



February 2014

Mid Sussex Older
People's Council
MSOPC

Doing more for older people in Mid Sussex

Beat the Blues!

Take some time out and join us on

Monday 10 March 10am – 2.30 pm Martlets Hall Burgess Hill RH15 9NN
Book a mood lifting, stress-beating, treatment being provided by students from City College Brighton & Hove, Beauty and Therapy course level 2. Treatments on offer range from basic manicure or pedicure to massage and make-up therapies.

Speak to local organisations, who can show you how to make a movie, play scrabble or chess, swap recipes and knitting patterns, hear about new books in your local library, find out about local walking groups to join, discuss current affairs, make sure your car is ready for any weather, or have an introduction to golf.

Single, married, male or female, there is plenty for you to do at this event:
find out about volunteering opportunities, and get information about joining clubs and activities.

Complimentary refreshments and lunch will be available.

Contact anita@msopc.org.uk or ring the helpline 01444 242760, if you would like to go, but need help getting there. For treatments and how to book them see enclosed.

Grateful thanks go to West Sussex County Council, the Lynn Foundation, who are contributing toward the cost of the event, and Brighton and Hove City College and their lecturers and learners, who are providing the treatments free of charge.



**The Annual General Meeting of the Mid Sussex Older People's Council will be held on
Friday 25 April 2014 at 10 a.m.**

at

The Function Suite, Clair Hall, Haywards Heath, RH16 3DN

To consider the following items of business:

Notice of Meeting

Apologies for Absence

Chairman's Address

Treasurer's Report

Questions on Items 3 and 4

Adoption of the Annual Report

Adoption of the Treasurer's Report

Election of the Officers and Committee

Any Other Business.

Report

The Committee met 11 times during 2013, we held two public meetings in the same period and produced three editions of our Newsletter. We also held a public meeting in March 2014.

The following have served as officers and committee members since the date of the last Annual General Meeting:

Mrs Barbara Baldwin (Chairman); Mrs Elisabeth Willett (Secretary); Mrs Pauline Wadsworth (Treasurer); Mr David Waite (Vice-Chairman) (until September 2013); Mrs Jean Goater; Mrs Ann Greenfield; Miss Barbara Lank; Mrs Fidelma Ollif; Mr Terry Reilly; Mr Tony Reynolds; Mrs Margaret Spendiff. Since the resignation of Mr Waite, the position of Vice-Chairman has remained unfilled. Mrs Carol Butler, who was elected to the Committee at the 2013 Annual General Meeting, resigned very shortly thereafter due to domestic commitments.

With the exception of Mr Waite and Mrs Butler, all the above officers and Committee members, being eligible, offer themselves for re-election en bloc. Nominations for the position of Vice-Chairman are invited from our supporters.

Mr Michael Bright and Mrs Valerie Upton currently serve as Organisational Members on the Committee, representing the Alzheimer & Dementia Group (Mid Sussex) and Lindfield Parish Council respectively. Both have expressed their willingness to become full Members of the Committee and, having been nominated by the Committee, will need to be seconded from the floor of the Meeting.

Additionally, Ms Amanda Edmond represented Mears Home Improvements until the winding-up of the Haywards Heath Branch of that organisation and her subsequent redundancy. She remains, however, a willing and welcome volunteer at our public meetings. Ms Tracy Olcker represented AgeUK as an Organisational Member until her transfer to another AgeUK Branch. Ms Lynda Thompson also gives freely of her time to help at our public events. We express our thanks to all these ladies.

Dr Ben Ross offers his support on any matters medical on which the Committee may wish to consult him and Mr Peter Wadsworth very kindly continues to assume responsibility for the installation of the public address/loop system at our public meetings, now assisted by Mr Gordon Upton. Mr Wadsworth also acts as photographer at our meetings. Ex-Committee member Mr Brian Webb provides technical and photographic support in emergencies. We are grateful to all these gentlemen for their assistance.

