

GIVING A VOICE TO YOUR EXPERIENCE

**Voice
of
Experience
Forum**

ISSUE 60
OCTOBER 2022

REGISTERED CHARITY
NUMBER SC037466

VOICE OF EXPERIENCE FORUM NEWSLETTER



Inside this issue:

Welcome	1
VoEF 2022 AGM	1
Refer a friend	2
Chatterbox	2
Cost of Living/Planning Ahead Event	2
Adult Disability Benefit	3
Help during the Cost of Living crisis	3
Bogus crime	3
Other Info	4

Contact us at:

Airdrie Business
Centre,
1 Chapel Lane,
Airdrie
ML6 6GX

Tel 01236 439550

Mobile

07305692098

Email:

info@voef.org.uk



Welcome to our Autumn Newsletter

We hope that you had an enjoyable summer and that you are still accessing the outdoor environment, albeit with added layers for warmth. Autumn is a beautiful time of year, with magical colours on display with the sun still shining, although the days are shorter. This is even more reason to get outside and make the most of the daylight hours.

We have been busy over the last few months, attending partner events, preparing for our AGM — which some of you may have attended — and planning for future events to support you with the Cost of Living crisis. We continue to increase membership of VoEF, some of whom have joined via the Chatterbox programme, and would like to welcome these new members and invite them to contribute suggestions for events, information and consultation.

Voice of Experience Forum AGM 2022

Voice of Experience Forum held its Annual General Meeting on Wednesday 7th September in St Margaret's Church Hall, Airdrie. The event was well attended and deemed to be a success, evidenced by the feedback provided on the day.



Our guest speaker Marianne Hayward from NHS Lanarkshire, gave a presentation on the Discharge Without Delay programme, which was well received. Marianne also took time to answer questions from the floor.

Our Chairperson and Development Worker gave presentations on the work undertaken by our organisation during 2021-22.

VoEF would like to thank our community partners for hosting stalls and providing information and advice on a wide range of supports and services available to older adults across North Lanarkshire.

VOICE OF EXPERIENCE FORUM — RECENT AND FUTURE EVENTS

Membership – Refer a friend

The membership of VoEF is able to influence the organisations priorities and focus of work and helps you to participate in decision making. The greater our numbers, the louder our voice at the decision-making tables. Membership helps older residents of North Lanarkshire have their say on decisions and plans which directly and indirectly affect them.



It is vital that not only do we maintain our membership but that we increase this to remain the voice of older people in North Lanarkshire. To that end we have included an extra copy of the current newsletter for you to share with a friend along with a membership form and pre-paid envelope should they wish to apply for membership of VoEF. Please share this with someone you think would benefit from adding their voice to the Forum.

Membership is open to all individuals 60+ and organisations representing this age group. New members can apply to be involved in the Forum in a number of ways, from simply wishing to be kept informed of ongoing or emerging issues which affect their local community, to applying to become a member of the Board. Becoming a member allows you to receive information directly.

As part of our succession planning, we are certain that our existing members will know of individuals recently (or not so recently) turned 60 who could bring skills and experience in a range of disciplines to the organisation.

Chatterbox

Voice of Experience Forum has begun delivery of the third of its 'Chatterbox' Digital Training courses at Cornerstone House Centre in Cumbernauld. The participants are attending from locations across the Northern Corridor and Cumbernauld.

The project is gaining recognition across the region and the first of these sessions was attended by Councillor Barry McCulloch who was impressed with the project and the impact upon older adults in North Lanarkshire. The second of our sessions was attended by Stuart McDonald MP for Cumbernauld, Kilsyth and Kirkintilloch East constituency. Mr McDonald was keen to see the impact of the project upon older people's confidence to become digitally confident.

Once again, we would like to thank SKY Cares and Scottish Tech Army who help deliver these sessions to older adults across the Cumbernauld and Northern Corridor localities.

Cost of Living - 'Planning Ahead' Motherwell Event

VoEF were happy to attend two Cost of Living events in August, held in Airdrie and Shotts.

We are holding a "Planning Ahead" event in **Dalziel St Andrews Church Hall, Motherwell on Tuesday 22nd November** from 10:30am to 12:30pm. Information workshops will be held to help support older people with increased fuel costs, Power of Attorney, maintaining physical well-being, positive Mental Health and Social Care Support.

A FREE lunch will be provided at the end of the workshops —please contact us on 01236 439550 or email info@voef.org.uk to register. YOU ARE WELCOME TO BRING A FRIEND AGED OVER 60 TO THIS EVENT—REGISTRATION IS REQUIRED TO SECURE YOUR PLACE(S).

