

# LONG EATON 50 PLUS FORUM NEWSLETTER WINTER ISSUE 2017

Editor Ian Neill

Report on our December 2017 Open Forum Meeting held at  
10:15 am on December 11<sup>th</sup> at the Long Eaton Town Hall  
Theme for the event :- Health



Website [www.lead50plus.com](http://www.lead50plus.com)



## CHAIR'S REPORT

Our coach trip to the Nene Valley Railway on September 20<sup>th</sup> had a few logistical problems caused by mistakes by the railway and the coach company who took us to the wrong station at first, but in the end we had a good

day. The lunches at Wansford station were very tasty and there was much to see for those who stopped at Yarwell and Ferry Meadows. It was not far from the eastern-most station to walk into Peterborough which many did at the end of the day.

Our *Toton Sidings Remembered* exhibition moved to Long Eaton Library in September for 3 months .. an excellent venue. Staff at the library reported lots of interest in the exhibits and comments in the visitor's book confirmed this which will be helpful when we come to write the evaluation needed by the Heritage Lottery Fund. We also held a couple of Open Days at the library which brought in more memories and gave young visitors a chance to 'play trains' with our model railway layouts.

The exhibition is now at Sandiacre Library with an Open Day on Friday March 16<sup>th</sup> from 10 till 3. Sadly one of our team, Brain Amos, passed away in January and partly as a memorial to him we are doing a final exhibition in Stapleford Library in May for 6 weeks with an Open Day on Thursday May 17<sup>th</sup>.

Finally we have done some intergenerational work with pupils from Longmoor Primary School, probably the nearest school to the Toton site. Our workshops were well received and we hope to return there in the future.

More at [www.lead50plus.com/toton](http://www.lead50plus.com/toton)

## NEXT MEETING

March 19<sup>TH</sup> 20178  
10:15 TO 12:00 Noon  
TOWN HALL LONG EATON

Speakers Marion Bryce – Local Nature Reserves

Mike Spencer – Attenborough Nature Reserve

Theme : Environment

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FOOD BANK BOX WILL BE AVAILABLE

Raffle made £ 83.37 Thanks to Marion and Jenny who ran it and all those who contributed, both financially and prizes, especially to Cindy Woolley who raised the money for the hamper

**PLEASE NOTE THAT THE  
MEETING IS ON THE 19<sup>TH</sup>  
MARCH THIS MONTH**

**THE VIEWS EXPRESSED IN THE NEWSLETTER ARE THOSE OF THE CONTRIBUTORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE FORUM**

### 1<sup>st</sup> Guest Speaker:

**Richard Murrell, Derbyshire Trusted Befriending Network (DTBN) Co-ordinator, South Derbyshire CVS**

### Why is befriending important:

#### Isolation and loneliness:

In the UK, 1 million older people go a month or more without seeing or speaking to a friend, family member or neighbour - for 60,000 older people in the Midlands loneliness is a daily reality  
Studies have found loneliness can be more harmful than smoking 15 cigarettes a day, increases the risk of premature death by 30% and the chances of developing dementia by 64%

#### Overview of the DTBN:

Set up in 2012 as part of Derbyshire County Council's Prevention Strategy. South Derbyshire CVS was chosen to act as the strategic delivery partner and have taken the lead and managed the project.

Aim is to ensure that every adult who needs befriending support has fair and equal access fair and equal access to it and also to ensure that those who use befriending services can be confident that the service they receive is safe and well run.

Members of the Trusted Befriending Network are formal 1:1 or group befriending services

There are also lots of informal befriending happening through community groups, lunch clubs, churches/ faith groups, etc.

Referrals come to the DTBN via DCC's First Contact scheme – we then inform people about which befriending services are accredited in their area (Directory of Befriending Services in Derbyshire)

The DTBN team also works very closely with the local community / voluntary sector organisations, including Erewash Voluntary Action CVS based in Long Eaton, who provide vital services

A new independent piece of research into the value and impact of local voluntary befriending services looked at what difference it makes to the health, wellbeing and quality of life of local people who are lonely and isolated and whether providing befriending results in cost savings to other services.

