



# Older People's Working Group

Minutes of the meeting held on Friday 7<sup>th</sup> April 2017 (DRAFT)

Present:	
Name	Organisation
Cllr Gul Khan (Chair)	RBC
Cllr Rose Williams	RBC
Nina Crispin	RBC
Tony Hall	Civil Service Pensioners Alliance, Reading Group
Pearl Gibson	
John Walford	Whitley Community Development Association
Douglas Dean	Thames Valley Pensioners Convention
Barbara Hobbs	Age UK Reading / Readibus
Joan Walker	NHS Retirement Fellowship
Brian Oatway	
Mark Drukker	
Laurence Napier-Peele	
Jean Hutton	U3A
Valerie Bond	
Heather Cresswell	M.S. Society, Reading Branch
Sylvia Millgate	
Frank Millgate	
Ken and Jeni Tucker	
Alan Edgar	Thames Valley National Pensioners Convention
Dianne Hilfi	
B T Chubb	Firtree
Judith El-Nager	
Valerie White	
Janice Scruby	
Lorna Walker	
Brian Haines	Southcote Group
Diane Hiles	
Lilian Clifford	
Colin Ferguson	Firtree
Elaine Jalland	

Patience Odunsi	
Mr & Mrs England	Grovelands Walking Group
Barbara Hobbs	Grovelands Walking Group
A Holbeche	
Ann Coddington	
Robert Monk	Remap Berkshire
Brenda Jenkins	Pegasus Court / MacMillan
Laxami Kachwaha	Readibus
Brian Tull	E.R.F.A
Beryl Banister	Grovelands Walking Group
Miriam Sparkes	
Joyce Goodwin	Reading Fibromyalgia Support Group
Marrion Huggins	CSRF
Michael Heath	
Peter Staples	
Gabriele D'Uva	

Apologies	
Name	Organisation
Cllr Rachel Eden	RBC
Janette Searle	RBC
Dorothy Bugeja	DWP
Joy Adams	
Moira Gomes	
Melvyn Bryant	John Lewis Partnership
Pauline Ball	Alzheimer's Society
Caroline Langdon	

**Agenda item 1: Welcome & introductions**

*Cllr Gul Khan*

The minutes of the meeting on 3<sup>rd</sup> February 2017 were and approved.

The approved minutes from the OPWG meetings are available from the Older People's Working Group page on the RBC website at:

<http://www.reading.gov.uk/opwg>

## Agenda item 2: Love food hate waste campaign

*Anna Fowler*

RE3 is the local waste management partnership between Bracknell/Wokingham/Reading.

RE3 is championing a food waste reduction campaign to raise awareness about this issue.

### **Why is it important to tackle food waste?**

7 million tons of food are wasted each year, this could fill Wembley stadium 9 times.

This represents also a waste for council budgets and household budgets.

### **What is the cost?**

UK householders are throwing away £13 billion worth of good food and drink every year.

£290 per year per single person household

£470 per year per household

£700 per household with children

Savings of up to £60 a month could be made with good food waste management techniques.

### **What can we do about it, how to waste less food?**

Understanding the difference between sell by date vs. used by date

Storing food correctly

Making use of the freezer - Cheese and eggs can be frozen

Getting the right portion size (for you!)

Making good use of leftovers

Planning ahead

Youtube video - Re3 channel : [Love Food Hate Waste - Help people in Berkshire to get more](#)

## Store and Save Quiz

The purpose of this quiz is to help you understand the best way to store foods to keep it fresher for longer, to know that lots of different foods can be frozen, and that food stored in freezer never becomes unsafe to eat, it just simply deteriorates in quality - colour, flavour and texture.

1. Where should you store
  - a. Eggs: below 20°C, ideally in the fridge where temperature is constant
  - b. Bread: in a breadbin
  - c. Apples: in the fridge
  - d. Potatoes: in a cool dark place
2. How many days will leftovers keep in the fridge? And what about rice?
  - a. 2-3 days
  - b. Only keep rice for 24 hours and ensure that it is cool and in the fridge within 2 hours of cooking
3. At what temperature should your fridge be?
  - a. Below 5°C
4. Can you eat food after the 'Best before' date?
  - a. Yes, this date is just a guide
5. How do you keep the fizz in your pop?
  - a. Screw the lid back on, turn the bottle upside down (gently!) to form the liquid seal and put it in the fridge
6. Can you freeze?
  - a. Eggs: Yes, separate them first or cooked in a quiche or an omelet
  - b. Cooked rice/paste: Yes, freeze rice within two hours of refrigerating
  - c. Bananas: Yes, ideally peel first, good for smoothies, curries, teething
  - d. Tomatoes: Yes, good for soups
7. It is ok to freeze food on the use by date?
  - a. Yes, you can safely freeze food right up to the use by date.
8. What is the best way to defrost food?
  - a. In the fridge overnight, or in a microwave if you are going to eat it straight away
9. How long can you keep food once defrosted?
  - a. Just 24 hours
10. Can thawed food be frozen again?
  - a. You must not refreeze defrosted food without cooking and cooling first. If products are frozen raw in the home, then thawed and

