

NORTHANTS 50+ NETWORK

Annual Report

30th May 2011



Foreword by Chairman

I am honoured to present our second Annual Report on a very busy and moderately successful year.

Northants 50+ Network had a mountain to climb in establishing itself within the County and I am pleased to say we are almost there. Your Board has worked extremely hard in overcoming some of the fears and distrust of other groups and forums that we were intent on "Taking Them Over" and assured them we wish no more than to link with them and add our voice to theirs.

We are working more and more closely with the various authorities in the County to help problem solve and formulate policy, being Pro-Active not Re-Active. My own personal mantra is that if our Authorities/Councils/Government have a problem then we all have a problem and we need to sit together to sort it out!

I wish to thank your Officers, Board Members and Activity Coordinators for their support to me and for all their efforts for Northants 50+ Network.

This is election year for most of the board (having served two years) and reluctantly I will not be standing for re-election as Chair this time but I consider it an honour and privilege to have served this past two years.

Yours sincerely



Roger Rumsey
Chairman
Northants 50+ Network

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Northants 50+ Network Annual Report

Our Aims and Objectives

Our aims and objectives are set out in our constitution and are:

To enable over 50's to:-

- Have a voice and be listened to through consultation and engagement opportunities
- Influence statutory organisations, public bodies and voluntary sector organisations on how their services are developed and delivered and be engaged in creating opportunities for change
- Participate in local, county, regional, national and international initiatives for older people
- To share information both within the organisation and within the community
- Encourage the development of new activities in areas where activities are not provided
- Promote and encourage participation in activities
- To challenge age discrimination

Ensuring our work delivers our aims

There have been many changes over the last year, to ensure that we deliver our aims, we have developed a work plan for the year. We review this annually to see if we have made progress and achieved the things we set out to do.

The Annual Plan also helps us to remain focussed on the things we want to do and ensure that we are operating in the best interests of our members. Alongside this we produce an annual plan of activities with our activity coordinators that set out the social and networking opportunities for our members.

The focus of our work

Since the AGM last June we have focussed on raising the profile of the Network, developing an independent website through funding from the School of Life and influencing key partners through committees, engagement and active involvement in steering groups and forums. The Activity Coordinators have been very busy with the support of the County Council Network Facilitator organising a range of activities for members to take part in. Our focus has been providing events that encourage socialising, staying healthy both mentally and physically.

Who used and benefited from our services?

Our members are our beneficiaries and we have 2094 in total. With a geographical split as follows:

Corby	235
Daventry	296
East Northants	367
Kettering	166
Northampton	455
South Northants	279
Wellingborough	251
Groups	40 (with 1500 further members)
Out of County	5
Total	2094

Group membership means that information we send out gets to more people, we understand our groups to have up to 1500 members who share the information.

In 2010/2011 we put on 47 events and had 1000 members attending. Many of our members have become regular attendees and some events have been repeated each year proving very popular.

