

# Older People's Working Group

2.00 pm on Friday, 21 June 2019 in the Council Chamber, Civic Offices, Reading.

## Page No

1. **Welcome**
2. **Minutes of the previous meeting on 5th April 2019**  
*Cllr Gul Khan* 5 - 26
3. **Matters Arising**  
*Cllr Gul Khan*
4. **NHS long term plan- what it means for voluntary organisations and older people**  
*Fiona Price, Age UK Berkshire*
5. **Mental health monitoring in older people living at home**  
*Dr Luis Patina, University of Reading*  
*Nickey Hardey, Assistive Technology (RBC)*
6. **Make Every Contact Count**  
*Janette Searle, RBC*
7. **D-Day remembrance**  
*Cllr Gul Khan*
8. **Current issues and suggestions for future meetings**  
*Cllr Gul Khan*



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# The Reading Older People's Working Group

*...is open to all older residents (please tell your friends, neighbours and other contacts)*

*...is your chance to talk to your councillors about what's important to you*

*...includes presentations on topics requested by the group, and space for you to raise any current issues or concerns*

## Councillors on the Older People's Working Group

*Councillor Khan (Chair)*

*Councillors Jones, Eden, Leng, Manghnani and R Williams*

Meeting Dates	
For 2019	For 2020
Friday 6 <sup>th</sup> September	Friday 14 <sup>th</sup> February
Friday 8 <sup>th</sup> November	Friday 20 <sup>th</sup> March
Friday 13 <sup>th</sup> December	

All meetings are from 2 til 4 pm in the Council Chamber,  
Civic Offices, Bridge Street, Reading RG1 2LU.

Please call us on 0118 937 2383 or email [opwg@reading.gov.uk](mailto:opwg@reading.gov.uk) to  
let us know if you plan to attend.



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Meeting Title:	OLDER PEOPLE’S WORKING GROUP (DRAFT)	
Date:	5 <sup>th</sup> APRIL 2019	
Time:	2 - 4 pm	
Location:	Council Chamber	
Chaired by:	Cllr Gul Khan	
Attendees:		
Cllr Sandra Vickers		RBC
Cllr Rachel Eden		RBC
Janette Searle		RBC
Nina Crispin		RBC
John Walford		
Douglas Dean		Thames Valley Pensioners Convention
Alan Edgar		Thames Valley Pensioners Convention
Tony Hall		Thames Valley Pensioners Convention
Jean Hutton		U3A
Frank Millgate		
Silvia Millgate		
Heather Cresswell		MS Society Reading Branch
James Penn		South Reading Patient Voice
Miriam Sparkes		
Diane Seydoux		
Lilian Clifford		
Bridget Chubb		Firtree
Ginny and Graham England		Grovelands Walking Group
Fiona Price		Age UK Berkshire
Laurence Napier-Peele		South Reading Patient Voice
Janice Scruby		
Elaine Jalland		
Hilda Kirkpatrick		Readibus
Caroline Langdon		Oddfellows member
Mr and Mrs K S Tucker		

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Brian Oatway	
Constance Gooding	Acre / The Globe
Anne Beard	
Jack Beard	
Gladys Rofani	
Brenda Jenkins	Pegasus Court / MacMillan
Pam Sands	
Janice Tomlin	Oddfellows
Anne Parker	
Colin Ferguson	Firtree
Matt Taylor	Age UK Reading
Tom Lake	Interglossa Ltd
Joyce Goodwin	
Stephen Smith	Thames Valley Police
Surya Mehan	Thames Valley Police
Michelle Noone	Thames Valley Police
James Taylor	
Liz Wilks	RBC
Rebecca Curtayne	Healthwatch Reading
Neil Scott	Reading Buses
Mark Drukker	
Diane Hiles	
Michael Heath	
Catherine Carmana	
Ian Trehauk	Stroke Association
Una Waters	Readifolf/Readipop
Alexandra Wright	Rowberry Morris Solicitors
<b>Apologies:</b>	
CIlr Rose Williams	RBC
Ann Worsley	
Patience Odunsi	

