

# 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 No 6.  
December & January  
2017/8

Well what an ending to 2017! With such a great day at The Spire on Thursday 7<sup>th</sup> December. The attendance was excellent with several stands set up and organised by different regional groups. Lot's of refreshments served with mince pies entering into an early Christmas spirit.

Great presentations by Jake Moore of Cyber Crime and Monique Munroe from War on Waste and to top it off – a group of singers to send us on our merry way.

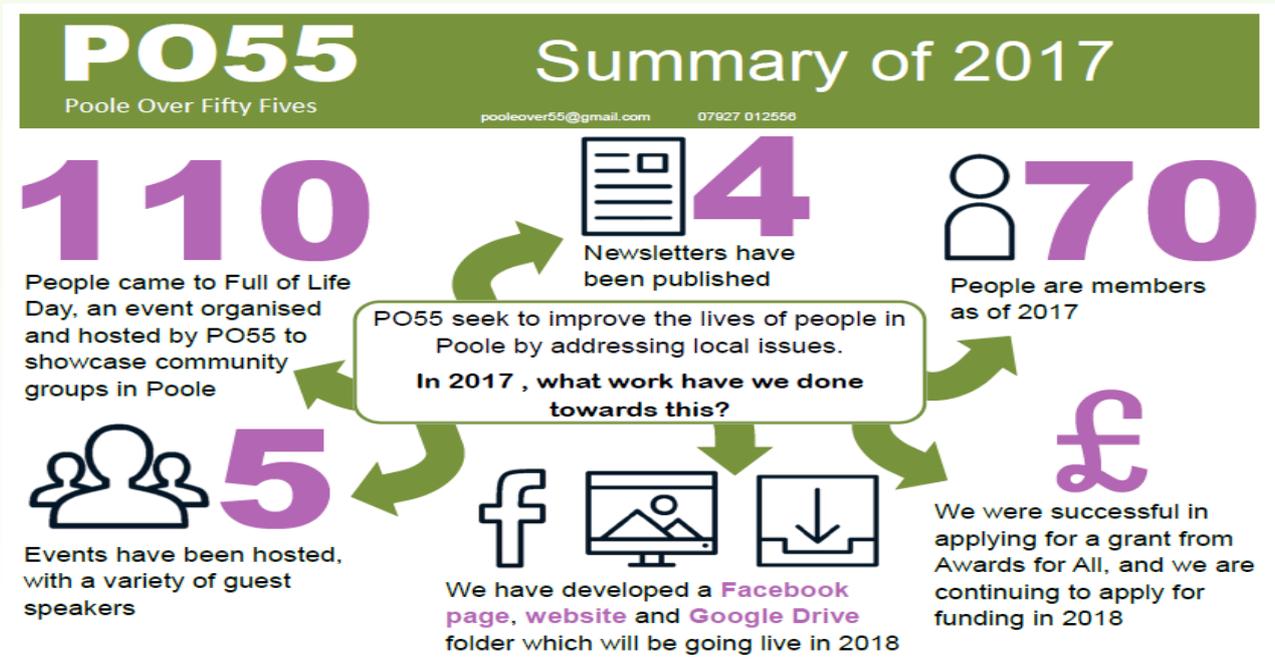
Take a look.....



Vickie Campbell our  
Chair and lead  
Trustee introducing  
the guest speakers



## Summary of 2017



## Want a FREE Health Check?



We are a FREE Health Checks Service that attend venues in the heart of the community to make Health Checks accessible to everyone.

We are offering Health Checks to Ladies and Gents aged 40 – 74, who have not been diagnosed with diabetes or are on treatment for high blood pressure or high cholesterol. If you have not had a stroke or been diagnosed with Heart Disease.

We have clinic appointments available at The Spire in Poole Town on the 6<sup>th</sup> and 20<sup>th</sup> February also 6<sup>th</sup> March 2018.

If you are eligible for a Health Check from our friendly and knowledgeable team and live in the Poole and Bournemouth area, please contact us to book.

Phone: 0800 677 1155

Text: 'healthcheck' to 60777

Email: [north.dchcs@nhs.net](mailto:north.dchcs@nhs.net)

## PO55 History

PO55s was formed following a survey of older people by Poole Borough Council to establish whether an Older People's forum was wanted. 170 people responded. The results were:

59% of membership of other groups (e.g. U3A) do not use these groups to raise concerns about the area they live in;

80% felt that a forum would benefit older people and 78% would use it to raise local concerns;

62% said they would attend such a forum and 91% would want information from the forum if they could not attend;

20% were willing to help organise a forum and 22% willing to be a trustee.

The survey and the success of the AGM and events held to date has signified a proven need for the group, and the Council themselves have put effort into getting the group this far. Now that it has been established, it is important that it becomes independent of the Council, and able to be sustainably operated by the trustees and supporters.

PO55s was officially formed as a membership organisation with a simple constitution on 14 July 2016. Trustees are to be elected by members and current trustees are:

Vickie Campbell – Chair

Gillian Gregory – Treasurer

Christine Finlay

Angela Warren

David Darling

To date the group's activities have centred on running quarterly information events for organisations to make local people aware of their activities.