Structure Governance and Management

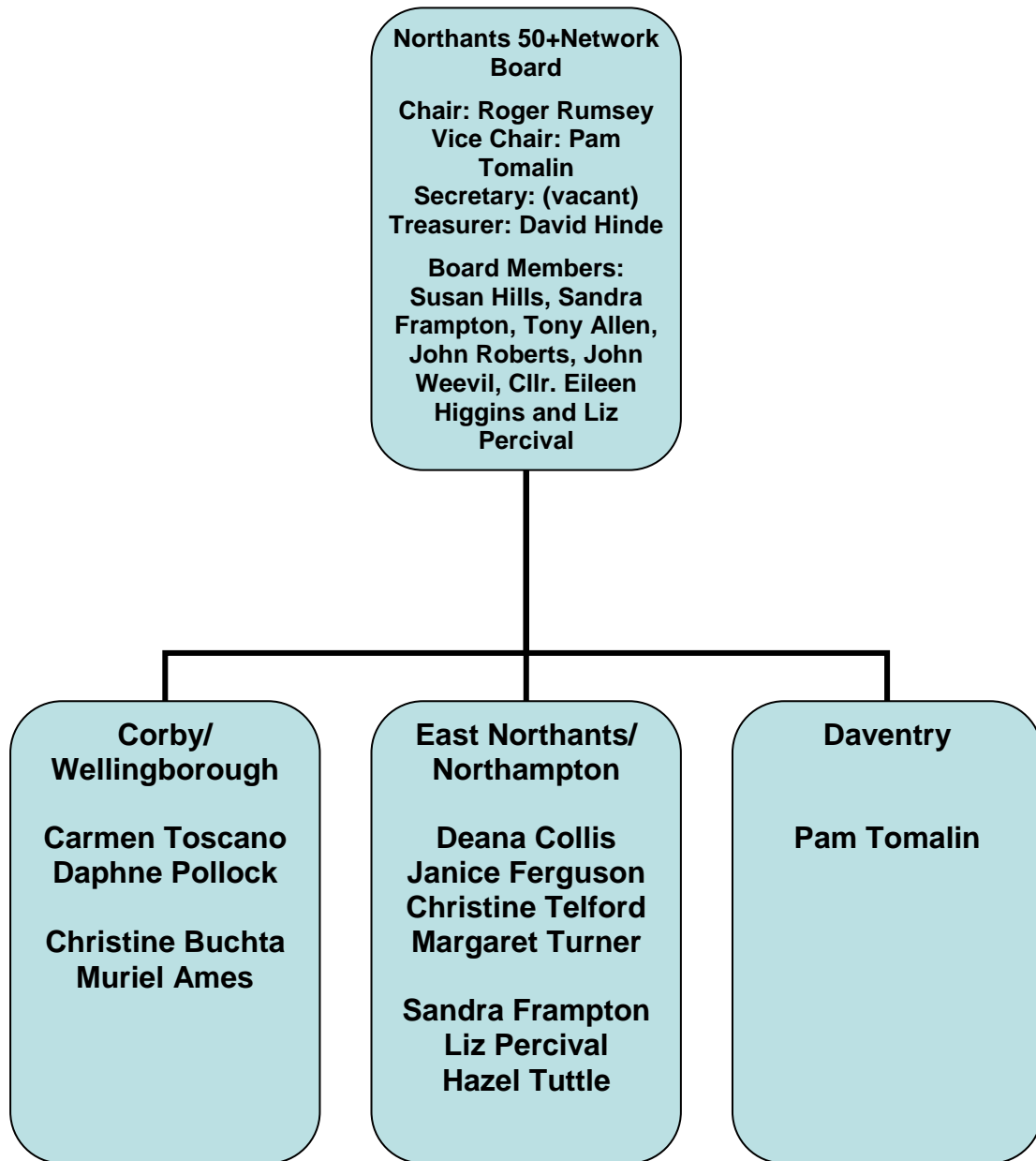
The Board is made up of 10 volunteers from around the County who link to a variety of different groups, offering information and experience on older people's issues.

During 2010/11 the Board have formally joined the Overview and Scrutiny Committee for Health and Adult Social Services. This has seen the Board involved in

- Discharge from hospital
- Residential care rehab/intermediate care
- Respite Care

The Northants 50+ Network are members of East Midlands Older Peoples Group (EMOPAG) and have been involved in their restructure and raising issues around care for older people in hospitals, living independently and housing.

Board Structure



Board Officers

The Board is chaired by Roger Rumsey and is made up of volunteers from around the County. It is supported by a range of officers including, Susan Hills Older People’s Champion NHS Northamptonshire, Councillor Eileen Higgins, Sonja Noon, Service Development Manager NCC, Pam Wilton Network Facilitator NCC, Jenny Howells, Age UK Northamptonshire and Judy Sullivan, New Horizons.

Activity Coordinators

There are 8 volunteer Activity Coordinators who are supported by the Network Facilitator, Pam Wilton, working with them to agree and organise local events for members. They have all worked tremendously hard this year providing

even more opportunities for members to enjoy themselves and extend their social contacts.

Northants 50+ Network Actions

Consultation and Engagement

The Network holds regular sessions to ask the opinion of its members about issues that affect them in the County. In 2010 the Network informed the development of:

- **Domiciliary Care for Older People**
The Network worked in Partnership with the County Council feeding into general feedback on the service and then doing more involved work through a working group developing the service specification and working with officers around the tender questions.
- **Community Equipment**
The Network advertised the consultation through its membership and gathered the views of members to feed into the consultation. After the Council had made its final decision, the Chair was invited to be one of the public members on the tender group to assess the applications for tender.
- **Reimbursement Protocol for NCC, HASS and NHS**
The Network attended both of these events and fed in valuable comments about how volunteers should be reimbursed.
- **Service Plan for HASS**
The Network attended this meeting and has indicated they would like to be more involved in the future at the beginning of the planning for Service Plans within HASS. Network members raised concerns and issues with Personalisation and the NCC responded by hosting an information sharing session to address the questions raised. As a result of comments raised around Domiciliary Care, HASS have decided to include users and carers in the whole process of the re-tender for provision in Northamptonshire
- **Fairer Charging Extended consultation**
HASS use the Network as one of the methods for letting people know about consultations, many members attended the open forums around the proposed changes to the Charging Policy in Northamptonshire. After listening to responses NCC decided to extend the consultation period and invited the Network to be part of a group that developed a new questionnaire that gave customers all the information they needed and was written in an accessible way. Network members also formed part of a group of customers that “road tested” the questionnaire to ensure they understood all the questions. NCC took on feedback from this group and changed the questionnaire accordingly.