### It found that:

Loneliness and isolation does not just make people unhappy - it also has a serious impact on physical and mental health and life expectancy.

Those who receive support from Befriending Services say that it reduces isolation and improves their social and community connections, independence and wellbeing. Over 1,100 lonely and isolated people across Derbyshire benefit from over 70,000 hours befriending support given by 765 volunteers from 28 befriending services – if they were all paid for the time they give, this would cost £762,000.

For every £1 spent on providing volunteering the social benefits and cost savings to other services are worth £8.59.

#### The 4 stage process:

Stage 1: application form and guidance notes provided to potential applicant

Stage 2: support from Trusted Befriending Network Co-ordinator to complete application form

Stage 3: developed application sent to Panel for consideration (with a recommendation from Trusted Befriending Network Co-ordinator)

Stage 4: Funding for project/activity approved by Panel.

#### For further information:

Richard Murrell – Trusted Befriending Network Co-ordinator for Derbyshire

Tel: 01283 219761 / email: [richm@sdcv.org.uk](mailto:richm@sdcv.org.uk)

Erewash Voluntary Action – Granville Centre, Granville Avenue, Long Eaton NG10 4HD Tel:

0115 946 6740 or email:

[enquiries@erewashcv.org.uk](mailto:enquiries@erewashcv.org.uk)

## RAFFLE PRIZES NEEDED

IF YOU HAVE ANY SUITABLE PRIZE FOR OUR RAFFLE PLEASE BRING IT ALONG TO THE NEXT MEETING



## NEWSLETTER

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they need to stay well and be actively involved in their community.

What is a Befriending Champion?

Befriending Champions play a key role as the 'eyes and ears' of the local community helping to identify lonely or isolated people and then supporting/ signposting them to sources of longer-term assistance, such as befriending services

Anyone active in their local area, whether an employee or a volunteer, can attend training and become a Befriending Champion.

The project also train Befriending Champions – providing local people with the skills and information to help local people get the support Someone who helps people to access services/ activities that reduce isolation/loneliness and improve wellbeing

Usually individuals already providing a service (employed or voluntary) in the community that brings them into contact with people

Able to engage people and offer appropriate support

They will provide support or information or signpost to appropriate services and groups.

Attendees receive free initial training – half day session

Find out: what the role and responsibilities of a Befriending Champion are; the skills needed; what support is available for them to fulfil the role

Get the opportunity to find out and apply for microgrant funding and other local funding

Are offered other free training/awareness sessions, including Dementia Friends Information Sessions.

Skills needed:

Awareness and understanding – “just because someone is isolated doesn't mean they are lonely”; “someone can be lonely even if they are not isolated”

Communication – How do we communicate?

What makes people feel welcome/comfortable/ included?

Caring nature/compassion/honesty/non-judgemental – Sensitivity/Person-centred/Desire to help people/Being realistic/managing expectations.

Confidentiality/knowledge of safeguarding – importance of confidentiality; duty of care/reporting where abuse is suspected

Boundary setting/lone working – role is to signpost/ refer on to others; be aware of own safety

Font of (almost) all (local) knowledge – Local befriending schemes/groups, etc.

Reporting – who helped and how? Difference made?

Commitment and enthusiasm! – Help lonely and isolated people in Derbyshire!

Number of people who have attended since September 2016...

155 at Befriending Champions sessions

107 at Microgrant sessions

Also 136 at Dementia Friends Awareness Sessions

Microgrant funding info/workshop sessions:

As part of the Befriending Champions initiative there is support for people in Derbyshire to develop project ideas that reduce isolation and loneliness in Derbyshire and apply for the microgrant funding and access other sources of local funding. Project ideas may include setting up or developing a good neighbour initiative, a social group, or maybe a self-help group.

Applications can be for up to £1,000

Likely to fund any costs directly involved in making a project happen, including:

Equipment; Activity costs; Hiring a venue and Volunteer out of pocket expenses.