cooked, the product can be refrozen. If products are bought frozen, then thawed and cooked, the product can be refrozen.

**Questions & Answers / Comments:**

Q1: I live by myself and use ready meals. Supermarkets encourage people to buy more meals with discount schemes. Two small loaves of bread cost more than a big large one.

A1: The charity WRAP has put pressure on supermarkets to stop offering buy one get one free offers. Residents can help with this and actually save money by buying just what they need. We are asking people to stop and think before buying.

**Agenda item 3: Changes to bin collection**

*Michelle Crick / Alize Layzell (RBC)*

Recycling bins - only 5 different types of items should be put in the recycling bins:

- Plastic bottles (without the screw top)
- Newspapers and magazines
- Aerosols
- Mixed paper and card

At the Re3 Recycling site, clothing, green waste, glass can be recycled.

Changes to waste collection began on 13<sup>th</sup> February 2017:

- Closed bin policy
- No wrong items allowed in the recycling bins

**Why was this implemented?**

- Costs - putting waste in landfills costs much more than recycling
- Recycling target - from EU regulations - 50% items recycled by 2020
- Round efficiencies

**How did we let residents know?**

- Letter sent to all households with calendar information on when recycling would be operated in their area.
- Social media
- Door knocking
- Letters to landlords with stickers to put on bins as it's their responsibility to do so

- Roadshows

### Going forward

- Don't overfill your bin
- Don't put plastic bags in recycling bins
- Recycle only the right items
- Hangers with info why bin wasn't collected

### Outcome

- Tonnages for both general waste and recycling have gone down
- Quality of recycling has improved
- Increase in orders for recycling bins

### Green waste collections

- Due to unprecedented financial pressure, the Council can no longer afford to subsidise a free service.
- Now there is a charge for collecting green waste. This was introduced on 30<sup>th</sup> April 2017.
- Two green bins or two green bags can be collected, especially over the summer

### Questions & Answers / Comments:

Q1: I paid £50 in January 2017 for a green bin but I have not heard which day is my collection day since then?

A1: We apologise for this, you should have received a sticker. We will take out details now and send information to you. However, your collection day hasn't changed.

Q2: Should you take top off plastic bottles?

A2: Yes you should

Q3: If one hasn't got a car to get to the tip, what to do with electrical items?

A3: If the item is the size of a toaster or ironing, it can be put in an open plastic bag next to the red bin. On our website, there is information about where you can recycle batteries.

Q4: We have problems with West Berkshire collection rules. Why can't we have a food waste collection like West Berks?

A4: Food waste collection is under investigation. It is costly as we will have to provide new food caddies and new bins. We are looking into the costs and will let you know what the outcome is.

<p>The issue is about the consistency of bins collection in the Tilehurst area, it can be confusing as some people living in West Berks put their waste in the Reading recycling bins. Each Council can have different rules. We are looking into improving things.</p>
<p>Q5: It is difficult to dispose of glass as it's sometimes heavy to carry especially if someone doesn't have a car.</p>
<p>A5: The quality of glass recycling is good in RE3, we are currently looking at having more glass banks in various areas.</p>
<p>Q6: Why do you have a rule about not having an overfull bin?</p>
<p>A6: If people have five or more adults or children in nappies, people can get larger bins. A normal bin is 40L.</p>
<p>Q7: On landfills, why worry about 20% targets laid by the EU as Brexit will come into effect in March 2019?</p>
<p>A7: Until that time, we have to aim towards that as it is in British law</p>
<p>Q8: Is it just in the recycling bins that the 'no plastic bags' rule apply?</p>
<p>A8: Yes just for the recycling bins.</p>
<p>Q9: Can we have recycling bottles boxes for glass for the elderly?</p>
<p>A9: We are not in a position to provide collection from individual properties at the moment, but we have some glass bags.</p>
<p>Q10: Bottle tops can be recycled by charities, i.e. Alzheimer's society. Plastic bags can be recycled at supermarkets.</p>
<p>Encourage neighbours and friends to assist with the collection of glass and take it to the glass recycling banks.</p>

**Agenda item 4: Oddfellows - a befriending and support service**

*Debbie Jex*

Debbie is the Secretary of the Reading District Oddfellows.