- **Information review**

In 2010 HASS started a project to review all of its core information literature, with the view of making the information more accessible, user friendly and cost effective. During this review customers, carers and other interested parties were consulted and asked how they wanted to access our information and how their information to be presented i.e. factsheets or booklets. Attendees of the group were invited to join the HASS Information Customer Testing group. This group continues to work with us and help develop all of HASS's core information literature. The majority the group is made up of members of the Northants 50+ Network and the Getting Involved Register. Their continued involvement and contribution has helped us to become the third local authority in the country to achieve the Department of Health Information Standard award, ensuring the quality, user accessibility and reliability of our literature.

- **West Northamptonshire Joint Planning**

The Board responded to proposals to develop residential housing, raising concerns around provision for older people and lifetime houses.

Independent Website Launch

Northants 50+ took part in a pilot project to encourage younger and older generations to work together. The intergenerational project, funded by the NVC School of Life resulted in us having our own website:

www.northantsfiftyplus.co.uk

This was officially launched at Weston Favell Library in February 2011.

Development of the website was headed up by board member Tony Allen, who worked closely with In House Media, a local web design company. Members were consulted as to what they would like to see on the site and discussed social networking with St Giles Youth Zone. Weston Favell Primary School accepted a challenge to design a '50+ Logo' for the site and prizes were awarded for the best entries.

A new 50+ logo has been adopted by the board and appears on all stationery. Information about activities, useful contacts, forums, events, news and views can all be found on the website. Copies of past and current newsletters together with minutes of board meetings can also be accessed.

New members can now join up by completing an on-line application form and all members have password access to the 'Members Area'.

Our sincere thanks to everyone involved in this project, Northampton County Council, NVC, St Giles Church, Weston Favell Primary School and IHM.

Activities

This year the Network have been able to provide even more opportunities for members, with regular activities such as games and coffee mornings taking place providing members an opportunity to take part on a regular basis. The full lists of activities held are in appendix 2.

Soon after the regular games sessions commenced the attendees decided amongst themselves that they would prefer to drop the word 'games' and call their get togethers 'Good Companions' which more appropriately described how they see themselves as so many new friendships have come about between members and residents.

One of the Managers at the games activities run by board member Sandra Frampton within a sheltered housing complex said "It has been a great pleasure for us at East Midlands Housing to share our scheme facilities both at Elizabeth House and Murray House with 50+Network.

The residents that attend get a great deal of enjoyment out of it with new friendships being formed and old ones being rekindled. It has enabled those residents less able to get out to meet new people and participate in games that they may otherwise have missed out on." Dianne Palmer, Senior Support Co-ordinator East Midlands Housing.

Over 1000 members have taken part in events around the County organised by the volunteer Activity Co-ordinators and supported by the Network Facilitator from Northamptonshire County Council.

Newsletter

The Network currently produces a quarterly newsletter which is distributed to the members and affiliated organisations. With over 2000 members the newsletter reaches a wide audience, with lots of members using it to keep up to date and book onto activities and partner organisation events.

Groups from across the County send in articles and information of interest to members, providing lots of opportunities for members to join in.

Councils and County Council also submit information regarding events at the local libraries, country parks and centres offering health walks, specialist talks and events.

Evaluation Food Hygiene Project

The Board evaluated the Food Hygiene Project delivered by Age Concern. This project raised awareness about food storage and preparation for housebound elderly people helping them to avoid any illnesses through poor

food hygiene. The evaluation found that the participants had benefited from the project and had increased the level of understanding about storage and preparation.

Older People's Forums

There are 6 older people's forums across the County, with a seventh in South Northants to be relaunched in September 2011.

Board members attend meetings and feedback on issues raised. The chair of the Network also chairs the Northampton forum, feeding back on NHS reform, transport and budget proposals.