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Ann Westgarth	QVI
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Item	
1/2	<b>Welcome and minutes of last meeting on 2<sup>nd</sup> November 2018</b> <i>Cllr Gul Khan</i>
	<p>The minutes of the meeting on 15<sup>th</sup> February were approved.</p> <p>The approved minutes from the OPWG meetings are available from the Older People's Working Group page on the RBC website at:</p> <p><a href="http://www.reading.gov.uk/opwg">http://www.reading.gov.uk/opwg</a></p>
3.	<b>Matters arising from last meeting on 15<sup>th</sup> February 2019</b>
	No matters arising.

4.	<b>Loneliness and older persons: local support</b> <i>Fiona Price, Age UK Berkshire</i> <i>Sue Winyard, Engage Befriending</i>
	<p>Under Narrowing the Gap, the Council funds a partnership to provide support for reducing loneliness and isolation in Reading.</p> <p>Its aim is to support Reading residents who are elderly and at risk of social isolation because of frailty or living with a long term health condition/ disability.</p> <p>The partnership also helps people to connect with the wider community.</p> <p>The partnership consist of:</p> <ul style="list-style-type: none"> <li>• Get Berkshire Active</li> <li>• The Globe</li> <li>• Age UK Berkshire</li> <li>• Age UK Reading</li> <li>• Engage Befriending</li> </ul>

### Get Berkshire Active (GBA)

This service focuses on helping people coming together through physical activities (adapted and supported activities available) and to create social connections.

#### Activities include:

- Chair Based Exercise – Coley Park & Whitley Wood
- 50+ Pilates – Coley Park
- New Age Bowls – Alzheimer’s Society
- New Age Bowls – Working with Meadway Leisure Centre to set up a regular session. GBA is also available to demonstrate equipment to community groups
- Seated Exercise – New Sessions coming to Tilehurst & Whitley. Focus on Strength, Balance and FUN!

For more details, please contact Get Berkshire Active:

[nick.rance@getberkshireactive.org](mailto:nick.rance@getberkshireactive.org)

Mobile: 07702892518

<https://getberkshireactive.org/>

### The Globe Luncheon Club

A weekly Drop-in/ Luncheon Club for the BAME Elderly.

Open every Tuesday from 10.30am to 3.30pm and serving up a hot, nourishing, Three Course Meal.

Catering also for vegetarian course with every meal.

#### Activities include:

- Exercise Class, cost £2
- Digital Literacy
- Story-telling – Users’ Forum
- Folk Dancing
- Attending Community Conferences, Discussion Forums
- Games, Quizzes, Films



- Quarterly Book Review
- Book Exchange
- Sessions on Writing a Book, Telling one's Story
- Flower Arrangement
- Concerts organised by Users - 3 times a year
- Twice yearly mini Health Expo.
- Visiting Speakers from the Community

For further details, please contact:

12 Portman Road, Reading, RG30 1EA

Tel: 0118 950 8534

[admin@thedeliverancecentre.org.uk](mailto:admin@thedeliverancecentre.org.uk)

Age UK Berkshire

The service provided includes:

- Face to face befriending support to older and socially isolated people.
- Home visits and phone chats - telephone chats can last 1 hour or more.
- Weekly chats to check how people are doing - if someone doesn't answer the phone, this may be due to something wrong. There is a process in place to check on the person.

Other services and supported activities:

- New gardening group starting at end of April at Quaker House specifically for older people.
- Help with getting Out and about
- Reconnecting people to their community or finding new interests
- Staff/ volunteer chats about what people would like to do e.g. weekly walk, attend tai chi, singing group, go to a coffee shop and supports for for 2-6 weeks to do it.

Referrals and contact details:

Tel: 0118 959 4242

[info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Age UK Reading (AUR)

A service offering face to face and telephone befriending.

AUR befriends approximately 130 individuals per annum.

Their aim is to develop more joint trips out of the home.

AUR are actively encouraging more in home activity and interest sharing such as games, music, cooking etc.