Thanks to the generosity of the Henry Smith Foundation and the Sussex Community Foundation we have been able to continue to engage the services of Anita Wright as our Development Officer. Anita brings to the organisation her vast experience of working with older people and charities in particular. Her development work is all about networking, and sharing ideas and building relationships with other older people's groups in the field have helped enormously in the development of MSOPC. We place on record our thanks for her enthusiasm and hard work.

Anita has made important contacts with journalists, policymakers and members of the community. This year, getting closer to the press, newsletter editors and the like in various organisations has meant more routine and regular publicity for MSOPC's activities and, for example, in the January edition of Sussex Living, for MSOPC itself. Two more development successes this year are the firm foundations MSOPC has laid in East Grinstead which have enabled us to do more for the older people in that area of Mid Sussex, and also the MSOPC Roadshows whereby we are taking out key information about services and activities that can help to make more older people live happy and healthy lives.

In addition to those mentioned elsewhere in this report, we have received financial assistance from the following organisations: Awards4All Big Lottery Fund; AgeUK England; West Sussex County Council; Mid Sussex District Council; East Grinstead Town Council; Lindfield Parish Council; The Elise Pilkington Charitable Trust; The Sir Jules Thorn Charitable Trust; Barchester's Charitable Foundation; The Lynn Foundation; The Joan Ainslie Charitable Trust; Inman Charity Trustees Ltd.; Yorkshire Building Society. We are extremely grateful to them all.

Barbara Baldwin, Elisabeth Willett, Pauline Wadsworth and Terry Reilly continued as our four nominated trustees following our registration as a Charity (No. 1147878) in June 2012, and on 2 October 2013 Mrs Fidelma Ollif was also appointed as a trustee. We are also a Company Limited by Guarantee (No. 7113147).

Members of the Committee have continued to be active in the community. Our Secretary remains a trustee of the Mid Sussex Council for Voluntary Service (South), to whom MSOPC is affiliated. We are members of the National Pensioners Convention. The Chairman and Secretary are members of the National Council for Voluntary Organisations and attended a one-day training event in London where the knowledge they gained and the contacts they made have proved very useful. Members of the Committee also serve on various Mid Sussex District Council and West Sussex County Council bodies and it is pleasing to report that our voice is not only now being heard but is also being listened to.

The two public events we were able to organise in 2013 were well attended and very well received. The first, sponsored by Baker Jenness – with lunch provided by Burgess Hill & District Lions – dealt with Paying for Care, a subject very important for older people, and as well as a lot of questions put to the speaker both during the meeting and afterwards on a one-to-one basis the opportunity for older people to mix and socialise was very much appreciated by all those attending. In December we held our usual Christmas "party" type meeting, with the duo Mr Blew entertaining us with songs old and new, with an opportunity for the participants to sing along, followed by pupils from Ardingly College Choir impressing us all with their very professional rendition of Christmas carols. This December event was funded by AgeUK England, and the Christmas type food available was up to the usual high MSOPC standards.

Greater use has also been made of our Help Line telephone service, which has been jointly funded by Haywards Heath and Burgess Hill Town Councils.

On 10 March 2014, after much planning, organisation and hard work, we shall be holding a public event in The Martlets Hall, Burgess Hill, under the heading of "Beat the Blues" showcasing various activities available to older people, giving those attending a chance to hear about new books in the local library, find out about walking groups, basic car maintenance, making a movie, and other social activities, but which will also have an intergenerational aspect in the form of students from City College Brighton & Hove, Beauty & Therapy Course Level 2 providing "pampering" treatments for those attending, which include manicures/pedicures, massages and a full make-up.

In June 2014 a joint public meeting is planned with AgeUK East Grinstead under the title "Are Older People Getting Younger?" but with breakout sessions entitled "Just Google It Nana", "Keeping Active", "Don't Get Old Before Your Time" and "Combating Social Isolation."

Local food banks Are you in a crisis situation at the moment? Are you finding it hard to make money stretch to heat your home and eat well during the winter months? Or due to changes in your circumstances are you waiting for benefit changes to be updated? Or are you about to leave hospital and need help to stock the cupboards as you return home?

