



# GOPA Newsletter

*'GOPA — Representing the many voices of older people'*

## WELCOME TO OUR NEW LOOK NEWSLETTER

*Welcome to our new look GOPA Newsletter. In this new format we aim to give you regular and up to date news about older people's issues and initiatives going on in the County.*



GOPA promoting the benefit of older people in Gloucestershire

If you are unfamiliar with our work we exist to:

- **Promote the benefit of older people** who are affected by the issues of ageing, by associating the local authorities, voluntary organisations and older people in a common effort to provide facilities and services in the interest of social welfare with the object of improving the conditions of life for older people.

- **Advance the education of older people** through the development of activities that develop individual capabilities, competencies, skills and understanding about the issues of ageing, with the object of improving the conditions of life for older people

Please visit our website to keep up to date with our activities.

[www.gopa.org.uk](http://www.gopa.org.uk)

**GOPA is committed to:**

- providing an independent voice for residents aged over 50 living in Gloucestershire
- working in and seeking partnerships across the statutory, private and voluntary sectors
- improving the quality of life for older people

***Make your voice heard through GOPA by joining us and making a difference***

## Tea and Tell Sessions

One of GOPA's regular projects is 'Tea and Tell' which aims to gather the views of older people, often in small group situations. Following a request, we visit established meeting groups of older people and the sessions take about an hour. We have held 20 sessions within Stroud alone and some typical issues raised have been transport, access to hospitals, wheelchair access (shops and buses), sheltered housing issues, inconsiderate parking (Blue Badge) and end of life issues. If you would like us to hold a Tea and Tell session at your regular events and meetings then please contact us on email [gopa4672@hotmail.co.uk](mailto:gopa4672@hotmail.co.uk)



# Stroud's Older People's Community Hub



GOPA recognises the value and knowledge that older people contribute to our communities, while at the same time acknowledging the need to combat the loneliness and isolation that many older people suffer in later life.

On Sunday 5th October Silver Sunday was celebrated across the UK with many events being held across the County. In particular we supported the launch of the Stroud Older People's Community Hub held at St Laurence Hall in Stroud. The

event was attended by some 40 people who could browse information on a range of activities that are on offer for older people in the Stroud area. The Hub was officially launched by Mr Philip Sullivan, M.B.E.. There was participation in an exercise demonstration led by Claire Bader.

Information was available on local groups and businesses such as U3A, The Uplands Care Service, Stroud Gardening Club, Stroud Local History

Society, Workers' Employment Association (WEA), Stroud Computer Training, Photography Club, WSP Solicitors, Care and Repair and Pets as Therapy. Hub partners include Sheltered Housing and the Museum in the Park.

A monthly calendar of local events is published and for more information please visit the UCS website

**uplandscaresevice.org.uk** and click on 'Community Hubs' or email **uplandscaresevice@gmail.com** or phone **01453 758420** for more.



## GPs run Social Prescription pilot schemes in surgeries across County

Social Prescription Pilot schemes are running in selected GP surgeries, with the aim of identifying people who either do not have health needs or whose health needs are managed and who would benefit from the range of voluntary and community sector services which are already available in their local area.

GOPA representatives have recently attended meetings with the Gloucestershire Clinical Commissioning Group to support the scheme and to

find out more. Local coordinators are trialling schemes in the Forest of Dean, South Cotswolds, Cheltenham, Stroud and Berkeley Vale and Gloucester City to link patients by signposting to appropriate social and supporting activities in their area.

GOPA is keen to promote this scheme as it addresses the real issues of social isolation and loneliness which often affect older people living in rural and urban communities.

Cotswold district had its own

befriending scheme for several years and now 'Friends for You' is a new befriending scheme for the rest of the county. If you are interested in being a volunteer or joining the scheme and would like to know more, please contact Sue Black on 07810 630167 or email her on [sue.friendsforyou@grcc.org.uk](mailto:sue.friendsforyou@grcc.org.uk)

Another useful link is The national Campaign to End Loneliness site giving useful tips and hints on how local organisations can combat loneliness.

**[www.campaigntoendloneliness.org](http://www.campaigntoendloneliness.org)**

## How we engage with our funders



We can only achieve our objects with financial support from a number of funders. Without these funds we would not be able to operate and carry out projects that assist our aims.

Funders such as The Gloucestershire Police and Crime Commissioner, Gloucestershire County Council, Stroud District Council and AGE UK.

GOPA either actively request funds following an invitation to tender or the funder may approach us directly to assist in a project. One such example is the Day Care Provision workshops as outlined here.

## Day Care Provision Workshops



Gloucestershire County Council (GCC) recently commissioned us to facilitate the production of a Toolkit (the Standard) for Day Care providers in the County to produce a set of minimum requirements for day care provision.

We facilitated two 'Day Care Opportunities for Older People' Workshops in January and February this year, which were attended by a number of County Day Care service providers. From the Workshops, a report was provided to GCC which contained the Standard.

The Standard has been designed to be a "living document" as it is recognised that there are changing models for day care. The concept now extends to being part of community assets and offering Day Care Opportunities. This includes the development of Community Hubs across the County which allows the extension of a range of activities.

The Standard has been designed to be used by day care providers from "Lunch Clubs" to providers of high

dependency services and to assist the service providers' by showing their compliance to the minimum standards required for their level of service. For example a provider of a "Lunch Club" would not need to show that they conform to the amount of identified outcomes as a provider of high dependency services and as such can mark the relevant outcomes as Not Applicable.