For further information:

Tel: 0118 950 2480

[info@ageukreading.org.uk](mailto:info@ageukreading.org.uk)

Engage Befriending

This service aims at connecting isolated older people with their local community by matching them with a volunteer befriender.

A volunteer befriender from the local community visits an older person in their home, on a weekly or fortnightly basis.

The befriender may stay in and chat for an hour or so or they may go out to enjoy community activities together.

Referrals can be made by at:

[engage@themustardtree.org](mailto:engage@themustardtree.org)

Tel: 01189 567 000

There is a separate service run by the Alzheimer's Society and not funded under the aforementioned partnership, but accessible to all residents:

The 'Side by side' service run by the Alzheimer's Society provides personalised companionship for people with dementia either in their own home or during outings and activities in the community. This could be anything from a round of golf, listening to music, or simply

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	<p>having a cup of tea and a chat.</p> <p>'Side by Side' is provided by volunteers who are supported and managed by staff. Activities will be specific to the assessed needs and will be decided in agreement with the service user.</p> <p>Contacts the 'Side by Side' service:</p> <p>Tel: 0118 959 6482  <a href="mailto:sidebysideberkshire@alzheimers.org.uk">sidebysideberkshire@alzheimers.org.uk</a></p>
	<b>QUESTIONS &amp; ANSWERS / COMMENTS</b>
Q1	There are a lot of things happening in Reading. Is there one place where people can go and find out what's on?
A1	<p>The Reading Services Guide is a good register that can be accessed via the Council site: <a href="http://www.reading.gov.uk/servicesguide">www.reading.gov.uk/servicesguide</a></p> <p>Organisations and community groups can also add information on it. Other online directories for information and activities include:</p> <p>Reading Voluntary Action: <a href="http://www.rva.org.uk">www.rva.org.uk</a>          Age UK Berkshire: <a href="https://www.ageuk.org.uk/berkshire/">https://www.ageuk.org.uk/berkshire/</a>          Age UK Reading: <a href="https://www.ageuk.org.uk/reading/">https://www.ageuk.org.uk/reading/</a></p>
Q2	The Globe Luncheon Club - Is Portman Road far?
A2	It's only 5mns walk from Cow Lane.
Q3	Is it easy to access by bus?
A3	There's no direct bus but easy access from Oxford - Tesco car park.
Q4	Is there anything on the evenings? For those being active, it's dangerous to walk on the pavements because of cyclists.
A4	<p>The issue with cyclists is known and has been discussed in the past at this forum (Please see OPWG minutes dated 2<sup>nd</sup> November 2018). Some organisations run activities in the evenings:</p> <p><a href="mailto:Debbie.Jex@oddfellows.co.uk">Debbie.Jex@oddfellows.co.uk</a>          Reading District Oddfellows</p>

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	<p>Tel: 0118 957 3354 118b Oxford Road, Reading, RG1 7NQ <a href="https://www.oddfellows.co.uk/">https://www.oddfellows.co.uk/</a> Once a month activity on Monday and Tuesday evenings.</p> <p>U3A Abbey Baptist Church, Abbey Square, Reading, RG1 3BE (and at other locations) Tel: 0118 983 2605 <a href="mailto:membership@rfdg.org.uk">membership@rfdg.org.uk</a> <a href="http://www.readingu3a.org.uk">http://www.readingu3a.org.uk</a></p> <p>Women's Institute Church House, RG4 8AX (Time: 7:30 pm) <a href="mailto:cavershamwi@gmail.com">cavershamwi@gmail.com</a> Tel: 020 7371 9300</p> <p>Readifolk Watlington House, 44, Watlington Street Reading RG1 4RJ Tel: 0118 948 3145 <a href="mailto:una@readifolk.org.uk">una@readifolk.org.uk</a> <a href="http://www.readifolk.org.uk/">http://www.readifolk.org.uk/</a> Music and Dancing - Sunday nights - from 8pm til 10:30pm.</p> <p>RISC in London Street - holds a variety of events in the evenings throughout the month. Calendar of activities in the foyer at RISC or visit: <a href="https://www.risc.org.uk/main">https://www.risc.org.uk/main</a> 35 - 39 London Street, Reading RG1 4PS Tel: 0118 958 3555 <a href="mailto:admin@risc.org.uk">admin@risc.org.uk</a></p>
Q5	Is the Globe luncheon every day?
A5	Open every Tuesday from 10.30am to 3.30pm and serving up a hot, nourishing, Three Course Meal.
Q6	When is the next historical with Age UK Berkshire?
A6	In May 2019, more information will be added on the Age UK Berkshire website.
C1	Lack of public transport is one of the substantial reasons older people don't tend to go out in the evening. Some activities are difficult to

