



*Wishing You a Happy Christmas
& a Healthy New Year*

WINTER 2008 EDITION



Dame Denise Platt speaks at the AGM



The Older People's Network (OPN) held its AGM on 2nd October 2008, at Crewe Alexandra Stadium.

77 people attended, including elected members, senior managers from the County Council, health trust representatives and various voluntary organisations that support older people across Cheshire. Several organisations had exhibits displaying their services, particularly aimed at keeping older people safe, well and independent in their own homes.

Dame Denise Platt, Chair of the Commission for Social Care Inspection (CSCI), was the Keynote Speaker for the event and gave a very interesting talk on improving people's experience of social care. A précis of Dame Denise's speech is located in the supplement enclosed.

**Also in this issue.....Jeremy Taylor's Christmas message.....
....getting ready for the digital switchover.....reflections from
members old and new.....quickie Christmas Quiz.....**

Jeremy Taylor's Christmas message

Working with and developing the Cheshire Older People's Network has been a real inspiration for me and the County Council over the last few years. Worries and concerns need to have a form of expression and this has been done with dignity and strength by the Cheshire OPN. The County Council has had to learn to listen better and to respect and understand how it's policies and projects impact on older people and what their needs really are.



My contacts with the OPN have been incredibly constructive and good humoured. What I particularly remember is the dignity and professionalism of the Group and its membership. They have always managed to put forward ideas and examples without ever being belligerent or aggressive. It has always been a welcoming place to go and I feel I have made friends with many of the Network which I hope to continue after LGR.

It is incredibly important to me that the new Councils in Cheshire continue to build and strengthen their relationship with the OPN and that they can value the voice of the older person in the way that we have done over the last few years. This has been a really good example of mutual collaboration and support. Respect comes from both partners listening to each other and being prepared to understand mutual concerns.

I have made no plans yet for what I will be doing after April 2009 but I remember with great affection and a few smiles my meetings with the OPN and I wish them all a Very Happy Christmas and a Successful and Prosperous 2009.

Erika Wenzel, Chief Executive, Cheshire East Council

I am delighted to be able to send my best wishes to everybody involved with the Older People's Network. I know from the Report of the Inspection earlier this year of 'Independence, Wellbeing and Choice' that the Older People's Network is held in high regard. As Chief Executive of Cheshire East I shall be working with both Councillors and officers to agree a set of values for the new organisation. Actively listening to people will, I am sure, be one of those values, so I look forward to our developing dialogue with you as together we develop and deliver services. I wish you all a Happy Christmas, and a healthy and peaceful New Year.



Steve Robinson, Chief Executive, West Cheshire and City of Chester Council



As the new Chief Executive of Cheshire West and Chester, I am pleased to contribute to the Christmas 2008 Edition of Cheshire's Older People's Network Newsletter.

In the short time since I took up my appointment, I have already heard of the valuable work carried out by the Older People's Network in making sure older people have a voice and a say in how they want services delivered and developed.

I know the new Councillors and Officers in Cheshire West and Chester will want to open up a dialogue as soon as possible with representatives of the Older People's Network to see how we can best work together for the benefit of all older people living in the new authority. I very much look forward to being a part of those discussions.

I commend your energy, commitment and dedication and wish everyone involved with the Older People's Network a Happy Christmas and a successful New Year.'

Cheshire Carer Breaks Service for Carers

The Cheshire Carer Breaks Service for Carers of Older People is delighted to offer Carers the opportunity to attend our Making Space Carer Breaks for 2008/9. We will have some varied and exciting new Carer Breaks on offer this year.

The Carer Breaks vary and may include Pamper Days, Thrill and Chill Days, Twilight Spas and overnight stays in the luxurious surroundings of Carden Park, Chester with delicious food, full access to leisure and spa facilities, treatments and chill out rooms. Christmas at Blakemere Craft Centre, Sandiway with lunch and a pottery demonstration. A day at Chester Races, with lunch before taking a water taxi to the racecourse. A daytime narrow boat trip along Macclesfield Canal – with lunch included. A leisurely cruise with a floating casino, dinner in Chester with bed and breakfast included. Day trips and a musical theatre evening will be arranged in the future. All events and set meals, including drinks are completely complementary. Carers are respectfully asked to pay for any additional orders independently. Please contact: Hilary Deering, Carer Breaks Coordinator, Workspace. James St, Rudheath, Northwich. CW9 7DE. Telephone: 01606 43327 Email: hilary.deering@makingspace.co.uk

Transport can be arranged if required, however we will require plenty of notice in order to arrange this.

get set in time for 2009

COUNTDOWN BEGINS TO NORTH WEST SWITCHOVER

Digital UK has announced the date for switchover to digital television for north-west England. Three million homes across the north-west will start switching to digital on **4 November 2009** when analogue signals are turned off at the Winter Hill transmitter group.