**Who are the Oddfellows?**

The Oddfellows were established in 1810. It has now got 310,000 members across 132 branches nationwide. The Oddfellows in Reading was established in 1861.

The Oddfellows are a non-profit mutual society run by members for members. The aim is to improve the quality of people's lives through friendship, care

and charitable support.

### **Why the name 'odd'fellows?**

Back when it was set up, skilled workers were called 'fellows' and were often part of a guild. In smaller towns and villages there were often men of a particular trade to form a guild so fellow tradesmen from an odd assortment of trades, formed their own guild and called it the Odd Fellows.

These men would meet regularly and put a little money each time into a pot. If one was sick and couldn't earn wages, money would come out of the pot to help him. Money could also be obtained to help pay funeral costs or a doctor.

This ethos hasn't changed and members still pay into a pot and are eligible for grants and benefits to help them.

### **Five reasons to join the Oddfellows:**

1. You'll have fun and make new friends
  - a. We offer a varied calendar of social events and activities, throughout the day, the week and the year, including weekends. Events include exercise classes, singing groups, art and craft group, and general social meetings with quizzes, speakers, refreshments and raffles
  - b. We have afternoon local groups what meet in different areas of Berkshire: Woodley, Henley on Thames, and Three Mile Cross.
  - c. We also have evening groups in Pangbourne, Thatcham, Maidenhead, Camberley, Woking and Farnham.
  
2. You'll have someone to turn to
  - a. We offer members care and welfare support and we can also offer benevolent grants in times of need
  - b. Our members can also claim Optical and Dental Care benefits
  - c. We have an Accidental Death benefit scheme and offer our members access to a Legal Aid scheme.
  - d. We have a very comprehensive package of Convalescence and Carer Support benefits, including help at home if required
  - e. Our members can obtain discretionary Emergency Financial Aid for household accidents
  - f. We have the Orphan Gift Fund to help our younger members in times of need and for the youngsters we offer a number of Educational Awards



- g. We also have our own Credit Union.
  - h. Our members never need to face difficult times alone
3. You'll get exclusive deals and offers
- a. Oddfellows extra offers discounts on a wide range of things such as cinema tickets, grocery shopping, home insurance, holidays or a new car
  - b. Just Travel Insurance discount
  - c. Golden Charter Funeral Plans discount
  - d. Suttons Seeds discount
  - e. Fred Olsen Cruise Lines and Haven Holidays discount
  - f. Warner Leisure Hotels discounts
  - g. Members will also receive high street shopping vouchers for referring a friend who takes up membership.
4. You can travel places with friendly faces
- a. We have an Active Travel Club which offers group holidays tailored to our members' interests and needs
  - b. A Travel with Friends scheme so members never need to holiday alone
5. You can explore social history 24/7
- a. Our online archives hold over 200 years of genealogical, social and organisational history, with a unique collection of interesting bits and pieces from minutes, magazine articles and reports.
- To join or for any queries, please contact us:
- Tel: 0118 9573354  
E-mail: [debbie.jex@oddfellows.co.uk](mailto:debbie.jex@oddfellows.co.uk)

Questions & Answers / Comments:
Q1: Is there a car park at the Oxford Road branch?
A1: Yes, about 15 cars can park outside the hall, but the hall is also very accessible by bus and walking distance from the town centre. It's on the 17 bus route.
Q2: How do you join?
A2: There is an application form, contributed money can be used toward a

holiday or a break or for support at home (i.e.: Home instead senior care Reading...). Our history is about helping our members.

## **Agenda item 5: Dementia Action Alliance**

*Liz Siggery (DAA)*

Liz sits on the DAA Steering Group.

### **How does dementia affect people?**

Every person with dementia is different - there may not be obvious signs. But the following symptoms might be an indication:

- Memory loss
- Communication problems
- Difficulties with thinking through and planning
- Confusion about time and place
- Sight and vision problems

It might be worth mentioning to the GP if you have got three or more symptoms.