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	know about, and a lot of people don't have access to the internet.
A	<p>If people don't have access to the internet, please call the Age UK Berkshire and Age UK Reading phone lines:</p> <p>Age UK Berkshire:            Tel: 0118 959 4242  <a href="mailto:info@ageukberkshire.org.uk">info@ageukberkshire.org.uk</a></p> <p>Age UK Reading:            Tel: 0118 950 2480  <a href="mailto:info@ageukreading.org.uk">info@ageukreading.org.uk</a></p>

5.	<b>Diabetes Prevention</b> <i>Dr M L Sawami, Prospects Surgery</i>
	This item was not covered.
6.	<b>Wills and Probate</b> <i>Alexandra Wright, Rowberry Morris</i>
	<p>Alexandra Wright is a solicitor at Rowberry Morris in the private client department. The presentation today will answer the following questions/points:</p> <ul style="list-style-type: none"> <li>• Why you should make a will</li> <li>• What you can put in a will</li> <li>• How to make a will</li> <li>• What happens if you do not have a will</li> <li>• and finally a little about administration after someone dies.</li> </ul> <p><b>Why make a will?</b></p> <p>Essentially it is to set out what you want to happen to your home, money and possessions after your death, and who you want to be responsible for seeing your wishes are carried out. These people are the executors and could be relatives, friends or professionals. They can be beneficiaries of the will. They also</p>