Food bank is part of the Christian Charity, Trussell Trust, set up nationally to deal with hunger in local communities. Anyone who has an emergency or is facing a crisis can receive a three-day pack of non-perishable food. If you know anyone who might benefit from this food pack and would like to find out more please ring Sally Martin on 07884 106 719 (Haywards Heath), for East Grinstead ring 07983 209940 for Burgess Hill the only contact we have is enquiries@burgesshillfoodbank.org.uk.

MSOPC Roadshow update. Our Development Officer, Anita Wright, makes the following report: Big thanks to those who have invited us to their meetings already. Sponsored by Mid Sussex District Council, we started with Roadshow visits to take information out to older people living in the Mid Sussex villages. February marks the start of the Information Roadshows to the Towns as well. The first of these was to the very active "Options Group" of the Haywards Heath Baptist Church. What an impressive group - wind lashing, rain pouring, and they still turned out to hear what I had to say! It never ceases to surprise me just how much of the information I share with these groups about the services and activities available for older people is new to them. It is difficult to choose just what should go into the information bags but MSOPC Committee has made a considered decision and is very grateful to those organisations providing the material. They include the local Lions Charities, Mid Sussex Wellbeing, the NHS Horsham and Mid Sussex Clinical Commission (GP) Group and West Sussex County Council Trading Standards. Any Mid Sussex older people's group who would like an Information Roadshow visit should contact anita@msopc.org.uk or ring 07582 964452.

Future Events: 25 April 2014, AGM. The principal speaker will be Amanda Rogers of West Sussex County Council talking about, among other things, the integration of medical and social care services. It is hoped that the emergency services will also be present to give advice. Clair Hall, Haywards Heath, 10-12.30. am.

12 June 2014, Joint EG AgeUK and MSOPC meeting in East Grinstead: "Are Older People

Getting Younger" Conference, with four main themes: Just Google it Nana! Keeping Active; Don't Get Old Before your Time; and Combating Social Isolation. Further details on both these events will be available in our Spring Newsletter.

The Affinity Sutton Homes Shine Award for Making a Difference in Communities was presented at the end of 2013 to MSOPC Committee member Barbara Lank, who was nominated by Haywards Heath Town Council Community Development Officer, Rachel Skidmore. As well as devoting many hours of hard work to MSOPC, Barbara is also very involved with the Affinity Sutton Residents Area Panel, the Community Funding Panel, her Health Centre Patient Participation Group, a local police panel and she also chairs a National Disability Panel. The winners are chosen from nominations sent in from across the whole of England where Affinity Sutton own properties - currently over 57,000. We all feel very proud of Barbara.

East Grinstead Town Council last year awarded MSOPC £300 funding for the joint MSOPC/East Grinstead AgeUK event which is to take place in June 2014 under the general heading of "Are Older People Getting Younger?" Please watch out for further details in our next newsletter.

Yorkshire Building Society (Burgess Hill Branch) Popping into her local Branch of the Yorkshire Building Society last year, our Secretary Elisabeth was asked to participate in their Caring Communities Week and to fill in a form nominating a charity that she thought should receive some cash from the Yorkshire Building Society. Being always up to a challenge, Elisabeth did not hesitate and of course nominated our own charity, MSOPC. She was absolutely delighted when some very little while later she received a letter to say that MSOPC had been awarded £100 because the judges had been very impressed with Elisabeth's description of exactly what it is that MSOPC does.

Correction: Apologies for publicising the wrong contact details for the Credit Union organisation in Burgess Hill in our last Newsletter. The correct contact details are as follows: West Sussex Credit Union, Drop-In every Tuesday 11 a.m. - 1 p.m. at The Spire Café, St John's Church, Burgess Hill. To find out more telephone 0845 2500513. The other contact details for the head office and the Haywards Heath Branch are correct as published in our November 2013 Newsletter.