

Melton Seniors Forum Newsletter

Welcome to the Melton Seniors Forum newsletter. During 2009 the Seniors Forum hosted two events, the Active day on the 24th April and Seniors Day on the 1st 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 Mary's 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.

Dates for 2010

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



Seniors Day - Wed 1st 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

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 27th May and Seniors Day on the 1st 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: Thursdays 1:30pm

Where: Meet at Melton Country Park or Leicester Road Sports Ground (depending on the week please phone for details)

Contact: Liz Ashbridge 01664 502502

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, Sysonby Street, Melton

Contact: Liz Ashbridge 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 Ashbridge 01664 502502

Older Adults Exercise Class

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

When: Tuesday 1pm – 2pm

Where: The Cove, Sysonby Street

Contact: Liz Ashbridge 01664 502502

Sequence Dance

£2 per person.

When: Thursday 8pm – 10pm

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

Contact: Mrs Garton 01664 565748

Tai chi

Designed to improve health & vitality. Ideal for older adults. £1 per person

When: Monday 12:30-1:30pm (every 2nd & 4th Monday of the month)

Wednesday 7:30 – 9:30pm (every 2nd & 4th Wednesday of the month)

Where: The Edge, Dalby Road, Melton

Contact: Liz Ashbridge 01664 502502

Lace & Embroidery class with Dora Northern

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 Leisure Pools on Dalby Road.

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



Befriending scheme

Feeling lonely & isolated and need some company?

Who can use this service?

The Befriending scheme is for older people and people with a disability who live in the borough of Melton who may be feeling lonely and isolated and in need of some company and support.

Does it cost?

No the scheme is free; the befriender is a volunteer who donates his or her time. The volunteers want to meet new people, be helpful and offer friendship.

Who will visit?

A volunteer will visit you. All our volunteer befrienders undergo a check with the Criminal Records Bureau and provide references as to their suitability for the befriending scheme. We offer ongoing support and training to our volunteers.

How does someone get on the Befriending scheme?

You can refer yourself by contacting the Befriending Co-ordinator. Alternatively a relative or a professional, such as a GP or a Social Worker, can refer you. After an initial visit by the Co-ordinator to your house to meet you and assess your needs, you are introduced to a volunteer who will then visit you regularly. You and your volunteer will decide the frequency, day and timing of visits between yourselves. For a referral form contact the Befriending Co-ordinator, contact details below.

What we cannot do.

We cannot visit people in care homes. We cannot provide personal care or do weekly shopping, cleaning or gardening. We are not a driving scheme but if you do have difficulties using public transport then call our **Transport Scheme on 01664 482903**.

CONTACT

Befriending Coordinator (Mon - Wed 9am - 5pm)

Voluntary Action Melton

34 Asfordby Road

Melton Mowbray, Leics

LE13 0HR

01664 485302 (Mon - Wed 9am - 5pm)

01664 483043 (Thurs - Fri 9am-1pm)

E-mail: catherineh@voluntaryactionmelton.org.uk





Activities available;

- Free Health Checks
- Food tasting
- Head & Shoulder massage
- Tai Chi

Information available;

- Healthy recipes
 - Shopmobility
 - Pension service
 - Alzheimer's support
 - Goodlife project
 - Luncheon clubs
 - Social activities
 - Seniors Walks
 - Benefits
 - Carers project
 - Adult Learning
 - Melton Police
 - Voluntary Action Melton (Carers support project, Befriending, Gardening scheme & Transport)
 - Age Concern
-and much more!

We look forward to seeing you!

Melton Seniors Forum