

# Older people's network

Winter 2018

## Who we are...

The Central Bedfordshire Older People's Network seeks to promote the inclusion and integration of older people living in the various communities of Central Bedfordshire, to promote equality of access to information and services, to promote a positive attitude to ageing and to promote an enhanced quality of life for older people

The Network is open to all who represent the views of older people, this could include older people themselves, whether or not in receipt of services, together with their carers, organisations and groups who represent the voice of older people.



Central Bedfordshire

It is a great chance for everyone in Central Bedfordshire to learn more about challenges that older people face and to get involved by offering support they need. Central Bedfordshire Council commits to using the Network to raise awareness and connect with many community organisations in order to reach out to older people in accessing different preventative services.

The Network is made up with residents in Central Bedfordshire along with various departments and its partners to support a range of activities and events across Bedfordshire. The list of members can be found on the back of the newsletter.

The Central Bedfordshire Older Peoples Network hold quarterly meetings, in a variety of locations across Central Bedfordshire, to enable, as often as possible, interested older people to attend in their own localities.

## What can we offer

By Stuart Mitchelmore - Associate Director of Integrated Operations (Central Bedfordshire Council and East London Foundation Trust) / Chair Older Peoples Network



"The "What we can learn what we can offer" theme to was a fitting end to the year for the network as, to me, it epitomised what the network has evolved into. What I mean by this is that we moved away from older people simply being recipients of support more to focusing on what contribution they can and are making to their local communities. I loved the term my co-chair, Ruth, uses in describing that volunteering is not a role older people take on but rather a "gift" they bring. Of course, the Older Peoples Network, as we move into 2019, we still need to be a key voice in commenting on the support and services people receive but this needs to be balanced with giving time to the valued contributions many make as residents of central Bedfordshire.

Wishing you an enjoyable festive season and Happy and Healthy 2019

## **Sharing Experience – Volunteering experiences**

#### Sue Shephard-Smith – OPN member

The benefits of volunteering are well known in giving new skills, self-confidence, new friends & colleagues & a sense of purpose. Some of these things "go" once we have left employment for whatever reason.

My current volunteering has led me to being a tour guide at both Shuttleworth House & Moggerhanger House & this has led me into learning about art, architecture, Sir John Soane & the family who owned the Shuttleworth Estate.

I asked if I could demonstrate butter making by hand, which I had learnt in another volunteer role & this has been agreed on flying days. Which I hope I can continue & expand on. In exchange volunteers can see the flying displays, which has led to a new interest in vintage aircraft.

My role at Willington Dovecote & Stables started with an advert asking for volunteers. I had kept pigeons for many years, so was able to use this knowledge. Which led me into Tudor history & life style & I am now the volunteer coordinator, which has led me to the volunteer steering group, also health & safety, rotas, liaising with volunteers & more recently writing the volunteer newsletter.

I have for many years written to people, who may be lonely, with cuttings & sending little craft items, Some I write to monthly, some six weekly & some four times a year. Loneliness is a serious health risk both mentally & physically & I enjoy the letter writing very much & receiving letters back. This has then taken me to being the publicist for a local ladies club, which means that I advertise the club in various publications & do two larger reports a month working to deadlines. I am also an online volunteer for Diabetes UK – This means I do surveys or lobby MP's about diabetes decisions.

I have always loved poetry & having met local poet Frank Batt who writes about Bedfordshire towns & villages & reads his poems. I had a chat at the ladies club, due to my publicist duties. He has appraised my work & I have been reinspired, having a bit more time, as it's now the end of the tour guide season, which also helps.

Recently, I went to Somerset to visit my last remaining family & I have a feeling it may be my last visit due to the long journey & my general ageing. I have written my latest poem, based on this visit – but it may also encourage others to volunteer. We all have a host of skills, from life experience that can be used in a volunteering role.

## The New Start. The new start has just begun. And I look to my future with a nod to my past. Live for me! Live for me! And all that I can wish to be. Step out & Just be me!