	<p>look after money for anyone under age as trustees.</p> <p><b>What can you put in a will and why might this be important?</b></p> <p>It can be a short document leaving everything to one person.</p> <p>It can be a long document containing numerous legacies, life interests, trusts and substitute beneficiaries.</p> <p>One of the most common types of will we make is for a married couple, with children who leave all to each other on the first death, and then divide their assets between their children on the second death. They might also leave something to grandchildren.</p> <p><i><b>Do you have young children?</b></i></p> <p>You can appoint a guardian in your will. You can choose who will manage their money until they reach the age you choose for them to inherit (this is a trust). They might be sensible at 18, but you might prefer them to wait until 25 before having full access to an inheritance. The trustees can always give them some money before the chosen age for education or towards a deposit for a house. The same applies to gifts to grandchildren, you can choose the age and trustees.</p> <p><i><b>Do you want to leave money to an adult who cannot manage their own money?</b></i></p> <p>You can set up a trust for them in your will and choose who manages the money for them and how so that they are provided for properly in the future.</p> <p><i><b>Have you been married before and want to provide for children from different families?</b></i></p> <p>Again a trust can be useful in this situation. You might leave an income to your spouse for their lifetime, but the capital to your own children after that.</p> <p><i><b>What if you are not married or about to get married?</b></i></p>
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	<p>You can make sure you benefit who you choose not who the law says. I will discuss this more later.</p> <p><i>Do you want to plan for inheritance tax, or long term care?</i> A will can ensure your gifts are tax efficient or protect assets in a trust.</p> <p><i>Do you want to leave money to friends or charities?</i> You cannot be sure this will happen without a will.</p> <p><i>Do you have a business and need to decide what will happen to it?</i> You can appoint business executors and make sure it benefits from business property relief from IHT (Inheritance Tax).</p> <p>All this and more can be done in a will.</p> <p><b>How to make a will?</b></p> <p>You write it yourself, or make use of a pre-printed will pack, as long as you meet the requirements to make a will valid, for example signing it with 2 witnesses, who are not beneficiaries.</p> <p>Or you can take legal advice from your solicitor. Your solicitor would meet you for about an hour to discuss your circumstances, wishes and needs, prepare a draft suitable for you, and meet you again to make sure the will is understood, and is signed and witnessed properly, and then stored it in the office for safekeeping, and its existence registered if you wish.</p> <p>Your solicitor will try to cover most likely situations in a will so they do last many years, but we recommend reviewing them every 5 years or so, or on a life changing event.</p> <p><i>Did you know if you have a will and marry after it is made, the will is revoked?</i></p>
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	<p>You can however make a will in contemplation of marriage which would not be revoked so that you don't have to visit the solicitor on your honeymoon.</p> <p><b>What happens if you don't have a will - like two thirds of the population?</b></p> <ul style="list-style-type: none"> <li>a. The laws of intestacy dictate what happens. They are out of date and may be reviewed one day but for now they say: <ul style="list-style-type: none"> <li>i. if you are married without children everything will pass to your spouse. This might be fine, but imagine you owned a house with your brother, and he lives there with his wife, on your death without a will, your spouse now owns half of the house, but she needs the money and he can't afford to buy her share? This happened to one of my clients.</li> <li>ii. If you are married and have children, the value of the estate may mean part of the estate passes to your spouse and part passes to your children when they reach 18, which may not be IHT (Inheritance Tax) efficient and may not be desirable. Your wife may end up owning her home jointly with children from a former marriage, or children access a large sum of money before they are ready.</li> <li>iii. If you are not married, and have no children, the estate will pass to blood relatives who survive you, some of whom you may never have met. I am sure you have all see Heir Hunters. I have dealt with an estate where the family tree was meters long because we had to look for descendants of the lady's grandparents, which pleased some Australian relatives who were doing genealogical research, but used up a lot of the money finding them all.</li> <li>iv. Importantly there is no provision for a long term partner in the intestacy laws. The term "common law" spouse</li> </ul> </li> </ul>
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	<p>means nothing in this context. They may have to go to court to make a claim on the estate, at a difficult time, and be unable to access money.</p> <p>v. Only if no surviving blood relatives can be found would the estate pass to the crown, bona vacantia.</p> <p><b>Information about administration after someone dies</b></p> <p>After death - if you have a will, the executors have immediate authority to deal with aspects of the estate, including the funeral. If there is no will, it is not always obvious who should deal with the estate, which can slow things down. It is more likely a grant will be needed to show who has the authority, which I will talk about next.</p> <p><i><b>What is “getting Probate”?</b></i></p> <p>Most people mean the process of applying to court for the grant of probate which will enable the executors to administer the estate.</p> <p><i><b>What is a grant of probate?</b></i></p> <p>A document issued by the court stating that a valid will was left and the executors named in the grant are the correct people to administer the estate. The executor may then close accounts, sell shares and property by showing the grant to the banks and Land Registry. They must pay any debts and income tax and can then distribute the estate according to the will.</p> <p><i><b>How to get the grant?</b></i></p> <p>i. If there is no tax to pay, and no other complicating factors, the executors gather information about the estate and fill in a short form IHT (Inheritance Tax) account to send to the probate registry with the will and their statement of truth. If everything is in order the grant will be issued in about 10 days. As you can the information gathering takes the time.</p> <p>ii. If there is tax to pay, or complications, the executors fill in a long form IHT (Inheritance Tax)</p>
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	<p>account and send it (with any tax due) to HM Revenue and Customs (HMRC) which issues a receipt after about a month to send to the probate registry with the will and statement of truth.</p> <p>If there is no will, the court will issue a “grant of letters of administration” to the people who have proved their right to act as administrators of the estate. If there are no close relatives, it may take time to establish who has the right. There are rules about who can apply and the applicant must first “clear off” anyone with a prior claim.</p> <p><i>Case scenario:</i> The father of a client married in Thailand, revoking his will that left his house in England to the client. His Thai wife was therefore the administrator and it took a long time to get the papers to allow the client to deal with the estate and we had to rely on the Thai’s wife honouring her agreement with her husband that the house would go to the client because without a will the Thai’s wife had inherited the house in England.</p> <p>It is worth adding that a grant is not always necessary. The value of the assets, and how they are owned, determine if it is needed.</p> <p>Unfortunately, all financial institutions have different rules, and you have to ask each one.</p> <ol style="list-style-type: none"> <li>i. In the case of a married couple, on the first death if they had only jointly held assets, no grant is needed. Simply presenting the death certificate to the bank / land registry is enough for the assets to be transferred into the surviving joint owner’s name. Most often it is ISAs that mean a grant is needed since these cannot be jointly owned.</li> <li>ii. Pensions too are usually outside the estate and can be dealt with separately. You should ensure you have completed your expression of wishes though so that the trustees know what you would like them to do.</li> </ol>
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	A properly prepared will makes your wishes clear, and is all the more important if the intestacy rules do not align with those wishes, or your circumstances are complicated. A will also makes it easier for your chosen executors to deal with your affairs upon death.
	<b>QUESTIONS AND ANSWERS / COMMENTS</b>
Q1	How about Power of attorney when siblings are involved?
A1	We can assist with those complex situations.
Q2	For Probate - how do you apply to the court?
A2	Can be done yourself online - www.gov.uk - you don't have to see a solicitor.
6.	<b>Food Safety Inspections and Ratings</b> <i>Alison Shaw, Consumer Protection Team, RBC</i>
	<p>We inspect Food premises, retail and catering premises.</p> <p>The idea behind food hygiene scheme is to give people a choice to people - it is compulsory in Wales and Northern Ireland to display the food hygiene inspection tickets, but not in England. There's a bill in Parliament to get a compulsory mandate.</p> <p><a href="https://www.foodhygienratings.org.uk/ratings">https://www.foodhygienratings.org.uk/ratings</a></p> <p>0 - Urgent Improvement Necessary          1 - Major improvement necessary          2 - Improvements necessary          3 - Generally satisfactory          4 - Good          5 - Very good</p> <p>The food hygiene inspection gives a snapshot in time. Conditions can deteriorate due to management and poor processes.</p> <p>Food hygiene inspectors will look at :</p> <ul style="list-style-type: none"> <li>• Food/premises temperature control</li> <li>• cooking and cooling food</li> <li>• washing hands</li> </ul>

