

# GIVING A VOICE TO YOUR EXPERIENCE

Voice  
of  
Experience  
Forum

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## VOICE OF EXPERIENCE FORUM NEWSLETTER



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### Welcome to our Summer Newsletter

Welcome to the Summer edition of our quarterly newsletter. We hope you are looking forward to longer days and warmer weather.

Since our Spring edition, we have been busy hosting an event, conducting a consultation, and preparing for our upcoming AGM, amongst other activities. We have also seen COVID-19 finally downgraded as a global emergency, and we hope that this has allayed any fears people may have regarding accessing the wider community.

We hope that you have been able to resume your groups and activities and we would welcome any pictures and/or stories which may encourage others to follow suit. If your group is seeking new members, please forward us the contact details and meeting times and we will promote these in the next edition and on social media.



### Voice of Experience Forum AGM 2023

Voice of Experience Forum will be holding its Annual General Meeting on **Wednesday 30th August, 2023.**



Following the success of last year's event, coupled with the ease of access to the venue for attendees and the availability of parking, we will again hold the meeting at **St Margaret's Church Hall, Hallcraig Street, Airdrie. Registration will begin at 10:00am** on the day, with refreshments available upon arrival. The event will start at 10:30am **with a hot lunch being served** once business concludes around 12:30pm.

VoEF will showcase the work which it has undertaken over the past year, and outline our plans for the future. Our speaker this year will talk about NHS Lanarkshires 'Our Health Together' initiative. Guests will also have the opportunity to ask questions.

Stallholders from a number of local organisations will be present on the day to allow guests to find out more about the services on offer to older adults within North Lanarkshire.

Invitations to all members will follow shortly—feel free to bring a friend!

# VOICE OF EXPERIENCE FORUM — HOW WE ARE SERVING THE COMMUNITIES OF NORTH LANARKSHIRE

## King Charles III Coronation Community Lunch Event



VoEF held an event in Motherwell to celebrate the coronation of King Charles in May funded by The National Lottery Community Fund. The event was hugely successful and enjoyed by 63 people from all over North Lanarkshire. The Provost Kenny Duffy attended and was accompanied by The Older People's Champion for North Lanarkshire Angela Campbell. We would like to thank the organisations who provided information stalls on the day.

During the event, we conducted a consultation on Engagement and Participation with members and non members. This will help us improve our engagement strategy and inform a review our engagement methods.



86% of responders said they would be interested in hearing more about what we do. This reflects positively on the presentation given by Denis who highlighted the work the organisation has done and the importance of membership in relation to engagement and participation in local discussions and decision making.

## Power of Attorney Sessions now available for Groups

Voice of Experience Forum are please to announce the availability of presentations on the application process for arranging a Power of Attorney.

These sessions will cover; What is a Power of Attorney? Why should I have one? Differing types of Power of Attorney? Who should I choose? How much does it cost?

All of these questions, and more, are answered in our sessions. To book a session for your group, call Denis on 07305 692098. We expect a high demand for these so book early to avoid disappointment.



## GIRFE Focus group

Voice of Experience Forum contributed to the Getting It Right For Everyone (GIRFE) Focus Group in May. The purpose of this group was to help shape NHS Lanarkshire's new strategy: Our Health Together-Living Our Best Lives in North Lanarkshire by coming together to discuss the clinical model to prevent and manage frailty. We aim to keep our members updated with the outcomes as the discussions progress.



# COMMUNITY AND WIDER INFORMATION

## COMMUNITY PARTNERSHIP IN ACTION



### July's Focus On ....

Each edition will now see a focus on one of VoEF's community partners, highlighting the services provided and upcoming work by the featured organisation. This quarter sees the focus on North Lanarkshire Disability Forum, based in Motherwell. Ainsley from North Lanarkshire Disability Forum tells us about their work -



“North Lanarkshire Disability Forum aims to provide up-to-date information that supports people with a disability, and their carers, to live as independent a life as possible. We offer support that promotes good mental, physical, and emotional wellbeing. We aim to help empower people to have choice and control. North Lanarkshire

Disability Forum is committee led, which means the work we carry out is influenced by our members through their knowledge and experiences in North Lanarkshire. Our committee are like-minded people who are interested in having a say in things that affect disabled people in North Lanarkshire—like transport, health and social care services, welfare rights and more.

