Chairman Lyn Fabre

Chairman welcomed approximately 30 members to the meeting. Apologies had been received in advance from Councillor Colin Gould and the usual Hethersett Pensioners Group who attend.

Kerrie Gallagher - South Norfolk Council Community Manager gave updates from the Council. She thanked people for the wonderful turnout at the South Norfolk on Show day and reminded people of the dates of the travelling shows this summer. (Places and dates were given in the March notes).

Firstly she urged people to enter their nominations through the Council for Community Pub of the Year prizes for doing this are available if you are the lucky one!

Officers and staff will be around at more flu clinics in South Norfolk this year, so up to date information will be available.

There are now 7 Community Connectors covering the whole area and a senior connector coordinating their work. Each will be available for booking in a surgery nearest to you, hopefully your own, for appointments for a day or so each week. It should all be in place in the main before the end of this year.

More surgeries have been contacted to carry out “Social prescribing” details of this new name to most people were described in our last open meeting (March) notes.

Gosia Zielinska – Community Fire Safety Officer outlined her role and talked with an emphasis particularly on older people. A free Home Safety Visit is available to all over 60. This is a friendly visit where advice can be given but which does a check on your fire alarms in particular and she emphasised that so many fires emanate from your kitchen in particular. Following the visit you get a free one fitted in the kitchen and one other in another suitable area recommended by the officer who has visited. If you want more, then they have to be paid for. The advice generally is one per floor in your property. It was stressed that every smoke alarm should be changed every 10 years. You should also check your fire alarm is working every month at least and if you can’t reach the button to test it it was suggested that any suitably long stick should reach it for you.

On average 3,000 such visits are carried out per year. The audience was warned that there is an extensive list of kitchen appliances that have been recalled by manufacturers as a potential fire risk. Probably one of the highest such risks in recent years. If you are concerned, to check up, you can go to the Electrical Safety First website to check yourself and follow the instructions of the recall if you are affected. It is www.electricalsafetyfirst/product-recalls/

Contact Norfolk Fire and Rescue Service to arrange a free Home Fire Risk Check by calling 0800 917 8137.

The Citizens Advice Consumer service can help with any questions about recalled appliances or cheap cigarettes, which was an additional warning, by calling on 03454 04 05 06
Gosia ended by saying that general advice is to plan and make everyone aware in your house how you could escape if you could not get downstairs or to the front or back door. If you are trapped the safest thing to do is stay put until the fire service arrives and put, preferably a damp towel, or something similar under the door gap to keep smoke away as long as possible. It is more often smoke that kills than actual burns. Some booklets will be available on Fire safety at our next meeting in October.

Chris Preston – Living Well with Arthritis Project Coordinator Norfolk
Arthritis Care is a charity now 70 years old with 400 + branches at one time but now reduced to 160 but with 50 active support groups run by champions who are all volunteers and who offer peer support without being medically trained. Diagnosis and treatment options should always be discussed with a health or social care professional. The Charity Arthritis Care has its own website [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk) or can be called on 020 7380 6500 and emailed at [services@arthritiscare.org.uk](mailto:services@arthritiscare.org.uk).
Chris, as the local coordinator can be emailed at [ChrisP@arthritiscare.org.uk](mailto:ChrisP@arthritiscare.org.uk) or called on 07834 418 472 and he can put you in touch with what is going on currently nearest to where you live. His 10 champions visit GP surgeries with booklets and fact sheets on how to manage the various forms of the disease and how to manage pain etc. In South Norfolk area the champion lives in the Loddon area.
It was stressed that getting a proper diagnosis is often the problem and to get one is important for how to live with the condition. The charity is keen to promote self management whilst working with other professionals as to diet, exercise, pacing oneself and relaxation needs.

Sarah Macleay – Macmillan Services Engagement Coordinator, Norfolk, Suffolk and Cambridgeshire wanted to know what sort of services might help you and also outlined what is currently available. She left us with two useful books Looking after someone with cancer and The Rich Picture Older People with Cancer, spare copies of each should be available at the October meeting.
The Charity are always needing new help groups to be set up. 62% of new diagnoses of cancer occur in over 65s and 200 older Carers are involved. Good news is that 1.3 million over 65s are living quite well with cancer. Rural areas such as ours often provide difficult barriers to treatment due to lack of transport and provide financial issues for help, especially to carers. Anyone feeling a lack of services in respect to cancer should email Sarah at [smacleay@macmillan.org.uk](mailto:smacleay@macmillan.org.uk) or telephone 01904 756 445 or in emergency on her mobile 07454 497006.
The hospital should provide the above to share a support line to all cancer patients. Cancer should be counted as a disability in any claims you have to make and follow up support should be a whole support. Anyone finishing courses of treatment should have an end of treatment summary given to them and case reviews should be done with a person’s GP, but so often time pressures come in the way of this.
By contacting Macmillan on the phone, free, on 0808 808 00 00 advisors will give advice between 9am and 8pm Monday to Friday.
From the floor questioners stressed the point that parking at the N&N was a further stress and a further burden on those wanting treatment both financial and lack of suitable parking on all busy days. One of our members who had recently had to cope with this alone gave good advice – park at Costessey Park and Ride and it only costs £1 on a bus pass after you have done this. Sarah commended her on a good sensible tip.

**Henry Gowman – Poringland and District Men’s Shed** spoke about men in their private lives not maintaining the social contacts that women seem to do better throughout life.

The Sheds originated in Australia and have developed fast in the UK with about 3 per day starting up. The shed can be any suitable place to meet, socialise, share knowledge, tools and resources, to work on personal or community projects, or just drink tea and chat or mardle. They also enjoy fixing outdated items using and passing on new skills

At the moment, Henry’s group meets on Tuesdays and Saturdays 10.00-13.00 at the Forge, High Green, Brooke, NR15 1HP but will soon change its venue so contact him on 07906 701 891 if you want to be certain.

Their website is [www.pdmensshed.org](http://www.pdmensshed.org)

The meeting closed at 12.30 with a reminder that the next meeting is booked on **18 October** and will comprise of the AGM and training on **Scams** and how to avoid them.

The Chairman also asked for people to think about committing to join the committee which organises the work of the Forum as there were several vacancies. If you are interested please email [snopfcomms@gmail.com](mailto:snopfcomms@gmail.com) or ask someone to do it for you.