Unlikely to fund: One-off events or outings and ongoing cost of salaries/other running costs not directly related to your project.

Cannot pay for promoting religious or political beliefs; any costs associated with buying land or buildings; Projects outside of Derbyshire; Retrospective costs.

2<sup>nd</sup> Speaker: David Saxby BSc, MSc Paramedic,  
Clinical Development Lead, East Midlands  
Ambulance Service

David had brought along a very in-depth PowerPoint presentation covering information and advice around Strokes.

Know the signs of stroke:

You could save your own or someone else's life, or help limit the long-term effects of stroke, by learning to think and Act F.A.S.T.

F.A.S.T. or Face-Arms-Speech-Time is easy to remember and will help you to recognise if you or someone else is having a stroke.

Face – has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – is their speech slurred?

Time to call 999 if you see any single one of these signs of a stroke.

There are also other symptoms that may occasionally be due to stroke.

They include:

Sudden loss of vision or blurred vision in one or both eyes

Sudden weakness or numbness on one side of your body (including your leg)

Sudden memory loss or confusion

Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

### Why Act F.A.S.T?

If you notice any single one of the signs of stroke, call 999. The faster you act, the better the chance of recovery.

### What is a stroke?

A stroke is a 'brain attack' caused by a disturbance of the blood supply to the brain.

It's a medical emergency that requires immediate medical attention, so recognising the signs of stroke and calling 999 for an ambulance is crucial.

The sooner somebody who is having a stroke gets urgent medical attention, the better their chances of a good recovery.

### Could it be a TIA or mini-stroke?

A transient ischaemic attack (TIA) or 'mini-stroke' is similar to a stroke and has the same signs, but gets better within 24 hours. However, it could be a warning sign of a more serious stroke, so it also needs to be treated as an emergency by calling 999 immediately.

A quick diagnosis allows urgent steps to be taken to reduce the risk of having a stroke. If you think you have had a TIA in the past and have not sought treatment, contact your GP.

### Reducing your risk:

Some people are more at risk of having a stroke if they also have certain medical conditions, including:

High blood pressure

High cholesterol

Atrial fibrillation (an irregular heartbeat)

Diabetes

It is important that these conditions are carefully monitored and treated to reduce your chance of having a stroke.

The risk of having a stroke is higher among people in certain ethnic groups, including South Asian, African and Caribbean. This is partly because high blood pressure and diabetes are more common in these groups.

There are also lifestyle factors that may significantly increase the risk of having a stroke. They include: Smoking, Being overweight, Lack of exercise, Poor diet, Excessive alcohol consumption

Leading a healthy, active lifestyle is vital to help reduce your risk of having a stroke.



### HUMBER BRIDGE NATURE RESERVE



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### CHARITY ADS.

#### **PARKLANDS STROKE CLUB**

##### **HAVE YOU OR SOMEBODY YOU KNOW HAD A STROKE**

Why not come along to Parklands Stroke club.  
We meet every second Friday, starting on the 7<sup>th</sup>  
of November, from 2:00 PM to 4:00 PM  
Where? At Petersham Hall

Contact:- Pat on 0115 972 2389

#### **LONG EATON AND DISTRICT INVALID CLUB**

Meets every second Tuesday of the month at  
Sawley Memorial Hall.

Come along and join us  
We run 3 coach trips per year  
Pick up points are too numerous to mention but  
there will be one near you,

The Erewash RAFA (884) Branch Welfare  
'Drop-In' Centre,  
is now open at 91, Grasmere Rd, Long Eaton,  
next to the Petersham Hall Social Centre, for all  
people to join, regardless of military service. The  
Trentbarton Indigo bus service from Nottingham,  
via Long Eaton, to Briar Gate, stops outside the  
premises every 20 minutes. For Sat Nav code:  
NG10 4DZ.  
There is plenty of parking in the area next to the  
Co-op shop.