### **Why take action on Dementia?**

- There are 850,000 people with dementia in the UK, predicted to be 2 million by 2051
- The current diagnosis rates are approximately 56%, looking to increase to 75%
- Dementia costs the UK economy £26.3 billion
- £11.6 billion of this is through unpaid care
- 51% of carers still work and may need support from their employer. If an organisation is Dementia friendly, then employees can talk to their employers
- Members of your workforce may receive a Dementia Diagnosis in the future.
- 2/3 people with dementia live within the community

We all know someone who has dementia even if they are not aware of it.

### ***Quote from David Cameron in his Dementia Challenge 2020 outline:***

“By 2020 I want England to be:

The best country in the world for dementia care and support and for people with dementia, their carers and families to live; and the best place in the world to undertake research into dementia and other neurodegenerative diseases.

As we look to the future, it is clear that we all have a part to play. This is not just about funding from government, or research by scientists, but understanding and compassion from all of us. Together, we can transform dementia care, support and research”

#dementiachallenge

The Local Authority has to pick up the day to day management of these things.

### **Opportunities for change**

We need to promote a community approach when dealing with dementia.

The statistics below are based on what people tell us:

- 33% of people think that shops and local businesses would benefit in areas where people with dementia were supported to be more involved in their local community
- 47% think that dementia-friendly areas would be nicer places for everyone to live
- 3% think that people with dementia don't have anything to offer their communities
- 74% think supporting people to be part of the community would help reduce stigma
- 40% think everyone has a role to play to support people with dementia in their community

### **The bigger picture - DAA + Dementia Friends**

Aim: To help people living with dementia to be able to live more independently within the community

A wide range of organisations are working together to become dementia friendly, through awareness raising, reviewing current practices and adapting to meet the needs of people living with dementia.

#### *Local Dementia Action Alliance*

This is a steering group of local stakeholders working with organisations and businesses to support and encourage them to take actions to work to become dementia friendly.

#### *Dementia Friends*

This is a national initiative to raise awareness. There are 1.5 million

Dementia Friends nationally, with a target for a further 2.5 million by 2020.

It is worth asking an employer if they have a Dementia Champion within its organisations.

### **What is the Local DAA?**

- A local DAA brings together regional and local members to improve the lives of people with dementia in their area.
- It includes everyone that people with dementia come into contact with including Councils, NHS, Transport, Police, Fire, Ambulance, Shops, Leisure & Charities.
- A local DAA is seen as the vehicle for developing a dementia-friendly community, a programme run by Alzheimer's Society.
- 'Alliance' relates to process, and 'community' to outcome.
- Each member produces a 3 point plan to achieve membership.

### **Local DAA goals**

The goal of the local DAA is for a community to become Dementia Friendly. The vehicle used to reach that goal is the Local Dementia Action Alliance.

This can be achieved by:

- Raising awareness and engaging different sections of society.
- Creating the relationships and networks that will enable people to work together for dementia friendly communities in a sustainable way.
- Recognising progress, sharing good ideas and building the evidence base to show how communities are improving things.
- Putting the views and opinions of people with dementia and their carers at the heart of any considerations or decisions.

Let us know what is working well out there in the community - contact Michelle Berry.

### **About the Reading DAA**

The Reading DAA was established in February 2012. It is continuing the work of the Dementia Action Alliance with new members and focus for the group and supporting the existing members of the Reading DAA.

A full list of all members can be found here:

[http://www.dementiaaction.org.uk/local\\_alliances/5845\\_reading\\_dementia\\_action\\_alliance](http://www.dementiaaction.org.uk/local_alliances/5845_reading_dementia_action_alliance)

The Reading DAA is actively recruiting new quality members to the Alliance and supporting dementia friendly communities in the area and aims at facilitating a society-wide response to take action on Dementia.

**How to join DAA.....**

Contact Michelle Berry

Dementia Action Alliance Member

E-mail: [Michelle.berry@reading.gov.uk](mailto:Michelle.berry@reading.gov.uk)

[www.dementiaaction.org.uk/](http://www.dementiaaction.org.uk/)

**Local dementia events:**

- Dementia Awareness Day - 16<sup>th</sup> May 2017 - outside Marks & Spencers - Band playing, information stalls, local businesses.....Let us know if you would like to get involved.
- May Fayre in Southcote on 6<sup>th</sup> May - Dementia Friendly event

**Questions & Answers / Comments:**

Q1: Firtree have invited people with dementia to join in the group's activities. There are ways we can help people in early stages but comes a point when the problem becomes too big to be handled.

