

PO55

Poole Over Fifty Fives

The main aim of PO55 is to improve the health, well-being and lives of people aged 55 or over in Poole, working on local issues with organisations such as Borough of Poole, the Poole Well-being Collaborative and the Office of the Police Crime Commissioner

Poole Over 55s Newsletter issue 2

FORUM EVENT

On the 8th December 2016 we had our second open forum meeting at the Spire in Poole. It was well attended and already we are starting to see some familiar faces so thank you to those members that came along!

We had befrienders and a befriender, come and talk about their experience of befriending and the benefits they themselves get from it. It was a very moving experience and gave us a real insight into the huge difference people can make to someone who is lonely, just by giving a few hours of their time.

A huge thank you to the speakers for coming to share their knowledge.

We also had stand and a speaker from Live Well Dorset who gave some really valuable tips on keeping healthy.

Membership continues to grow and we welcome anyone who is interested in joining us.

COMMITTEE MEMBERS WANTED!

Unfortunately due to family commitments Shadia, our Chair, had to stand down from her post this Christmas.

We are still a strong group and are committed to the work we have started and are now looking for other committee members. We are holding a drop in event to welcome anyone interested in joining us. If you would like to find out more please come along, we'd love to meet you!

**Poole Central Library
Dolphin Centre
20th February 2017
Drop in between
10.30-12.30am
refreshments will be provided**

The next PO55s meeting will have speakers on how to become a befriender and what training and support there is available.

As always there will be refreshments, information stands and a chance to mingle. Everyone is welcome so bring a friend. Hope to see you there!

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

**20th April 2017
10.30 to 12.30 am**

WISH TO BECOME A MEMBER? Please contact -

07927 012556

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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 project update

Falls Prevention

We will be meeting with Officers from Public Health to move this forward and discuss a survey we will be administering to help with research around falls prevention. We will have a speaker about falls prevention at an open forum meeting in the near future.

Loneliness and isolation

We are still working to encourage befrienders and now have Prama Care on board to support anyone that wishes to train and get involved. At our next meeting we will have more information for you about the process of becoming a befriender and what support is available.