#### **LONG EATON INDIAN ASSOCIATION**

Meets every Monday (except bank holidays) from  
12:00 until 3:00 PM  
United Reformed Church, the Green, Long Eaton  
Chair based exercise and social  
£12.00 per quarter  
All welcome

#### **LONG EATON ALL MEDIA AND ARTS GROUP**

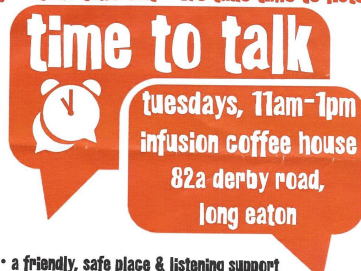
Meets every Thursday evening from 7.00 PM  
until 9:00 PM at Petersham Hall  
Contact Loraine on 0115 972 6132  
All Welcome

#### **PETERSHAM HALL**

The fully refurbished hall is now running the  
following clubs or meetings

Flower Arranging Monday Evening  
EMH Tuesday Club Tuesday Afternoon  
Bingo Tuesday Evening  
Social Line Dancing Wednesday Afternoon  
Serious Line Dancing Wednesday Evening  
Social Thursday afternoon  
Art Club Thursday Evening  
Stroke Cub Friday Afternoon  
Private Function Friday Evening  
For more information on these events  
[www.phca1969.org.uk](http://www.phca1969.org.uk)  
or phone Ian on 0115 972 6057

you take time out - we take time to listen



**time to talk**  
tuesdays, 11am-1pm  
infusion coffee house  
82a derby road,  
long eaton

- a friendly, safe place & listening support
- free tea, coffee & toast (other refreshments available to purchase)



**time to talk**  
OASIS  
a service for the community staffed by volunteers from the Oasis Christian Centre  
129-131 Derby Road, Long Eaton, Nottinghamshire, NG10 4LL  
Contact Oasis Office for more info:  
0115 9460463 | [office@oasischurch.co.uk](mailto:office@oasischurch.co.uk) | [www.longeatonoasis.co.uk](http://www.longeatonoasis.co.uk)

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### SUMMER TRIP TO HULL

**PLEASE NOTE THAT THE DATE WAS A TYPO IN THE AUTUMN NEWSLETTER THE DATE IS THURSDAY 19 JULY LEAVING PETERSHAM HALL & ASDA TRENT STREET BUS STOP AT 8:00 AM COST IS £15.00**

#### ATTRACTIONS IN HULL (THE CITY of CULTURE 20170)

Hull's mega attraction, The Deep, is a vast underwater world that takes you on a mesmerising journey from the beginning of time to today's world and into the future of deep sea research.

If history is more up your street then why not check out some Minster Magic. Dating from 1220 and still dominating the skyline, this Gothic masterpiece is a symphony in stone.

Fancy a spot of fresh air then Bempton Cliffs could possibly take your breath away. Skyrocketing to over 400ft, these chalk cliffs are the highest in Britain.

Beverley Minster is one of Britain's finest examples of medieval gothic architecture. Features 68, 16th-century misericords, saxon sanctuary chair, Percy tomb canopy and a large collection of medieval musician carvings in stone and wood.

#### Burton Constable Hall

One of the most fascinating country houses, Burton Constable is a large Elizabethan mansion set in a 300-acre park with nearly 30 rooms open. Not forgetting the rest of The Yorkshire Wolds which certainly has it's unfair share of magnificent stately homes.



The Puffins  
&  
The museum



#### Humber Bridge - Hessle

The Humber Bridge, one of the world's longest single span suspension bridges is a masterpiece of British engineering and a major attraction in its own right. There's also The Humber Bridge Country Park nature reserve which is a haven for people and wildlife set against the stunning iconic backdrop.

#### Streetlife Museum in Hull

Visit Hull's Old Town and discover the Museums Quarter. Situated on the banks of the River Hull, this fascinating district is surrounded by Georgian buildings, cobbled lanes and enticing pubs all lending their unique flavour to this historic district.

#### RSPB Bempton Cliffs Puffins at RSPB Bempton Cliffs

One of England's top wildlife attractions. Over 200,000 nesting seabirds, including gannets and puffins, from April - September. On a visit to this wonderful site, you are guaranteed grandstand views as an amazing wildlife story unfolds as the birds nest and raise their young.



