

CAN Event in Ardler – Friday May 15th 2009 in Ardler Complex

Introduction

The CAN event in Ardler was set up with the following key outcomes

1. Older people in Ardler would feel more informed about identified health, social care and safety issues
2. Celebrate Age Network Forum would attract more members for their organisation
3. Celebrate Age Network Forum would identify older people in Ardler to work with on a contact strategy for isolated older people in the area

Event Planning

- 1) Contact was made with the Ardler Over Fifties Club and the Chuckles Club(older people's groups established in Ardler) and a menu of workshops was agreed to present to group members. A survey form was then circulated to group members asking them to express their preference of workshop choices. See Appendix A. This resulted in four workshops being chosen to be run on the day – Community Safety, Avoiding Falls, Money Matters and Caring for Others. The Meals Service also offered to provide taster lunches to promote their service in the area. A programme was then drawn up which reflected the numbers of people interested in each issue. (see Appendix B)
- 2) Celebrate Age Network Forum had a stall on the day with leaflets reflecting the workshop areas, membership forms for people to join the organisation and copies of the draft information pack to get feedback from older people. CAN Forum Committee members and a CAN project volunteer were there to talk about the work of CAN, introduce the information pack and how to become a member.
- 3) The last session was programmed to identify volunteers to help with the contact strategy. Members were asked if they would consider helping the Forum in making contact with socially isolated older people to help them get the information they need.

4) Event Evaluation

- 1) 54 older people participated in the event, and very positive feedback was received regarding the workshops and the meals service. Participants were asked to write a comment about the day on a post it note with twenty three people choosing to make a comment. (See Appendix C) From this feedback, the first event outcome was certainly achieved.
- 2) Celebrate Age Network Forum received four new membership applications from the event. The small number was mainly due to the lack of networking opportunities as the time available was taken up by workshops.
- 3) None of the older people who attended the event, volunteered to take part in the contact strategy. Again this was partly due to the lack of networking opportunities. Reasons given for not volunteering included poor health and lack of time. Existing committee members of both the over Fifties and Chuckles groups reflected that they also had difficulty in getting others to help out at their clubs.

Recommendations

- To consider holding further roadshows in communities in Dundee over the next year
- To limit the workshop time to allow more networking opportunities –that is each workshop only being held once.
- To re-establish contact with the two groups' committees for advice re setting up the contact strategy
- To look at attracting volunteers from other organisations in Ardler such as tenants groups, sheltered housing complexes and churches.



Appendix A

TO ALL MEMBERS OF THE ARDLER OVER FIFTIES GROUP AND THE CHUCKLES CLUB

CELEBRATE AGE NETWORK WORKSHOPS –15th MAY 2009

Celebrate Age Network Forum is working with both of your committees to plan a morning of workshops about issues affecting older people in Dundee. To help us organise the best day possible, could you please complete the form below to tell us what your interests are and hand it back to Betty Clark/Ingrid Olgilvie.

Could you please write 1 – 5 next to each workshop.

1= one you most want to come to

5= one you would least like to come to

Name:	
Workshop	Preference
Community Safety: A workshop lead by the eighteen and under project, which looks at safety issues affecting older people. Songs quizzes and jokes are all part of the workshop.	
Looking after your finances: This workshop looks at the benefits that people are not applying for, ways of dealing with debt and budgeting. It also looks at financial products that help older people.	
Avoiding Falls: Strength and balance exercises – a simple list of exercises that can be done in your home to improve your balance. Also – the top tips for avoiding falls in the home and outside your house.	
Dementia: What dementia is, what the signs are and what you should do about it. What services there are for people with dementia and their carers.	
Caring for Others: What is a “carer”? What practical support can a carer get e.g. help on a daily basis or respite for holidays. Looking at ways to help carers keep out and about. Financial support that is available for the person you are caring for.	



Appendix B

CAN Forum is joining forces with the Ardler Over Fifties Group and the Chuckles Club to have a morning of information workshops on Friday 15th May 2009.

- 10.00-10.05 - Welcome from CAN
- 10.10 -11.00 - Workshops – Community Safety, Avoiding Falls and Money Matters
- 11.10- 12.00 - Workshops - Community Safety, Avoiding Fall and Caring For Others
- 12.05-12.20 - Discussion – how do we get information out to isolated older people?
- 12.20-13.00 - Taster lunches provided by The Meals Service – please note this is not a full lunch)

YOU CAN CHOOSE UP TO TWO OF THE FOLLOWING WORKSHOPS

Community Safety Workshop (maximum participants 12)

The Violence is Preventable Team in Dundee is leading this workshop – find out about ways to improve your community safety through quizzes, songs and jokes. A serious message in a fun way!

Avoiding Falls (maximum participants 16)

The Falls Prevention Initiative will lead this workshop which will demonstrate some simple strength and balance exercises you can do in your own home. They will also give you some top tips of what you should do to avoid fall and what to do if you have a fall.

Money Matters (maximum participants 16)

The Citizens Advice Bureau is leading this workshop which will look at the benefits that people are not applying for, ways of dealing with debt and budgeting. It also looks at financial products that help older people.

Caring For Others (maximum participants 12)

What is a “carer”? You might not think of yourself as a carer as you are looking after a loved one such as your husband or wife – but you are. What practical support can a carer get e.g. help on a daily basis or respite for holidays. Looking at ways to help carers keep out and about. Financial support that is available for the person you are caring for. The Princess Royal Trust Dundee Carers Centre will be running this workshop.

We did not get enough people to run a workshop on dementia but if you are interested in this subject, committee members will be there who you can talk to and we will have a range of leaflets on the subject for you to take away.

All these events are only open to members of the Ardler Over Fifties Group and the Chuckles Club. **YOU MUST BOOK FOR WORKSHOPS** by contacting Betty or Ingrid.

Appendix C

Comments from Participants

Community Safety:

- This session was very helpful-I really enjoyed it.
- Very interesting, giving lots of information.
- Useful information this morning.
- All aspects covered very well.
- Advice was very good. I went away a lot wiser.
- Enlightening.
- Interesting group session on many everyday matters put over in a funny, friendly way. Thank you very much.

Caring for Others:

- Very informative. I care for an 86 year old who is house bound, and there was lots of useful info to help me look after her.
- I found all the help very useful. I'm glad I came.

Avoiding Falls:

- Interesting and informative. Advice on personal safety very much appreciated.
- Found out a lot today which opened up my eyes about keeping safe.
- I found it most helpful and I'll certainly do the exercises.
- Great discussion on reducing the hazards of falling. Good to hear varying viewpoints from others. Pointers for exercise very useful.
- Very informative. Will do exercises. Leader very helpful.
- Talk showed how accidents can happen.
- Interesting talk and helpful exercises.
- Very helpful talk from a very pleasant girl.
- Very well explained to us and most helpful about how to exercise.
- Well worth coming today. Exercises are very simple and easy to do. Would be able to carry on with them.

- Interested in work on roads/pavements and concentration skills.

Lunch:

- The meal was lovely. The soup was enjoyable and the selection was good – something for everyone. Thank you very much.
- Very good lunch and the price is reasonable.
- Meal was very good. It's a long time since I had mushy peas. Portion was plenty. The staff are excellent and do a great job. From a satisfied 50+.