This would also allow providers to show, were they are compliant to sub-sections of the outcomes that are greater than the minimum requirement and can be used to "sign post" any future investment or training that maybe required to be carried out to allow a provider to change their provision. The standards will be monitored to reflect future legislation and "best practice" and for an agreed set of minimum compliance requirements be allocated against the different types of provision.

**GOPA facilitates Day Care workshops, resulting in a Standard that can be used by all Day Care providers regardless of provision of services**

## Stroud District Older Persons' Forum meets regularly

**Stroud District Older Persons' Forum** meets every six weeks to represent the views and interests of older people across the District to:

**Provide** a forum for individuals and organisations to raise concerns

**Inform** about a wide range of initiatives

**Influence** public sector providers by giving feedback on policies and projects

**Connect** public and providers with the services that they may require

The Forum is for people aged over 55, as well as

for representatives from organizations that support activities for older people, such as walking groups and sheltered accommodation.

If you would like to become a member of the Forum to give support to the initiatives we are carrying out throughout

the district, then please get in touch.

The next meeting will be held on **Monday 8th June 2015 at 9.30 am to 12.00 at Ebley Mill, Stroud.**

**For information please contact Pamela Tawse on 01453 758420 or Jim Rollinson on gopa4672@hotmail.co.uk**

# Who are the GOPA Trustees?



## David Grant (Chairman)

lives in Cheltenham and provides Corporate Governance advice to GOPA. David spent 26 years with the Ministry of Defence where he was responsible for assisting in policy and formulating procedures of physical security and counter terrorism working as part of a NATO evaluation team.

## David Hearn (Treasurer)

has lived in Gotherington for over 30 years and is Chair of the Parish Council. He is on the board of Healthwatch Gloucestershire and has special responsibility for Tewkesbury North and for older persons. As a Dementia Champion David is able to train candidates to become Dementia Friends. He is also chair of the Tewkesbury Older Persons Network where, in conjunction with Tewkesbury U3A regularly provides cream teas and live entertainment to local Residential Homes and Care Homes. As a Freeman

of Coventry, David is Treasurer of the Coventry Freemans' Guild, who oversee the interests of Freemen and organise events to provide financial help to local charities.

He is an avid steam railway enthusiast and is often seen officiating as a Station Master at one of the three stations of the Gloucestershire and Warwickshire Steam Railway

## Jim Rollinson (Secretary)

moved to Huntley in 1976 where he lives with his wife. He spent most of his working life with a local insurance company and since 2004 has worked for a number of charities, including a domiciliary care agency based in Cheltenham where he was the Registered Manager. He has also been a volunteer in the Catholic Handicapped Children's Fellowship; Huntley Village Hall Management Committee and GOPA. He is a freelance facilitator/consultant providing support to charities in Gloucestershire and

surrounding areas

**Paul Harries** moved to the Barton area of Gloucester just over 16 years ago and has been involved in a wide range of community activities including the Barton Trust Centre; the Barton Street Fair; Community Counts; he is a street representative and Recycling Champion and is on the Neighbourhood (Police and public) Panel. He is Vice President of GLOSCAT Student Union. As well as a GOPA Trustee he is an elected member of the Policies Committee of the Neighbourhood Partnership.

**Pamela Tawse** trained in London as a nurse and midwife and worked in the UK and Canada through the 50's and 60's. Whilst there she became the Nurse Co-ordinator of Canada's first paediatric Home Care Program, later becoming the Administrator of Metropolitan Montreal's Home Care Program for adults, which involved working in a multi-cultural society.

Returning to the UK in 1970, Pamela was a lecturer in Early Years and Health and Social Care Studies at Stroud College and for 18 years she was the County Nursing Officer for the Gloucestershire Branch of the Red Cross. She was a founder member of the Uplands Care service in 1993 and GOPA in 2000.

**Dilys Warren** moved to Stroud from Surrey in the early 90's when her husband was re-located with his job. She has a background of working for Gloucestershire Health Authority in the 1990s and was the administrator for setting up the Primary Care Groups in the County. She moved to Stroud District Council in 1999 as the Health and Wellbeing Partnership Officer where she helped to set up the Stroud Older Persons' Forum until her retirement in 2013. She is also a Trustee of Listening Post and the Editor of the local Parish Magazine.

**If you are interested in joining us as a Trustee please contact us at GOPA on the contact details below.**

## Free Membership and Trustees



We are always looking for organisations and individuals who have an interest in older people's issues to join GOPA. One of the benefits of joining us would be to be informed about wider issues concerning older people and you in turn could inform us about issues that you encounter on a day to day basis. Membership is FREE and an application form is on the GOPA website (see link below) or alternatively please send by post to the address below. We are also looking for Trustees to join our Board and so if you feel that your skills would help GOPA to develop as an organisation, then please contact us. Contact **Jim Rollinson, Secretary** by email on [gopa4672@hotmail.co.uk](mailto:gopa4672@hotmail.co.uk) or by post at **GOPA, c/o 28 Byfords Close, Huntley, Gloucester GL19 3SA. The Membership form is available on the GOPA Website at: <http://gopa.org.uk/membership-application-form/> Thank you.**

**FOOTNOTE: Care Act 2014 e-learning opportunity** – the new Care Act came into force in April 2015 and in order to help you carry out your professional responsibilities in implementing the Act, Gloucestershire County Council is running free e-learning for all providers and partners in Gloucestershire, each lasting 30–60 minutes. Link [https://gloucestershire.melearning.university/course\\_centre](https://gloucestershire.melearning.university/course_centre)