Beverley Minster



The Deep Fish Attraction

### TRAVEL CLUB NEWS

#### APRIL CULTURE TRIP

##### ANDERTON BOAT LIFT

DATE :12 APRIL

COST : £22.00

DEPART FROM PETERSHAM HALL 9:00 AM

ADDITIONAL PICK UP POINTS AT ASDA

BUS STOP IN TRENT STREET

LONG EATON RAILWAY STATION

WEST PARK LEISURE CENTRE

We will depart from Northwich at 4:00 PM



#### Boat lifts

Stately and imposing, our boat lifts are among our most impressive examples of historic waterway architecture. Anderton Boat Lift, River Weaver Anderton Boat Lift, River Weaver

They were, and indeed still are needed when our canals undergo severe changes in level. One boat lift is cheaper to build and maintain than several locks and the transit time through a lift is far faster than the passage through locks. Most importantly – especially in today's world - lifts also conserve water.

The first ever boat lift in Britain was an experimental one by Robert Weldon of Litchfield who made a model for demonstration purposes at Oakengates, Shropshire in 1794. He was asked to proceed with the construction of the real thing, a cassion lock to lift boats up a 46' rise. Unfortunately the lift jammed and failed

#### CONTACT INFORMATION

Phone :- 0115 972 6057

Email [trips@ianconsult.co.uk](mailto:trips@ianconsult.co.uk)

Post: 50 Plus

10 Pennine Close

Long Eaton

NG10 4JT

#### FORUM TOURS PLANNED TRIPS

##### FORUM SEASIDE TOUR

DATE 19<sup>TH</sup> JULY 2018

Hull

Cost £15.00

City of Culture 2017

##### FORUM STEAM TRAIN TOUR

There will be the usual 4 pick up points

Petersham Hall

ASDA bus stop in Trent Street

Long Eaton Railway Station

West Park.

Payment and booking for the first two trips will be at the Open Forum meeting in March. Or at Petersham Hall on a Wednesday afternoon 2 - 4 PM

##### Anderton Boat Lift

Nearly 100 years later, the Anderton Boat Lift was constructed.  
1875

Anderton Boat Lift opened

the lift was built an impressive 60 feet high, allowing it to clear the 50-foot difference in height between the River Weaver and the Trent & Mersey Canal

the entire structure was 85 feet long and 49 feet wide, while the aqueduct was 165 feet long

each tank weighed a staggering 91 tonnes empty and 252 tonnes when flooded. These giants were 75ft long, 15 feet 6 inches wide, and 9 feet 6 inches deep in the middle. They were big enough for 2 narrow boats or 1 barge

Edwin Clark, the designer of the lift, went on to design bigger lifts on the Continent. Check out his lifts at La Louviere in Belgium

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### TABLET SESSIONS

These are held at the Community House on Derby Road on Monday afternoons

For Details Contact Roy Smith at :-

[longeaton50plus@yahoo.co.uk](mailto:longeaton50plus@yahoo.co.uk)



### FREE

### 1 DAY WORKSHOP

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Contact them by calling

0115 9 300 199

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**LONG EATON 50 plus FORUM**  
**COMPUTER GROUP**

**Offers a free drop in consultation**

**MONDAY AFTERNOONS during term time**

**1 PM TO 3 PM**

**AT COMMUNITY HOUSE**

**173 DERBY ROAD**

**LONG EATON**

**NOTTINGHAM**

**NG10 4LL**

**Tel. 0115 973 2827**

**ALL ABILITIES WELCOME**

**AN OPPORTUNITY TO LEARN AND**

**IMPROVE OR SHARE**

**COMPUTER SKILLS**

### Your Views

In future editions we propose to have a letters page so send you views to [50plus@ianconsult.co.uk](mailto:50plus@ianconsult.co.uk)

or

LEAD 50plus

C/O 10 Pennine Close

Long Eaton

NG10 4JT