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	<ul style="list-style-type: none"> <li>• Cleaning</li> <li>• Structure of premises: pests controls</li> <li>• Management: record keeping, recording temperatures, training, food certificates, processes of cooking the food.</li> </ul> <p>Reading has issues with rats resistant to food poisonous products.</p> <p>The food hygiene score doesn't look at customer service and comfort of the restaurant, it is purely based on food safety issues.</p> <p><i>How often are the inspections undertaken?</i></p> <p>Every 6 months - for high risks premises - i.e. Hospital to every 2 years for high street premises - big chains Typically - every 18 months - for other food premises/restaurants</p> <p>If there's no displayed stickers - you can ask the manager why.</p> <p>The valid information is found on the reverse side of the ticket: Name of the business Date of hygiene inspection Local Authority</p> <p>Some premises keep a 5 rated sticker from a previous provider on the windows when a new provider moves in.</p> <p>Further details can be found at <a href="https://www.foodhygieneratings.org.uk/">https://www.foodhygieneratings.org.uk/</a></p>
	<b>QUESTIONS AND ANSWERS / COMMENTS</b>
<b>Q1</b>	People working in a restaurant and café are not allowed to eat behind the food counter. I have seen this at Broad Street Mall and reported to Consumer Team, is it allowed or not?
<b>A1</b>	It is poor practice to eat behind the counter. People are allowed to have breaks. But best practice is to regularly washing hands. We can't dictate they can't have a break and eat food if the person is on their own.
<b>Q2</b>	An Indian restaurant with bad rating called to offer a discount - is it allowed?