A1: DAA is about the whole community not just about one individual. It will all depend on what type of alliance the community, town or village that they want to build. DAA is not about asking groups to take on people with dementia and deal with them, it's about how we can help people who look after someone with dementia or community groups to assist. It could be sponsoring DAA or have dementia action friends.

**Agenda item 7: Current issues and suggestions for future meetings**

*Cllr Gul Khan*

**Suggestions for next OPWG:**

- Increase of council tax without going to referendum. Other councils have managed to reduce their council tax elements. What services can we get rid of, non-statutory, so that we don't get increases in council

tax.

- Pot holes
- Contracts for voluntary sector organisations funded - This item will be covered at the next OPWG in June. Services currently funded by the Council are listed on the Reading Services Guide.
- Opportunity to have an item on health at the next OPWG, there is a new project being implemented in Reading called Connected care. This consists of having patients records shared between the main health partners, primary care and acute care (GPs and hospitals)

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Current issues:

- Uda Chalk - Reading Elderly befriending scheme - 29<sup>th</sup> April - all are invited to a fund raising dinner at RISC from 6 - 11 pm. The Mayor of Reading will attend as the guest speaker, so will the Vicar of St Giles Church - all welcome, there is a charge for this event.
- Survey on Adult Community Learning - Jill Dray  
The Community Learning Network team is running a survey to find out what people would want to make it easier for them to access learning development opportunities, resources and venues. A copy of the survey can be found on page 16 below.
- Dying Matters Week this year is from 8th May to 14th May. There will be a series of small event around the town that week rather than a big one, we will let you know of further details nearer the time.
- The Carers Steering Group is open to any carer or anyone interested in carers issues. If you are a carer, we want to invite you to get involved in carers week planning.
- We will hold an event for Carers here in the Council Chamber on Wednesday 14th June; we will have further details to share with you in the coming weeks. If you are interesting in taking part in the planning, please let me know.
- We will also hold a Disability Awareness Day in the Council Chamber on Saturday 17th June, all welcome, family and carers.
- World mental health day in October / November - Public Health could put an event in Reading to mark that occasion.

- Planning for Older People's Day 2017 - we will start planning soon, if you would like to be part of the planning group, please let me know.
- Additional Social Isolation survey - there is a questionnaire about Social Isolation on tables for you to take home and complete. The survey can also be completed online. Please visit the RVA page <http://rva.org.uk/article/needs-assessment-research-to-reduce-isolation-and-loneliness/>
- We will hold an event on Wednesday 25th April in the Council Chamber to look at how we can tackle social isolation. If you are interested, please let Nina know.

Next Meeting:

- Friday 23<sup>rd</sup> June 2017  
2 - 4 pm, Council Chamber, Civic Centre



## READING COMMUNITY LEARNING NETWORK

### *How About You?*

Many people have already learnt all kinds of skills with the many different groups and organisations that provide community learning. How about you?

What would make it difficult for you to join a class? (Tick ALL that apply to you)

Self confidence	<input type="checkbox"/>
Help or support	<input type="checkbox"/>
Mobility issues	<input type="checkbox"/>

How far would you be able to travel for a course? (Tick ONE)

3 - 5 miles	<input type="checkbox"/>
1 - 3 miles	<input type="checkbox"/>
Would have to be nearby!	<input type="checkbox"/>

What areas would you prefer course to be in? (Tick ALL that apply to you)

Town centre	<input type="checkbox"/>
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Caversham	
East Reading	
Tilehurst	
Whitley	

**How would you travel? (Tick ALL that apply to you)**

Walk	
Cycle	
Public transport	
Car	
Lift / Readibus / with travelling companion.	

**What time of day would you like to go to a class? (Tick ALL that apply to you)**

Morning	
Afternoon	
Evening	

**Are you a parent or carer? What would you need to help you come along? (Tick ALL that apply to you)**

Courses within school hours	
Creche	
Respite cover	

**What learning would be helpful to you and your family? (Tick ALL that apply to you)**

Skills (including maths, English)	
Parenting	
Nutrition including health	
Employability (including self-employment)	
Hobby/interest courses (arts, crafts, languages, music, digital technology)	

**Some of our courses are funded but for others there is a small fee. How much would you be willing to pay for each lesson? (Tick ONE)**

£15 - £20	
£10 - £15	
£5 - £10	
£1 - £5	

If you would like us to contact you please complete details below.  
Thank you.

Name
Mobile number



Home Phone
Email
Postcode RG_____/_____

Thank you for completing our survey. If you have given contact details above we will be in touch in the next few weeks.