

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

Newsletter: Issue 3

Report: Spire Event 20th April 2017

Our recent event at the Spire was a resounding success. Guest speakers from LEAP— an energy saving service from Bournemouth Council; Bournemouth Older People's Forum; Abbeyfield Homes; Pramacare and Poole Lifeline all contributed to an interesting and informative morning. Home-made cakes were served with refreshing cups of tea and coffee which gave the event a relaxed, friendly mood. We also welcome new members who signed up at the event. The group continues to grow! Our thanks go to the organisations that presented, those who helped set-up and everyone who came along!

Our drive for committee members continues. If you know someone who would be interested, or think you are suitable, please contact Nicky Mitchell with the details at the bottom of this newsletter.

Local Energy Advice Programme

The Local Energy Advice Programme (LEAP) is a new scheme working in partnership with Bournemouth Borough Council to provide advice and provisions to eligible Bournemouth and Poole residents free of charge. Provisions include energy saving LED lightbulbs, draught excluders and reflective radiator panels.

For all enquiries please contact Nicky Mitchell:

01202 261060

n.mitchell@poole.gov.uk

Aims, Projects and Progress

The overall aim of PO55 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 aged 55+ and local decision-makers.

Falls Prevention

<p>Shona McCallum of Poole Lifeline gave a presentation at the Spire about a variety of equipment that prevent falls or raises an alarm after a fall. Much of Poole Lifeline's equipment has a</p>	<p>priority on looking after people whilst being as un-restrictive as possible. An example of this was a fall detector, which the user wears around their hip. The device will detect this, and an operator will talk to</p>	<p>the user through the device to see what help they need. Other devices include smoke detectors that will also contact an operator at Poole Lifeline.</p>
--	--	--

Loneliness and Isolation

<p>Guest speaker and Borough of Poole employee Theresa Divall spoke about a training course on offer by Borough of Poole for those wishing to become a befriender. This course covers topics such as what's expected of you,</p>	<p>safeguarding, how to recognise safeguarding issues and what to do if you are worried about someone. Bridget Barratt, another guest speaker from Pramacare, spoke about the support befrienders receive: you are not left to fend for yourself.</p>
--	---