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A2	It takes a while for the Food Standard Agency to catch up with updating the rating on the website. The information is updated once a month on the Food Hygiene website. So it may be that the restaurant had a better rating but the website hadn't been updated by the time they were doing their promotion.
Q3	Do you inspect food preparations in care homes and schools?
A3	Yes we do. On the Food Standards Agency website, you can check addresses and ratings. There are usually good ratings for schools as they are using contractors. The same is true with care homes, they have good structures and their kitchens are the best I have seen.
Q4	Do you warn premises before you go?
A4	No we don't warn premises. Usually people say 'wait there a minute'. We can't turn up at domestic premises. But we need to give them 24 hours notice to people who run a catering business from home.
Q5	South Oxfordshire Council carried out food inspections and published a full report on ratings for each premises in the Henley Standard.
A5	Get Reading have done that in the past. They have published a long list of poor rated premises.
Q6	What is the percentage of rating for each categories? Are there any stats?
A6	We can easily run a report to show stats and share info. The information can also be looked at on the website. Oxford Road - attracts a lot of enforcement activity The Oracle - not much enforcement activity.
	Statistics on Food Ratings in Reading:
	Website: <a href="https://ratings.food.gov.uk/authority-search/en-GB/%5E/Reading/desc_rating/0/884/Equal5/0/1/10">https://ratings.food.gov.uk/authority-search/en-GB/%5E/Reading/desc_rating/0/884/Equal5/0/1/10</a>
	1 rating = 46 2 rating = 34 3 rating = 100 4 rating = 210 5 rating = 870

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Q7	Do you take samples swabs surfaces?
A7	Yes we do take routine samples and we send those to Public Health England (PHE) laboratory. Swabbing initiatives come out of PHE - ex. Ready to eat sandwiches - we collect some samples and send them to the laboratory and a report is produced on the quality and what the issues are.
Q8	If someone thinks they have got food poisoning, what can they do?
A8	They need to see a GP to find out what pathogenic bacteria are present in the stool. GP will probably say someone has 'symptoms like food poisoning'. The food poisoning might arise from the meal taken 12 hours before, not the very last meal that was taken.
Q9	Do you check how people are washing their hands as a lot of people don't wash their hands after using the toilets?
A9	We test knowledge of how and when do they wash their hands. We are usually at the premises for about 3 hours and we will look for routine hand washing and if it is not observed during that time period, we will take action. We also look at the use of gloves.
7.	<b>Current issues and suggestions for future meetings</b> <i>Cllr Gul Khan</i>
	<p>Current issues:</p> <ul style="list-style-type: none"> <li>- <i>Petition for older people to keep TV Licence free.</i> Information on how to sign in can fund on the Age UK website at:   <a href="https://www.ageuk.org.uk/our-impact/campaigning/save-free-tv-for-older-people/">https://www.ageuk.org.uk/our-impact/campaigning/save-free-tv-for-older-people/</a></li> <li>- <i>The Public Health (PH) report</i> - following the consultation which closed in January 2019 - is going to Policy Committee on Monday 8<sup>th</sup> April and has been published on the Council website:   <a href="https://democracy.reading.gov.uk/documents/s5179/Public%20Health%20budget%20consultation.pdf">https://democracy.reading.gov.uk/documents/s5179/Public%20Health%20budget%20consultation.pdf</a></li> </ul>

- The report outlines how we use the specific PH grant that was received for Reading in the next year and also Council responsibilities for looking after health and wellbeing generally. A total of 260 questionnaires were returned. 35 people attended the public meeting in December 2018. People valued most parks and open spaces, remaining physically active, and having a sense of community. There were lots of comments about Sports and Leisure facilities - we need more feedback from people on what they actually want.

Comments about mental health highlighted that mental health being is as important as physical health and the impact on social isolation and loneliness need to be recognised. Transport issues were also mentioned in the responses.

The results of the research from Reading University will be fed back to the group.

