South Norfolk Older People’s Forum

Minutes of Annual general meeting held on Wednesday 18th October 2017

Welcome
The Acting Chairman Renata Hutton Mills welcomed about 30 members to the meeting. She explained that our Chairman Lyn Fabre had suffered a stroke and was recovering and our Vice Chairman Ann Baker had a hospital appointment.

1. Apologies:
Ann Baker, Colin Gould, Lyn Fabre & Chris Meakins

2. Minutes of AGM 2016
It was proposed by Jane Mould and seconded by Fran Stuart Harris that the minutes of the AGM held on 19th October 2016 were a correct record and should be signed by the Chairman

3. Matters arising
There were no matters arising.

4. Chairman’s Report
Renata Hutton Mills delivered a report prepared by Ann Baker Vice Chairman. She started by wishing our Chairman a speedy recovery.

She outlined all the informative organisations to which the committee attend meetings and record useful details of all the changes happening in the NHS. The Help hub has kept us informed of anything that affects our members.

She listed all the useful speakers we have had at our Open meetings which have led to vital information being related to members.

We were told of the telephone befriending service which could be so beneficial to lonely people. We also had information on Shuffle board for those wishing for gentle exercise to keep fit.

An insight into Men’s Sheds an organisation aimed at men who often get left behind in some groups.

We are grateful for the support we receive from the Council and Management. All leaflets are constantly updated giving useful contacts for the elderly and isolated.

5. Treasurer’s report
The treasurer gave his report on the accounts for the year 2016/2017. Once again our main costs are with Transport, Printing and Catering.
Questions from the floor included a query on the expenditure exceeding the income. The treasurer said that bills and grants came in at different times but overall it evened itself out.
We had cut down on catering expenses this year and hoped it would make a difference. We have also supported the Silver Sunday this year which will show in next year’s accounts. Our reserve account is healthy and these items are why this account is in place
The accounts were proposed by Derek Land and seconded by Janet Podmore.
6. Election of committee 2017/2018
The list of committee members was confirmed as:

- Ann Baker
- Margaret Coglin
- Malcolm Court
- Kim Donnellan
- Lyn Fabre
- Pearl Fisher
- Renata Hutton Mills
- Jane Mould
- Margaret Pitcher
- Janet Podmore
- Ruth Stannard
- Kerri Gallagher (Support Officer)
- Colin Gould (Associate member Councillor)

Following an appeal for more people to join the committee. Two people expressed their willingness and will be attending our next committee meeting. They are Ann Taylor and Marilyn Savoury. They passed on their details.

7. Vote of thanks
Pearl Fisher gave a vote of thanks to Renata for conducting the AGM and also to the committee members who have worked tirelessly and attended numerous meetings to collate useful information to Forum members.

8. Any Other Business.
Eamon reminded people that as winter approaches grants are available to those in need. They are not means tested but there are limits and are particularly useful for people with medical conditions. Phone Age UK 03005001217

Carole Tilston from Borderhoppa community Transport said any information could be displayed on the buses.

Malcolm Court informed us that there is now a new service for carers. Carers Matter Norfolk. Contact 0800 0831 148

Pearl Fisher highlighted the fact that anyone with an allergy to albumen can contact their doctor to ask for a special flu vaccine (normally cultured on albumen).

Ruth Stannard offered to talk with anyone on dementia.

Daniel also highlighted the dementia café at the leisure centre in Long Stratton.

There was a request for Christmas Craft Fairs in the region. Heathersett have one on 1st December and would welcome more stalls.

The meeting retired slightly early at 11.05am for a toilet break before resuming for the Open Meeting.
AGM South Norfolk Older peoples Forum 2017 Speakers notes.

Kerri Gallagher-Community Capacity Manager
Kerri updated us on community matters.

Flu clinics. They had shown an increased presence at the clinics with the community connectors in attendance. They have spoken to around 5,142 people and SNOPF leaflets had been given to all.

Community Connectors attended Silver Sunday events and were present at Doctors surgeries as well as being engaged in Police street surgeries.

Silver Sunday. There were 7 events organised for this occasion and SNOPF were pleased to subsidise the events.

Community Awards. The awards have been switched to June instead of February this year to avoid inclement weather. It will be held during National Volunteer week and will allow more venues and greater sponsorship.
The community pub awards were keenly contested. The categories were split into sizes and the winners were Wortwell Bell, Netherton House, Long Stratton, Burston Crown & The Green Dragon at Wymondham

The Pick & Mix programme is being rolled out and various areas and pubs have been visited covering many subjects.

A question from the floor. How did Transport cuts and cuts to Sheltered Housing bypass the Forum? The name Sheltered is now obsolete as no shelter is afforded. Kerri said she would get a speaker on the subject to attend the Forum.

Stephen Maunder on Scams
Stephen proceeded to educate and train us all in the methods used by fraudsters in delivering Scams. EVERYONE is vulnerable and even the most educated amongst us can be duped by these clever operators. We will never eradicate it so any information received today should be passed on.

Many methods are used. Postal, telephone, door sales and on line.
One of the methods used is entries to prize draws. This is effective for the criminals to pass on your information to thousands of people.
The obvious thing is to realise that if anything seems too good to be true. IT IS A FAKE.

Be sure and question everything and everyone.
Please keep an eye on any vulnerable person who you feel is receiving excess mail or any other hint of worry.

After many questions and personal experiences the meeting closed for lunch at 12.30pm