

GIVING A VOICE TO YOUR EXPERIENCE

Voice
of
Experience
Forum



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VOICE OF EXPERIENCE FORUM NEWSLETTER

Welcome to our Summer Newsletter



Welcome to the Summer 2024 edition of our newsletter. It has been a bit of a stop/start summer as we wait for the sunshine to kick in however, we can be thankful for warmer days and nights and the chance to get our hands in the soil for those of us with a garden or an allotment.

We are keen to showcase any trips or outings which you may have undertaken, either with a group or with some friends. We can use this newsletter to promote any upcoming trips which you may be planning and this space can also be used to promote the purposes of your group and its requests for new members.

Maybe you would like to write a short piece for the next newsletter in October or, we could promote this on our social media channels if you wish this to go out sooner than October?

Remember, it is YOUR Organisation, YOUR newsletter and YOUR voice. Don't be shy, let your ideas fly.



Prevent & Prepare



We are delighted to invite you to our 'Prevent & Prepare' event on **Wednesday 28th August 2024 at Cairnlea Parish Church, 127-129 Graham Street, Airdrie, ML6 6DE.**

The event will focus on information to help older people stay active using gentle movement provided by Active NL ('prevent') and how to 'prepare', by accessing information on services/supports (CAB), legal safeguards such as Power of Attorney/Guardianship (SOPS) and what services are available upon being discharged from hospital (HDSP).

Registration opens at 10am and there will be an opportunity to visit stalls hosted by a range of North Lanarkshire organisations.

Light refreshments will be available from 10am. The event starts at 10:20am and is followed by our simplified AGM. A 2 course lunch will be provided to all attendees.

RSVP—PLEASE RETURN YOUR COMPLETED ATTENDANCE FORM TO US IN THE PRE-PAID ENVELOPE PROVIDED by Tuesday 20th August 2024 to secure your place. You can also email us at:- info@voef.org.uk or call **01236 439550** to confirm your attendance.

We hope that you can join us on the day. Why not bring a friend too?

VOICE OF EXPERIENCE FORUM — YOUR VOICE AND VIEWS MATTER

THE NATIONAL LOTTERY—Awards For All



Voice of Experience Forum are delighted to announce the success of our application to the National Lottery Awards for All Community Fund.

VoEF have received the award to allow us to continue to deliver on our aims of improving the health of over 60's residing within North Lanarkshire through a range of events designed to:

- Inform older people of supports available
- Increase the number of people participating in regular movement and physical activity
- Increase the number of older people living in retirement homes and communities which are safe and allow them to flourish as part of their community
- Increase the number of older people taking measures to increase, maintain and improve their health and avoid harm from falls.



VoEF hope that you will appreciate the range of events offered and will join us to experience the benefits which can be derived from these. More information coming soon!

Voice of Experience Forum Outreach

Presentations to Community Groups: We continue to deliver information to the community through presentations on subjects including applying for a Power of Attorney. The presentation to P.A.L.S. (People at Leisure Scotland) group at South Wishaw Parish Church was particularly well attended with around 40 people participating on the day. We will be reporting on the uptake of these in the next edition of the Newsletter.



Hospital Information Stalls: Voice of Experience Forum undertakes outreach activities within University Hospital Wishaw, on the first Tuesday of each month and at University Hospital Monklands Hospital, on the third Thursday of each month. Over the past 6 months this outreach service has become well established, and we have engaged with numerous individuals including NHS staff, patients and visitors at both hospitals.

The Hospital Discharge Support Programme and Care of the Elderly team staff have advised that they have found the range of information very helpful in planning for the discharge of patients to their own homes. In the last month, VoEF have been working with Care Opinion to pilot a new approach to gathering data which will inform the service going forward. If you are a patient or visitor at either Wishaw or Monklands, please stop at the stall for a chat or to ask for information, if we can't provide it to you on the day we are happy to contact you once we have found what you are looking for.

Donation to St Andrew's Hospice: VoEF were pleased to accept a donation of £50 from People At Leisure Scotland (P.A.L.S.) in respect of the Power of Attorney presentation which was delivered on 4/6/24. VoEF subsequently donated this to St. Andrew's hospice as a gesture of support for this vital resource.

COMMUNITY AND WIDER INFORMATION

NEWS FROM ACROSS THE REGION

Older People's Champion - Update



Hello everyone, it's my pleasure to introduce myself as the nominated Older Peoples Champion for North Lanarkshire Council. My name is Michael McBride and I am also a Local Councillor for Airdrie South, live in Airdrie and currently hold the post of Convener for Education, Children and Families.

I look forward to working with the team at Voice of Experience to listen and help as best as I can with any key concerns, issues and suggestions that I can feedback to North Lanarkshire Council and Scottish Government.

I have also been involved previously with the Local Airdrie Community Council as Secretary/Chair, Airdrie Community Boards and other local organisations and campaigns.

I look forward to meeting as many of you as possible in the near future.

Regards,

Councillor Michael Mc Bride – Airdrie South,
Convener, Education, Children and Families



Motherwell Seniors Forum



Motherwell Seniors Forum is a local group for older people in Motherwell. The group meets the third Monday of every month (except July) at 1.30pm in Dalziel St Andrews Church, Motherwell. Activities include a range of speakers, days out and sometimes just a good blether with a cup of tea. The group offers companionship, friendship and support to its members. MSF encourage older people to be more active by getting out and about.

The group is currently looking for people to join, to expand its activities and increase current membership. Membership is open to anyone over the age of 60 living in Motherwell and the surrounding areas. If you are interested, or know of anyone who might be, please **contact Elizabeth on 01698 263919 or 07415 875990** for more information. Why not join with a friend? Please spread the word and encourage others to join this wonderful group.

Launch of Carers Strategy

VoEF attended the launch of the Commitment to Carers Conference in May. We were treated to a range of speakers, some of whom were young carers who spoke about their experiences and their personal journeys. In each case their story was inspirational and highlighted the sacrifices they make to provide care for others.



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!**



Engagement & Participation Partnership—Growth Pot Fund

The deadline for the 1st round of applications to the Growth Pot Fund (GPF) closed on 22nd May 2024 and we are pleased to report that the partnership received 39 applications to the fund. This was an excellent response to a new funding opportunity and included applications from a diverse source of community groups.

All applicants have now been notified and we look forward to working with the successful projects in the coming months.

The GPF will be launched officially on 4th September 2024 when we will be able to share stories from successful applicants of the difference the GPF awards have made to their groups and the wider community. For those groups who missed the deadline, there will be a second round of funding opening in October this year when applications can once again be submitted. Keep an eye on our social media for updates.

So, if you were unsuccessful or you missed the deadline for the first round of applications, please use this time to consider re-applying for the next round of funding or visit our website <https://voef.org.uk/> and look under the 'Funding' tab for more information and to check eligibility for your project before you apply.



Misleading Leaflets: Guttering

The Scam

The Advertising Standards Authority (ASA) has recently banned leaflets offering gutter cleaning from a company called Ben's Gutters, concluding that they were misleading as they gave the overall impression that they were for a local small business or tradesperson.



However, there are concerns that the business may still be distributing leaflets similar to those banned by the ASA, with reports received from across Scotland, from Perth, the Highlands and Aberdeenshire. They use a handwritten style of text and a hand-drawn smiley face and appear to be from a local business.

How to Avoid

Before having any work done in or around your property, get quotes from as many trusted companies as possible. Find traders who have been vetted by Trading Standards through a local approved trader scheme at www.approvedtrader.scot.

AVOID