Plans for Future

The Network intends to build on the excellent progress achieved in the second year by:-

- Developing the independent website for older people to provide opportunities for members to book on line and pay via pay pal. To encourage members to use the notice boards to advertise their events and "buddy-up" for shared transport.
- Activities will continue to be developed with more opportunities for regularly activities that encourage more socially isolated older people to take part.
- Funding for both the Board and activities will be sought to ensure that the wider benefits to older people are brought together in one large event.
- Funding bids have been submitted to run a roadshow in Corby and talks are taking place to see if the newsletter can be produced by a commercial company.
- Working in partnership with Carers initiative and Centre for Independent Living to maximise benefits for members
- Working in partnership with the County Council the Board will develop the Support 4 U website to ensure it meets the needs for information of older people to enable them to live independently in their own homes.

Appendices

Appendix 1

Financial Review

**50+ Network
Annual Statement of Accounts
(June 18th 2010 - June 21st 2011)**

<u>INCOME FROM GRANTS 2010</u>	£
NCC Service Level Agreement (21.06.10)	2,000.00
NCC Service Level Agreement (26.10.10)	3,000.00
Total	5,000.00

<u>INCOME FROM GRANTS 2011</u>	
NCC Service Level Agreement (in respect of 2011/2012 in advance)	1,500.00
NCC Empowering Councillors & Communities Scheme – Councillor Mike Hallam (11.04.11)	100.00
Total	1,600.00

EXPENDITURE
June 18th 2010 – June 20th 2011

	£
Members' Expenses	2,231.48
Room Hire	165.00
Insurance	235.80
Total	2,632.00

BANK ACCOUNTS

	£
<u>MAIN BOARD</u> (As of 21 st June 2010)	5,900.86
Liabilities (unpaid creditors)	
Expenses	73.22
In House Media	16.80
AC Print – Newsletter	364.40
AON Insurance	235.80
N.V.C.A.	20.00
W. Favell Parish Hall	70.00
Total	780.22
Available Funds	5,186.64
<u>EVENTS ACCOUNT</u> (As of 20 th June 2010)	1,317.59
Liabilities	72.00
Available Funds	1,245.59
<u>CASH IN HAND</u>	440.04
<u>EQUIPMENT</u> (Less depreciation)	
Camera)	
Laptop Computer)	
Sound System)	800.00
Games Equipment	781.52

Appendix 2

Report on Activities held by Northants 50+ Network

Abington Park Museum Tour Thursday 3rd June 2010

- 27 attended
- This included 11 of the ACES club
- Enjoyable afternoon

Canal Boat Trip Monday 14th June 2010

- 12 attended
- Great time had by all

Northampton Roadshow Wednesday 23rd June 2010

- 107 people registered (approx 60 came in via 'back door')
- Intergenerational event
- School children and choir liked being asked
- 36 Stalls of various organisations and groups
- AGM held at same function

Corby Social Friday 2nd July 2010

- 32 attended
- Entertainment very good
- Company brilliant
- Better than expected

Guildhall Tour, Northampton Wednesday 7th July 2010

- Evening tour 6 attended
- Guide excellent
- Most informative about the Guildhall

Guildhall Tour, Northampton Monday 19th July 2010

- Afternoon tour 20 attended
- Same guide
- Enjoyed by all

Fireworks & Picnic Saturday 31st July 2010

- 30 people attended
- Spectacular fireworks display
- Thoroughly wonderful time had by all

Church of the Holy Sepulchre Wednesday 8th September 2010

- 15 attended
- Plus 25 Ladies Catholic Group
- Excellent tour
- Wonderful building worth a second visit

Long Buckby Roadshow with DOF Thursday 9th September 2010

- Held jointly with DOF and DDC
- 100 attended
- 18 stands
- Plenty of activities
- Excellent refreshments
- Thoroughly appreciated and enjoyed by everyone

International Older Peoples Day Wednesday 29th September 2010

- Had a stall and encouraged members to attend
- Encouraged new people to join the Network

Games Afternoon Thursday 30th September 2010

- Abington Community Centre, Northampton
- 9 attended
- Company and games very enjoyable
- Cakes fantastic

Black Country Living Museum Coach Trip Thursday 14th October 2010

- 46 people attended
- Wonderful venue
- Plenty to see and do
- Enjoyed by all

Good Companions Games afternoon Friday 22nd October 2010

- Elizabeth House
- 15 attended
- Indoor Curling was thoroughly enjoyed
- Disabled and infirm took part and competed with others

Northampton Hospital Archive Talk Wednesday 27th October 2010

- 15 attended
- Discovered something we did not know Northampton had
- Enjoyed by all

