

Older People's Network Meeting

Tuesday 6th April 2021, 2.00 pm via Zoom

Present: Chris Folwell (BLG Project Manager), Lawrence O'Halleron (BLG Chair), Lynne Greenwood (Soundroom), Marge Greatbatch (Administrator), Christine Frazer (NHS), Liz Keating (Bensham Court Food Co-op / Teams Health Champions), Louise McKenzie (Loose Connections),

Apologies: Suzanne Amey

1. Welcome: Chris welcomed everyone to the meeting.

2. Updates: Nobody present from either of the care homes so no update available from them.

Lynne - The Soundroom were unsuccessful with their bid for £6,000 to run a Music for Dementia project - discussed.

The Soundroom Dementia Cafe will re-open as soon as allowed

A fortnightly online radio show is running and members of the network may benefit from running their own show. The sessions are one hour long and can include chat and music so good for promotional use - idea for further discussion.

One of the volunteers at the Soundroom (Steve), has been nominated for Gateshead Volunteer of the Year and he has got through the first stage of applications.

Chris - Big Local Gateshead is planning a programme of Summer activities - The Health & Environment network wants to include activities for older people, ideas for sessions include music, gentle exercise, and nature and history walks. Liz was asked if the walking group might meet as part of the programme to encourage new members.

Seed-sowing kits will be going to the care homes soon and home veg-growing kits will be available from the pop-up shop from this Friday.

Liz - The Walking Group is to re-start this week with a limited number of walkers to start with. In line with Covid rules, all walkers will be registered.

Liz has signed up for Drumming sessions run by Side by Side Arts - she'll report back at a future meeting - discussion on the benefits of this. Lynne added that the Soundroom have various drum kits that are used for therapy sessions that take place on Mondays - more discussion.

Christine - Has forwarded to everyone a poem she has written 'Metamorphosis', as possible wording for the tree plaques in the care home gardens. Please send your comments, suggestions etc. to her.

Christine is working with a group of older men who would like a place to meet as a group and maybe do woodworking activities, bird boxes, rabbit hutches etc. Some of the men don't have English as a first language so she is contacting the Kittiwake Trust to help with printed matter in other languages. She was advised to contact men's shed association to enquire about premises.

Christine is still keen on setting up outdoor screening events, possibly as part of the Summer BLG activities. There was a comprehensive discussion on the costs involved, storage issues, licenses required etc. - The Soundroom have some of the required equipment and with a license and happy to help develop the idea.

Louise – The Loose Connections project is going well with small groups and pairs working together. There is to be a screening of outcomes including film clips and this is planned for Tuesday 4th May (to be confirmed). The course may run again as interest has been shown by others.

Any other business - Chris mentioned again that ideas for any outdoor summer activities would be welcomed. Please send in your ideas!

Next meeting: Tuesday 4th May 2021, 3.00 pm