The Digital UK north-west roadshow enters its final autumn stretch in towns across the north west with more dates to be announced in the New Year.

Letters will be sent to every household eligible for help from the Switchover Help Scheme, which offers assistance and equipment to convert one television for those aged 75 or over, registered blind or partially sighted, or on certain disability benefits. Those eligible will be contacted in the New Year and will be offered help and sent information packs in time for switchover.

To continue watching TV via an aerial after switchover, viewers will need to convert their television using a digital box or make sure they have an integrated digital set. Subscription and non-subscription digital TV services are also available via satellite, cable and broadband. The Digital UK helpline is on 08456 50 50 50.



The Digital UK manager for the Granada TV region is Jo Waters. Contact her on 07949 770 409.

WARNING!!

CRACK DOWN ON DOORSTEP CRIME, SAY 'NO' EVERYTIME!

If you are approached by any person offering to carry out digital upgrades or any other repairs or alterations to your home, turn them away and report the matter to Trading Standards on **08454 04 05 06**. They have also produced small cards for consumers to give to doorstep callers. If you are a Cheshire resident and would like some cards please e-mail tsconsumeradvice@cheshire.gov.uk Alternatively you may wish to cut out the version here.

Cheshire Trading Standards and Police have advised me not to buy goods or services at the door.
Thank you



Cheshire Police & Partners Working for Safer Communities



SENIOR VOICE FOR MACCLESFIELD DISTRICT

Greetings to all members in our district. This has been a very busy quarter for us. We have held our monthly meetings in the Senior Citizens' Hall, thanks to the generosity of Macclesfield Borough Council who have allowed us to use the Committee Room free of charge! We have had two interesting presentations from the Friends of Waters Green Medical Centre and then Diane Hutter from Cheshire Peaks and Plains about their Telecare provision. There was also the OPN Annual General Meeting in Crewe and, last but not least, the Full of Life day at Tatton Hall, organized for older people by the County Council and which proved to be an interesting and stimulating occasion.

We have also been involved in negotiations to meet the future Cheshire East organization and are working together with Congleton and Crewe & Nantwich to ensure maximum provision for our age group under the new authority. We always welcome new members at our meetings, so do come and join us if you have not already done so. Ring 01625 427059 or 01625 612958 to find out how when and where!

VALE ROYAL SENIORS

At the October meeting in Northwich Mr Wes Floyd told us about the work of Furniture Finders at their premises on the Winsford Industrial Estate. They receive items of furniture and household equipment, repair or refurbish if necessary and offer it for sale at reasonable prices. Melanie Houghton from Age Concern gave us another fun exercise session designed to keep the circulation going even when sitting down. Mrs Fran Miller talked about the work of the Alzheimer's Society and answered questions about the condition, which is of increasing concern.

WEST CHESHIRE AND CHESTER

As you will know, from next April there will be two unitary authorities in Cheshire and the Older People's Network will have to adapt to fit into the new structure. We are talking to Cheshire Community Action with a view to them becoming our host organisation. West and East Cheshire will have their own groups, which will be involved with matters relating to their own authority but will have regular joint meetings to discuss matters of general concern. The Vale Royal Group in West Cheshire has been developed with meetings every three months but we would wish to form an overall West Cheshire Group. We do need more help to achieve this and so we ask for anyone throughout the area who is willing to assist on a management committee to please get in touch with Denise Pritchard tel 01829 732635 email:dpritchard@talktalk.net

Quickie Xmas Quiz

Q1 Which space craft went missing on Christmas Day 2003?

- A Beagle 2
- B Mars Express
- C Voyager

Q2 What is the last day of Christmas called?