Weston Favell Social Monday 6th November 2010

- 16 attended
- Everyone enjoyed themselves

NVC Celebration Event Thursday 18th November 2010

- Had a stand to promote N50+N
- Went very well
- New members signed up

Good Companions Games Afternoon Monday 22nd November 2010

- Elizabeth House
- 27 attended
- Everyone had a good time

Games Afternoon, Daventry Friday 26th November 2010

- 40 attended
- Full mixed games afternoon
- Games included indoor curling, Target, skittles, IT and plenty more

Rockingham Castle Tour and Lunch Tuesday 7th December 2010

- 52 attended
- Weather sparkling frosty winters day, but scenery fabulous
- Tour excellent

Northampton Hospital Archive Talk Wednesday 8th December 2010

- 17 attended
- Enjoyed as much by this group as the previous one

Christmas Lunch & Entertainment, Northampton Friday 17th Dec 2010

- 36 attended
- Meal was very good
- Everyone enjoyed themselves

Tour of the Sessions House Wednesday 12th January 2011

- 24 attended
- Talk supposed to last 40 mins – ended up 2 hours as they were enjoying it
- It was excellent and is being repeated due to demand

Launch of Mental Wellbeing Kettering Library Wed 12th January 2011

- Stand at the launch of their Website
- 13 interested people
- Only 2 joined
- Networking at event proved excellent – 4 volunteers for Board contacted and an tour of The Green Patch arranged August 2011

Good Companions Games Afternoon Thursday 20th January 2011

- Elizabeth House

Quiz Afternoon & Talk, Corby Friday 11th February 2011

- 19 attended
- Enjoyed the talk

Behind the scenes at Northampton Museum Wednesday 23 Feb 2011

- Tour behind the scenes of the Shoe collection
- 17 attended
- Curator excellent
- Wonderful collection

Launch of Northants 50+ Network Website Monday 28th February 2011

- Weston Favell Library
- 32 attended

- Everyone was impressed with the new site
- Members tried it out there and then

Good Companions Games Afternoon 28th February 2011

- Murray House, Northampton
- 18 attended
- Informal, chaotic and very enjoyable

Good Companions Games Afternoon 10th March 2011

- Simon de Senlis Court, Northampton
- Residents only
- Outbreak of bug
- Enjoyed it anyway

Good Companions Games Afternoon Friday 25th March 2011

- Elizabeth House, Northampton
- 21 attended
- Informal, friendly and always enjoyed by all

Royal & Derngate Theatre Wednesday 30th March 2011

- 10 people booked
- Discounted tickets available for the first time
- Saw show 'Annie' which they thought was marvellous

Northampton Library Reading Group Tuesday 12th April 2011

- 8 people expressed interest
- 8 people attended
- Went very well next booked chosen
- Future dates already arranged

Tour of Central Library, Northampton Thursday 14th April 2011

- 9 attended
- Saw the refurbished library and new sound proof pod

Good Companions Games Afternoon Thursday 14th April 2011

- Simon de Senlis Court, Northampton
- 16 people attended
- Residents really enjoyed it

Good Companions Games Afternoon Wednesday 20th April 2011

- Murray House, Northampton
- 12 people went to join residents
- 3 new members
- Good time was had by all

Picturedrome lunch & Film Thursday 21st April 2011

- 12 people attended
- Enjoyable afternoon

- Films have been chosen and this is being continued

Games Afternoon at Corby Friday 6th May 2011

- 13 attended
- Speaker not very good – will not be used again

Behind the Scenes Central Library Thursday 12th May 2011

- Excellent speaker
- 15 people attended
- Enjoyed by everyone

Good Companions Games Afternoon Thursday 12th May 2011

- Simon de Senlis Court, Northampton
- At present only residents attending
- Will continue as they really appreciate it
- Invites for 10 member to attend their Open Day

Have Bus Pass will travel – Market Harborough Museum 16th May 2011

- 11 attended
- Excellent, fantastic day
- Museum wonderful
- Curator excellent

National Herb Centre & Banbury Town trip Wednesday 25th May 2011

- 39 attended
- 2 pick up points
- “Herb Garden was tremendous”
- “Above expectation”

Coffee mornings at The Royal & Derngate, Northampton

- Started monthly in September 2010
- Been running very successfully monthly since then
- Average 14/18 people attend
- New people turn up at most sessions
- They have become good friends

Coffee mornings in Wellingborough

- Started monthly in October 2010
- Have tried 3 venues now
- Numbers started with only one or two
- Finally 12 people attended in May 2011
- Looks promising now

Coffee mornings in Corby

- Started monthly in October 2010
- Numbers only 1 or 2
- Tried different venues
- Likely to stop now