

Calne Older Peoples' and Carers' Champions update to the Calne Area Board on the 7th February 2017

This is a brief update of the progress we continue to make in the Calne Area.

Calne Local Voices

Our second meeting was held on the 16th January in the Calne Library Hub. Two new volunteer members signed up to be part of this group which brings to seven the local voices we have in the Calne Community Area. It was a very lively meeting with lots of ideas and suggestions. The one area that we all agreed on was the need for a central point for holding all the information on local services/clubs/groups/activities that happen in and around Calne. New residents to the Calne area have found it very difficult to find this information. It was acknowledged that not everyone can access information on line so any information system needs to be available to all. Many possibilities were discussed and we will continue to develop our ideas over the next few months and we would be keen to hear from anyone with thoughts on this.

Other projects discussed were "Singing for the Brain", A "Men's Shed" and a new project called "Open Minds" whose emphasis is on Positive Mental Health support group. All these projects were felt to be important for the Health and Wellbeing of our Community and further information is to be gathered to discuss at our next meeting.

As Champions, we have been in contact with other Champions in local towns close to us, to discuss our progress and share thoughts, concerns and see where we might learn from each other. So far we have met up with Champions from Corsham and Chippenham. One outcome from a meeting last year was to invite the Wiltshire Council Cabinet Member for Health and Social Care (Councillor Jerry Wickham) to attend one of our informal meetings. This invitation was accepted and we met him on 24th January and shared projects already implemented, our ideas, thoughts and also our concerns about the lack of information/guidance given on this new role. It was felt to be a positive meeting with the Cabinet Member who listened to what we had to say and we await feedback from issues raised.

Calne Fitness and Friendship Club.

The Club started in October 2016 and meets weekly at Beversbrook Sports and Community site from 2 - 4 p.m. The first hour is a fitness session to music with a fitness instructor, followed by light refreshments giving time for those who come to the group to socialise. The final session is varied with some form of sports activity, which is less strenuous than in the first hour! The club charges a £3 weekly fee.

The club is popular and has an average attendance of 16 each week. The Club commenced again in January and will continue until the end of March except in school holidays.

Calne Health and Social Care Forum met on January 31st and discussed the possible projects as part of the "Health and Wellbeing group" on the agenda. Three speakers spoke about their work in promoting healthy living in the Calne area.

Diane Gooch and David Evans
Calne Older Peoples' and Carers' champions