- A Advent
- B Epiphany
- C Boxing Day

Q3 What was the Roman Winter Festival called?

- A Saturnalia
- B Juperterla
- C Insania

Q4 Boxing Day is also called what?

- A St Michael's Day
- B St Stephen's Day
- C St David's Day

Q5 What is tomte?

- A A Swedish Christmas food
- B A Swedish Christmas game
- C A Swedish Christmas gnome

Q6 Which is not a foreign name for Santa Claus?

- A Sinterklaas
- B Julemanden
- C Velki Jurji

Q7 Sir Henry Cole invented what Christmas item?

- A Mince pies
- B Christmas crackers
- C Christmas cards

Q8 What was the first UK Christmas number one single?

- A Al Martino's Here in My Heart
- B Roy Orbison's Pretty Woman
- C Buddy Holly's Jingle Bells

Answers on the last page.....



Childhood Memories – *I remember*

I remember the old tin bath put in front of the fire, pipe cleaners made
of cotton and wire
My hair put in ringlets tied around with rags, but not for us the
Woodbine fags
The grate in the fireplace every morning to clean, brass fender and coal
scuttle polished until they gleamed
We didn't have much but we had a good time, of which I'll speak in my
next *I remember* rhyme
Supplied by Ena Jenkins

Even tho' the sun's not shining, and the sky is dull and grey
Even tho' you watched the postman walk past your door today
Even tho' the phones not ringing when you wished and hoped it would
Look around you, count your blessings, life is precious, life is good
Even when you're disappointed and your plans have gone awry
Even when the friends you trusted never call or walk on by
Put these troubled thoughts behind you, look ahead the way you should
Tell yourself with each new morning, life is precious, life is good!
By Iris Hesselden

The Game of the Name

(Mersey Monologues, Poems & Stories by Gordon Hill)

When they roll up today for their pensions,
The names that appear on their books,
Are not what we've heard through the ages,
And don't seem to fit with their looks.

It's the Christian names that are different
The surnames don't alter, it's true,
But the names from the past are all changing
It's the old giving way to the new.

They're the Art Deco names of the thirties,
Superseding the Alberts and Gerties,
When they called their kids Colin, or Beryl or Norman
Or Thelma or Malcolm or Pam,
In an effort to break with the previous era,
Of Pollys and Dollys and Billys and Millys, Of Edie and Gladys and Sam.

No, it doesn't seem right when your Grannie's a Shirley,
And the lollipop man is called Dirk,
But since Sharon and Lynne joined the Derby and Joan club.
I don't regret giving up work.

Reflections

From Ena Jenkins

I was introduced to the OPN by a very good friend of the family, Charlie Simmons and I must say, I have enjoyed every minute. I have met lots of friends and also members of staff who respect and are very helpful with all old people. One of the projects I am involved in is visiting care homes in different areas of the county talking to residents, whether they are long term residents or day care. I have met some lovely people who really enjoy our visits and feel at least today everyone cared for them. I hope these visits continue in the future.

From Denise Pritchard

Although I was a member of OPN for a few years it was only about four years ago that I was able to become more involved. I did not know what I was letting myself in for! It all started quite calmly as I became a member of the Core Group and got to know people - and then things took off. I got myself sucked into many aspects of services for older people. I learnt a lot and I hope that I have been able to make some contribution to the many services offered by the County Council. It has certainly been very interesting and, particularly with the Vale Royal Group, I have met many older people, heard their views and concerns and we have been able to draw attention to some of the problems. I sincerely hope that we shall be able to continue as the Older People's Network with the reorganised councils since I feel it is essential for older people to be able to speak for themselves.

Ena's Irish Cream

- 1 standard tin of condensed milk
- 1 large tin of evaporated milk
- 1 teacup of whisky
- 1 tablespoon of coffee powder/granules*
- 1 tablespoon of cold water



Whisk the condensed and evaporated milk together, add the coffee powder, whisky and water, and whisk again. Leave in the fridge to cool. Serve over ice. * If using instant coffee granules firstly mix them with a tablespoon of boiling water to dissolve them and add to the mixture once cooled. *Tried and tested by the Editorial Group!!*

(Quickie Xmas Quiz Answers: 1A, 2B, 3A, 4B, 5A, 6C, 7C, 8A)