leics.gov.uk/firstcontact



Home Library Service

Is this you or someone you know?

- "I used to come to the library every week but since my stroke I don't get out much."
- "Since my sight went, I can't read so easily."
- "Large Print books are so heavy I can't carry them home."
- "I would love to get to the library but I look after my wife full time so it's difficult."
- "I've had an operation and it will be months before I can get out and about again. As I live on my own its really difficult."



If you live in Melton Borough, love to read but find it difficult to get to the library, the Home Library Service is what you need!

This FREE service can deliver books, CDs, DVDs (special interest only), and talking books to your home on a regular basis by registered volunteers. They will visit you to discuss your choice of books and deliver them to your home. Friends or relatives can also collect books and other items on your behalf.

We have a good selection of books in large print for people who find ordinary print too small. We also stock a collection of talking books - often read by famous actors and celebrities, and in many languages. These are available on tape cassettes and CDs. There is also a DVD subscription service available for a small charge.

**If you would like to find out more contact Anne King at Melton Library:
Telephone 0116 305 3646**

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 or e-mail lkeeley@melton.gov.uk