



Federation
for
*Positive
Ageing*

NEWS BULLETIN

Dear Colleagues

Welcome to our first news bulletin. We aim to send out regular bulletins highlighting news and resources of interest to groups and organisations working with older people, and of course keeping you up to date with our activities at the Federation of Positive Ageing and Age Concern Chesterfield and District.

We will be utilising email where ever possible to keep costs down, but will mail out a paper version to anyone we don't have an email address for. Please feel free to pass the news letter on to anyone you think would be interested.

If you would like us to highlight your group or promote any of your events or services do please let us know - remember communication is a two way process!

Launch Events

Many Thanks to all of you who attended our events at Danesmoor, Chesterfield, Dronfield and Clowne. Over 250 people attended in total representing a huge range of groups, organisations and services. Speakers came from organisations who can provide support to older peoples clubs and groups, to raise awareness of the help that exists in the community. There was an average of 16 stall holders at each event all doing a great job in providing information, and interactive sessions covered how to reach out to socially isolated people, what type of support the Federation should provide, and plans for future work and potential changes groups and organisations will make to increase joint working and reach out to more people.



We have received much positive feedback and loads of ideas for taking the Federation forward. We are still looking for people to join a steering group. It's a good opportunity to make your views heard and to represent the interests of older people in our area. Please do get in touch if you're interested.

You also gave us lots of good ideas of activities you would like to see the Federation provide. There is clearly a demand for more networking events, help with publicity, fundraising, working with health professionals, learning about computers and the internet, intergenerational activities and much more!

We are still working on the full report which will be available soon. Unfortunately our trusty administrator is ill in hospital. He is much missed, so please bear with us in the meantime.

Next steps

Throughout June Diane Sheppard, our Federation Co-ordinator, will be having meetings with key partners and organisations to identify ways and means to turn your ideas into reality - so watch this space. We are planning a programme of activities which reflect what you told us the Federation should provide. More details available soon.



We had several suggestions that groups could arrange exchange visits with each other. If this is something your group is interested in please let us know.

In the meantime if your group needs any help, contact Diane on 0755 396 7087 or email dsheppard444@gmail.com.

If you are not a Federation member please do join us - we're stronger together! A membership form is attached.

NEWS

The Foundation of Positive Ageing is working with Clowne Community Transport to set up a new mens group for Bolsover district. The first meeting of Bosa Blokes is 30th June - phone Diane for more information.

Keyboard Offer Mike from Clowne Community Gardeners Association has kindly offered his time free of charge to play keyboards at local events. Could you please promote in your local areas/ via your networks and contact Mike by email as per below if you wish to book him.
musicmike410@aol.com

Chesterfield Dementia Action Alliance launched 21st May at the Assembly Rooms Chesterfield Market Hall. The Alliance aims to make Chesterfield a more inclusive and accessible community for people living with dementia and their carers. We will provide phone number and website details as soon as they are available. Currently we are discussing with the Alliance provision of Dementia Friends Training for Federation members. Dementia Friends is about giving more people an understanding of dementia and the small things that could make a difference to people living in their community.

Chesterfield Museum and Art Gallery have a series of themed boxes available for loan for Reminiscence activities. The boxes contain a collection of replica and genuine artefacts, documents and images and are designed for handling. Each themed box is designed to bring stimulation and enjoyment within both small and large groups. Contact the Museum on 01246 345727.

Chesterfield Care Group have established a new walking group and set up a flexible Drop In service. Call 01246 274812 for more details.

Chesterfield TimeBank has recently received funding from Public Health that is going to help in setting up a number of micro timebanks in North East Derbyshire. Residents in Grassmoor, Shirland, Heath, Holmewood North Wingfield and Clay Cross will all be able to benefit from becoming a timebanker and being involved in their local community. Everyone has something to offer by helping others, it does not matter what the skills are everyone's time is valued equally. People can choose to give as much or as little time as they wish. Being a Timebanker is all about coming together to assist each other, whether as an individual, local group, organisation or business. Timebankers can assist with many tasks such as gardening, decluttering, sewing, companionship. A group may wish to borrow a projector, or ask for help with some catering, a business may wish to offer a group some meeting space; in fact anything you may need help with there is probably a timebanker member with that skill, experience or resource.

For further information contact Chesterfield TimeBank, Tel 01246 204418. E-mail chesterfieldtimebank@gmail.com www.chesterfieldtimebank.org

Chesterfield Village Games project Learn to Nordic Walk course in Holmebrook Valley Park that is part of the. It's a great activity for all abilities and ages. Our qualified instructor will work with you to develop your technique and improve your posture. Nordic Walking is an all over body workout that is twice as effective as walking. This 4 week course is open to beginners and includes tuition and pole hire.

Learn to Nordic Walk

4 week course starting 16 June to 7 July



Tuesdays 10-11am at Holmebrook Valley Park

Places are limited and so booking is essential. Please contact Laura on 07950222988 or laura@chesterfieldnordicwalking.com.

Bolsover District Village Games May Flower Tai Chi, Friday 10-11am at Mayflower Court Sheltered

Housing Starts Friday 19th June with an introduction to Tai Chi and a free taster session! £3.50 for non-residents. Suitable for beginners. For more information contact Nicola Armstrong on: 07909444094 or nicola@communitysportstrust.co.uk

***Don't forget!* - Age Concern Chesterfield and Districts Pennies into Pounds** project is still looking for volunteers who will receive training and support to fulfill their role. The project helps older people to maximise their income by better managing utility bills, avoiding scams and bogus traders, dealing with debt and claiming extra benefit entitlements that people may be unaware they are eligible for. So far over 650 older people have been assisted to claim lost benefits of over £600,000.

Please do get in touch with us at Age Concern Chesterfield and District if you would like one of our volunteers to give a talk or presentation at your club or group.

Funding

Foundation Derbyshire offers a wide variety of funding programmes available to community and voluntary groups in Derbyshire. Application forms are simple and support is available during every step of the process



If you are looking for funding up to £1000 contact the Foundation first to have a chat about your ideas and the friendly staff team will offer advice and support Telephone. 01773 525860

Apologies that this is an online resource only. **Disability Grants** has lots of useful information about grants available to individuals <http://www.disability-grants.org/>

How to submit an your news and events:

By post to Age Concern Chesterfield and District, address below - please mark the envelope Federation of Positive Ageing. By email to Diane Sheppard dsheppard444@gmail.com or telephone Diane on 0755 396 7087

Send us your news for the next edition by 3rd July. Lets promote and celebrate all the good work groups and organisations are doing!

Federation of Positive Ageing is a project run by Age Concern Chesterfield and District.

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