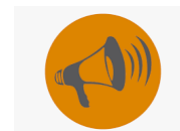
We are now running drop-in sessions where anyone living with or caring for someone with long term health conditions and disabilities can come along and find out about activities and events, learn about support available within North Lanarkshire, form filling or just have a general chat and a cuppa. Please join us in our office in Motherwell on Tuesdays or at Cornerstone House Centre in Cumbernauld on Thursdays between 11am-1pm. To let us know you are coming or for more information, please contact **Ainsley** at [ainsley@nldforum.org.uk](mailto:ainsley@nldforum.org.uk) or alternatively call **07427645077**. We are also running SDS Group sessions with Take Ctrl where people can find out more about Self-Directed Support budgets and the process in applying for them. Our next session is on Tuesday 25th July from 11am-1pm at the Take Ctrl office in Airdrie.

The Little Care Hub (TLC) are now in the process of creating sessions to enhance wellbeing, connections and sharing information to people with disabilities and long-term conditions, unpaid carers and those they care for, in the North Lanarkshire area. If you or someone you know could benefit from these sessions, please contact **Laura** at [lauram@nldforum.org.uk](mailto:lauram@nldforum.org.uk) or alternatively call **01698 275710**. We are happy to accept referrals from organisations who support people with long term conditions and carer groups. Feel free to get in touch and we can arrange to come for a chat to see how we can help.”

## VoiceAbility

VoiceAbility is an independent charity which provides support to those accessing benefits from Social Security Scotland. The organisation has advocates across Scotland, who work with people to ensure their voices are heard and respected. You can find out more about VoiceAbility via their website - <https://voiceability.org>

To make a referral or for any enquiries, please call **0300 303 1660** or email [helpline@voiceability.org](mailto:helpline@voiceability.org)



# 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  
Adult Protection  
Committee

## ADULTS AT RISK OF HARM

The definition of this is—people over 16, who are not able to protect themselves from harm, because of disability, mental disorder, illness, physical or mental infirmity.

**Harm can be** – Physical, Neglect, Financial, Sexual, Psychological.  
**Harm can happen anywhere** – in a person's own home, in the street, at a social club, in a care home, in hospital.

**Harm can be inflicted by anyone** – can include family members or paid staff. Sometimes, a person can be at risk from their own behaviour.

If you are worried about anyone who you think is being harmed, it is important to tell someone. Remember, the person who is being harmed may not be able to report it themselves.

Adult Protection Contact numbers:

Airdrie	01236 757000	Bellshill	01698 346666
Coatbridge	01236 622100	Cumbernauld	01236 638700
Motherwell	01698 332100	Shotts	01501 824700
Wishaw	01698 348200	Out of Hours	0800 1214 114

IF IMMEDIATE HELP IS NEEDED, CALL 999. Remember, the person causing the harm could be doing it to others too.

## SCAM ALERT!

### The Scam

Those who are eligible to receive the £150 Disability Cost of Living payment are being warned to be wary of scam emails, text messages or cold calls asking them to apply for the payment.

The money was paid automatically between 20 June and 4 July. Several people have received scam emails or text messages asking them to complete a form with their personal and banking details in order to receive the payment.

### How to Avoid

Any call or message asking you to apply for a cost of living payment or to contact someone about the payment is likely to be a scam.

**The Department for Work and Pensions (DWP) will never ask for your personal details via text message or email.** If you receive a text message, email or cold call asking for your details or for a fee to 'apply' for the payment, do not click on any links or provide any details.