MORE ON WHAT WE HAVE BEEN UP TO

COMMUNITY PARTNERSHIP IN ACTION

Lanarkshire Links AGM

Representatives attended the AGM and workshops of Lanarkshire Links recently in the Alona Hotel.

Clinical Psychologists for Older People

The Forum were asked to give a presentation on the work which we undertake, along with the benefits of the Chatterbox project, to the regular meeting of Clinical Psychologists who are exploring new ways to engage with older people. This received a positive response from all who attended and opportunities exist for further exploration of this topic.

ADULT DISABILITY LIVING ALLOWANCE

Following pilot schemes, the Adult Disability Payment was made available in all council areas from 29th August. It replaces the UK Government's Personal Independence Payment. The benefit provides financial support to people aged between 16 and state pension age, who are disabled, have a long-term health condition or have a terminal illness.



People already receiving the UK Government's Personal Independence Payment and Disability Living Allowance **do not** need to make an application for Adult Disability Payment. These existing awards will transfer automatically from the DWP to Social Security Scotland. Cases will transfer in stages and this process is expected to be completed by the end of 2025.

To find out more you can visit [Access to public services in Scotland - mygov.scot](https://mygov.scot) or call 0800 182 2222 alternatively you can call their helpline on 0808 800 0006 or email advice@kinshipscot.org.

HELP DURING THE COST OF LIVING CRISIS

If you need urgent help with money, food or fuel, your local council may be able to help with things like food, heating and electricity. If you have a computer, you can access Scottish Government support.

Cost of living crisis - Cost of Living Support Scotland <https://costofliving.campaign.gov.scot/>

or Contact your local council <https://www.mygov.scot/urgent-help-food-fuel-money>

TACKLING BOGUS CRIME

A new "No Cold Calling" zone has been introduced in the Larch Grove area of Cumbernauld. The zone – the first of its kind in North Lanarkshire – has been launched as a joint initiative between Police Scotland and North Lanarkshire Council Trading Standards to reduce incidence of crimes resulting from bogus callers, rogue traders and distraction thefts by raising awareness in the community, educating householders and in particular elderly and vulnerable people to improve their home security.

New signage has been put in place - residents have been provided with no cold calling stickers which are displayed on their doors and windows. Regular patrols will be undertaken by local community officers and engagement with residents and the sheltered housing warden. The new zone is being treated as a pilot and the intention is to expand more widely across Cumbernauld, Kilsyth and the Northern Corridor if successful.

INFORMATION FROM ACROSS NORTH LANARKSHIRE

VoEF Membership

FREE Membership of Voice of Experience Forum is open to anyone over the age of 60 and organisations representing older people in North Lanarkshire.

Benefits of becoming a member include:

- Regular Newsletters
- Invitations to events
- Involvement in consultations
- Your views & opinions being heard by other agencies
- Influence in the planning of service provision for older people

VoEF also deliver presentations throughout North Lanarkshire.

If you run a group or attend a group for individuals over the age of 60 and would like to book VoEF for a presentation, please get in touch with Denis O'Keefe using the details on page 1.

Remember, Membership is **FREE!**

NORTH LANARKSHIRE CARERS TOGETHER

North Lanarkshire Carers Together (NLCT) have launched a new Carer Information resource aimed at informing carers and health and social care professionals on the services offered by their organisation. The pack is available to download via the NLCT website and can be used by carers who wish to direct to their services.

A range of information is available containing essential information on who they are as an organisation, as well as crucial details on specific supports available, the pack outlines areas including:

- Information and advice available for carers and professionals who work with carers
- The NLCT Independent Advocacy service
- Carer Aware Workshops
- Essential carer supports offered at NLCT including:
 - Income maximisation
 - Bereavement support
 - Emergency and future planning
 - Provision of carer rights information

Contact North Lanarkshire Carers Together for more information

If you have any questions about how to use the pack, or if you would like to request a limited number of printed copies for others you can get in touch at enquiries@carerstogether.org.uk



As always, there are currently a number of scams going around.

Beware of: IMPERSONATION - Fraudulent messages offering tax rebates or government grants/funding related to the cost of living crisis. Do not respond to these as they are trying to obtain your personal details.

COVID - Texts claiming to be from NHS saying that you have been in close contact with someone who has tested positive for Omicron, asking you to order a free test. These are designed to gather your personal details only.

UTILITY GRANT—The latest trick involves sending a malicious text message link that asks you to sign up for the government's energy grant. If you get one of these texts, don't click on the link. Your grant will be applied to your energy account automatically.