



CRAWLEY COMMUNITY &
VOLUNTARY SERVICE
Charity No. 1094699
Company No. 4488714

**Crawley Older Person's Forum
Meeting Notes
29th July, 2019**

Present:

Christine Saunders - Age UK West Sussex - Chair
Charis Easter – CCVS
Jill Wallis – Taoist Tai Chi
Sandra Calvert – Taoist Tai Chi
Chris Cheshire – TAG
Val Morton – Taoist Tai Chi
Rosa Boyce – Taoist Tai Chi
Sue Langridge – Crawley Library
Becky Pearce - CBC
Mavis Liddell – Crawley U3A
Elsa Tancock – Crawley U3A
Margaret Mascall – Older People's Club St. Andrews
Dennis Robinson – Grattons Indoor Bowls
John Donoghue – Age UK West Sussex
Julie Kalsi – Crawley Borough Council
Khadija Maawiya
Peter Selby – CAMEO
Roy Davies – Capital Project Trust
Jacqui Thatcher – Crawley Wellbeing
Kiran Gibbons – Crawley Wellbeing

Apologies:

Isabel Costello –CCG
Tim Wilkins – Alzheimer's Society
Anita Van der Colff – Action for Deafness
Kath Brooks – WSCC
Margaret Pitt – British Red Cross
Tracey Wooldridge - CCG

1. Everyone was welcomed to the meeting and introduced themselves.
2. Minutes were agreed, no matters arising.
3. Presentations

Sandra Calvert – Taoist Tai Chi

The Taoist Tai Chi is a Charity and an international organisation. There are 42,000 members worldwide. Sandra's classes ask for a voluntary donation of £2 so that it is available to all people, but if you can't afford the donation, you are still welcome to attend. If you would like to be a member of Taoist Tai Chi, the cost is £17 per month and you can then attend as many classes as you like but can go down to £5 per month if you are experiencing financial difficulties. The Tai Chi group runs regularly on a Tuesday morning, 11.15am – 12.15pm at St Paul's Hall, Northgate. There is also a Tai Chi class at Crawley Wellbeing and Crawley Open House. There are 108 Tai Chi moves altogether. Tai Chi can help with many ailments. It increases strength, bone density, posture, balance and circulation as well as helping the mind. There was a survey taken by 18,000 people who partake in Tai Chi. 42% of the 18,000 people said back and spine issues were helped tremendously, 31% said their balance had improved and 34% had relief from arthritis.

Kiran Gibbons – Falls Prevention Programme – Crawley Wellbeing

The programme is 15 weeks long and starts with an assessment on your strength, balance, falls history, medical conditions etc. and is done again at the end of the 15 weeks so that comparisons can be made. The programme is free and you need to self-refer. There is a first class which is for people who are frail and may have had a number of falls. The second class is for people who fear falling and are nervous, building confidence and improving balance over the course of the programme. Then in the advanced class they look at floor work, how to get up when you have fallen, and try to replicate every day scenarios for clients to deal with, for e.g. stairs. At the end of the programme, clients can be signposted to other classes, for e.g. Tai Chi, Bowls, Walking Football and suggestions can be made for the home, for e.g. taking up a rug. It is also a social event where you can meet other people which helps with isolation and loneliness. The programme is run at St Paul's, Northgate.

<https://crawley.westsussexwellbeing.org.uk/topics/falls-prevention>

Jacqui Thatcher – 5 Ways to Wellbeing

Jacqui presented the programme to the forum. The presentation is attached.

4. Information sharing

Chris Cheshire – Crawley Town Access Group (TAG)

Chris explained some of the background to TAG and told us about a couple of their projects that they had successfully completed. In 1998 an audit of Crawley Leisure Services was undertaken by TAG and this was used as the basis for updating services. External ramps at Southgate Shops. Pedestrian crossing by Crawley Hospital. Before the high use of the internet, there was an Access Guide to Crawley produced. Crawley Live was difficult to read if you had various problems with your eyes, they were given advice and now use different fonts and colours etc. By the

end of 2019, Crawley Railway Station will have a step free bridge so can be accessed by everyone. TAG can advise on best practice to eliminate barriers. TAG look at planning applications once a fortnight. If you are aware of anything that is wrong or inaccessible, please do let Chris know.

For e.g. 7 dropped kerbs missing at Acorn Park, Crawley Leisure Park had no dropped kerbs at the end of the path and by the taxi rank, Stagelands have a clearway but have forgotten dropped kerbs.

There are fobs available for the bus stops – they will let you know the next 3 buses that are coming to that stop as the real time boards are hard to read. If you would like one, contact Chris Cheshire. chris.cheshire@virginmedia.com

Sue Langridge – Crawley Library

There are reminiscence packs for Older People that can be hired out from the library. Sue will also be looking at going out into the community to highlight the packs and running classes in the library. What are the needs of people with dementia? Please contact Sue with any ideas that you have – susan.langridge@westsussex.gov.uk

U3A

The year has finished for U3A but starts again in September. On the 2nd Friday in September, U3A are holding their open day if anyone would like to come along.

St Andrew's Church

There is a holiday club called Superstars, for Older People, being held on 7th, 8th and 9th August, 2-4pm. There will be lots going on; games, craft, music, quizzes, and it is free to attend. Please contact Marilyn Appleby if you are interested in attending – 01293 425770 or mappleby@mail.com

Grattons Indoor Bowls Club

Bowling is very good for your wellbeing, it keeps you fit, you can volunteer and it is a social time. It is open all year round. There are free taster session for 1 hour to see if you like it and free coaching sessions before you decide to become a member.

John Donoghue - Age UK West Sussex

They provide activities at the Centre which can help with fitness and wellbeing, including Tai Chi, yoga, Pilates and more.

Roy Davies – Capital Project

Roy highlighted the 12 week formal consultation being undertaken by the NHS which is looking at mental health services for adults, older people and those living with dementia. Full details about how to get involved can be found at:

<https://www.sussexpartnership.nhs.uk/west-sussex-consultation>

Khadija Maawija

Khadija said that the Sangam Women's group was good at providing activities, information and social interaction. For more information on the group -

<https://www.facebook.com/AlzheimersSocietySouthEastEngland/photos/a.222569184477737/1127129820688331/?type=1&theater>

Julie Kalsi

The Winter Warmer this year will be 4 sessions taking place in October, November, January and February. They will all be around different topics. There will be physical activities, falls prevention, cancer screening and lots more. There will be more info available soon.

Christine Saunders – Age UK West Sussex

The centre is looking for guest speakers to talk to members about their services and volunteers are needed to start new groups or activities.

Next meeting – Monday 7th October, 10am – 12pm

The Longley Room, The Orchard