For a hard copy of the report - please contact Nina Crispin (0118 937 2383 / [nina.crispin@reading.gov.uk](mailto:nina.crispin@reading.gov.uk)).

- ***Diabetes prevention week 2019***  
There are two types of Diabetes - acquired at birth (Type 1) and one acquired later in life (Type 2).  
Type 2 - can be linked to genetics; diet; physical activity, and could be reversible through strict life controls.  
Type 2 is much more liable to disabling conditions - there are 15 healthcare essential checks incl. feet/eyes, that people with Type 2 need to undertake :

<https://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/15-healthcare-essentials>

- ***What you need to do to improve the NHS in Reading?***  
In January 2019, a new NHS long term plan was announced by the Government - extra money is to be spend by local services. Healthwatch (HW) is running a national survey to



	<p>ask local people what they want and helping shape the local services.</p> <p><i>Q:</i> When someone has multiple hospital appointments - could they all be arranged on the same day?  <i>HW:</i> NHS are looking at transforming appointments by arranging outpatients appointments and contacting people at home to give results.</p> <p><i>Q:</i> In Sheltered Housing we have an issue with hospital transport not getting people to appointments on time. Residents have got to pay taxis to get there.</p> <p><b><i>Older People's Day 2019</i></b> - planning meeting dates  Thursday 30th May - 1:00pm-3:00pm - 3rd Floor, Central Library, Abbey Square, Reading RG1 3BQ</p> <p>Thursday 27th June - 1:00pm-3:00pm - 3rd Floor, Central Library, Abbey Square, Reading RG1 3BQ</p> <p>Monday 29th July - 1:00 pm - 3:00 pm - Committee Room 1, Civic Centre, Bridge Street, RG1 2LU</p> <p>Thursday 22nd August - 1:00pm-3:00pm - 3rd Floor, Central Library, Abbey Square, Reading RG1 3BQ</p> <p>Thursday 19th September - 1:00pm-3:00pm - 3rd Floor, Central Library, Abbey Square, Reading RG1 3BQ</p> <p><b><i>Deaf Awareness Week 2019</i></b>  Saturday 4<sup>th</sup> May to 11<sup>th</sup> May  Thursday 9<sup>th</sup> May - 10:30 am - 3:30 pm - event at Broad Street Mall run by the deaf community in Reading. Raffle / games  A lot of deaf people don't use Sign Language and prefer to use touch-typing/palantyping</p> <p><b><i>Hierarchy of senior officers at Reading Borough Council</i></b>  <a href="http://www.reading.gov.uk/seniorofficers">http://www.reading.gov.uk/seniorofficers</a></p>
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Classification: OFFICIAL-SENSITIVE

	<p>Suggestions for future meetings:</p> <ul style="list-style-type: none"> <li>- NHS Long Term Plan for Local Services</li> <li>- Review of social care in Reading - this review concluded last Friday. Would be helpful to come to OPWG before the report and findings go to Policy. All Cllrs could be invited to attend and hear comments.</li> <li>- Cycling in Reading - issue with Deliveroo cyclists - nothing ever gets done about it. This is not a priority for Thames Valley Police (TVP). TVP confirmed they control the town centre and do stop some cyclists. TVP are planning to give tickets to cyclists going through Broad Street mainly as an educational campaign. It's a Council decision to allow cycling through the town. There is a need to engage more with Cycling Clubs.</li> </ul> <p>A consultation about cycling done last year - there was a 50 / 50 response if cycling can be allowed or not. In Oxford - there is a scheme for no cycling or no driving on selected days.</p> <ul style="list-style-type: none"> <li>- There are no working pedestrian lights in the Market Place down to Jackson's Corner junction.</li> <li>- Reading is filthy. There is a law against littering, £85 fine, but it is not enforced.</li> <li>- Reading transport - development plans for proposals for the next 2-5 years. Communication and marketing policy and resulting issues.</li> </ul>
<b>NEXT MEETING DATE:</b>	
	Friday 21 <sup>st</sup> June 2019, 2 - 4 pm
	Council Chamber, Civic Centre, Reading RG1 2LU

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