



POOLE OVER 55s NEWSLETTER

Issue 1

November 2016

Hello and a big welcome to the first Poole Over 55s Newsletter

The first meeting of the Poole Over 55s (PO55s) Forum on 15th September launched our group and explained our aims and ambitions (please see overleaf for details)

A big THANK YOU to all who supported the event and special thanks to all members, volunteers and participants who made the day such a success. Especially Nicky Mitchell from Borough of Poole who helped to get PO55 started.

There were speakers from SAIL and the Office for the Police Crime Commissioner. Feedback was very positive and encouraging. One improvement suggestion was that start time should be later to allow the use of bus passes. This will be implemented for the next meeting on 8th December 2016 when start time will be 10.30 am. Keep those good suggestions coming!

A number of people left their contact details and wished to become members. Membership is growing fast!

Best Wishes to you all for a very Happy Christmas and New Year. The next Newsletter will be in January 2017



From left to right – PO55 committee – Angie Warren, Vickie Campbell (Treasurer), Shadia Sheta (Chair) and Chris Finlay

The next PO55s meeting will have speakers on befriending services and information on preventing falls. There will also be a chance to mingle, have a festive drink and a mince pie! Everyone is welcome so bring a friend. Hope to see you there!

**The Spire
High Street, Poole
BH15 1DF**

**8th December 2016
10.30 to 12.30 am**

WISH TO BECOME A MEMBER? Please contact -

07927 012556

pooleover55@gmail.com

PO55s AIMS, PROJECTS & PROGRESS

Our aims

The overall aim of PO55s is to improve the health, well being and lives of people aged 55 and over in Poole and the surrounding area.

PO55s aims to be the bridge between Poole residents over aged 55 and over, and local decision-makers.

Current projects

Falls Prevention

Dorset Falls Prevention Group meet 4-6 times a year. The group is made up of representatives from Poole Hospital, Clinical Commissioning Group, Public Health, Adult Social Care officers, Councils for Voluntary Services and the Fire and Rescue Service. Many of which attended the Launch Day.

The aim of the Falls Prevention Group is to prevent the first fall from happening. Statistics show that if someone falls once, they are much more likely to fall again. The group also wish to get the information about preventative measures into the community in a way that is not patronising.

The intention of PO55s is to work along with the group and give them feedback from our members and communities thus helping them to get that all important message out there for everyone.

Loneliness and isolation

PO55s understands that there are many lonely and isolated people in our local community. Whatever the cause, be it circumstance or simply where one lives, no-one should feel that way.

There has been a lot of National research into this issue and since the 1940's this has consistently found that 16% of people over the age of 65+ feel lonely all or most of the time. Not only is this unnecessary, it is made worse by research that shows people who experience chronic loneliness have an increased risk of developing dementia by 64%.

PO55s aim to encourage and introduce new befrienders to supporting organisations. A befriender is someone who will sit alongside a person who has very few social connections. Befrienders could share a small amount of time with someone lonely, play a board game or have a chat and a coffee. Even a telephone chat is welcomed by many.