## **Social Prescribing**

**Edward Costello – BRCC** 





#### What is Social Prescribing?

Social Prescribing has become

increasingly commonplace across England and is one of the ten 'High Impact Actions' in the NHS England's GP Forward View to release capacity in primary care. It is estimated that around 20% of patients consult their health care professional for what is primarily a social problem and a large proportion of health outcomes, estimated at 70%, are the result of social and economic determinants of health including employment, financial security, housing, diet and exercise, familial and social networks.

People today are less engaged in their local communities than ever before and social prescribing supports them to reconnect. Social isolation is one of the major causes of ill health: this project reduces this burden and can therefore reduce the stress on the NHS. Meeting people and knowing how to access support can make a big difference.

Social Prescribing is a means of linking people with social, emotional or practical needs to a range of non-clinical services and sources of support within the local community, often provided by the community and charity sector, to promote health, wellbeing, independence, self-care, and encourage social inclusion which builds resilience for the individual and the community.

#### How's it going to work?

Referrals will come from the pilot surgeries initially. The Community Wellbeing Champion and the client will meet, usually in the GP surgery for the first appointment, and jointly determine areas with which the individual would like support and then together develop a personalised wellbeing plan. Subsequent follow-up and support sessions with the Community Wellbeing Champion will take place in community venues to steer clients away from the medical GP setting and towards community support. The client will be supported step-by-step to action the plan and helped to connect with relevant existing services and activities in their local community. The opportunities provided by social prescribing may include: arts, creativity, physical activity, gardening, learning new skills, volunteering, befriending, community activity and social groups, as well as accessing specialist services for housing, benefits, finance, debt, and employment support and advice.



Community Wellbeing Champions have now been recruited to deliver the new Central Bedfordshire Social Prescribing Pilot. The service will initially be rolled out in a few selected GP surgeries in each of the four locality areas; Ivel Valley will be covered by Mick Child, West Mid Beds by Louise New and Mae Eaton, Chiltern Vale by Edward Costello, and Leighton Buzzard by Zoe Andrews. The aim is to have a Community Wellbeing Champion attached to every GP practice.

#### Mick Child – Ivel Valley Locality

Mick was a Police Officer for thirty years, retiring in 2005. From there he went to work for the Department of Children, Schools and Families as Extended Services Officer for twenty-five schools in Ivel Valley. He then went on to work for the national charity, Victim Support as a caseworker supporting families bereaved by murder or manslaughter. Aside from these roles Mick has worked for a local charity for the past nine years as a volunteer trainer and family support caseworker for children with SEN, especially Autism and ADHD. He also continues to supports families as a volunteer Independent Support Officer in relation to applications for Education, Health and Care Plans.

#### Louise New – West Mid Beds Locality

Louise has worked as a 'Children in Care' Social Worker for a London Borough which involved supporting children living in care and working in partnership with their birth families, foster carers, schools and a range of professionals, to ensure children had opportunities along with the highest level of care possible to help them thrive. She has also been a Supervising Social Worker for a fostering agency supporting foster families and assessing and training new carers, and a Support Worker at a women's refuge providing safety planning and access to housing support.

#### Mae Eaton – West Mid Beds Locality

Mae has worked with and cared for older people in a Residential Care and supported housing environment. She has experience supporting people whose physical and mental wellbeing has been affected by major life changes such as loss of mobility, retirement, bereavement, poor health and dementia. Her work has focused on improving every day functions, developing personalised care and support plans that address the person's needs and goals, helping and encouraging them to manage their situation and participate in physical and social activities.

#### Zoe Andrews – Leighton Buzzard Locality

Zoe comes from a healthy eating and lifestyle advice background, having worked as a Community Worker for the NHS Milton Keynes Public Health Team and a Project Officer for the Change 4 Life Scheme with Buckingham County Council. She has been heavily involved in health promotion campaigns covering physical activity, exercise and health, alcohol, smoking cessation and mental health, and has extensive experience engaging with and supporting people of all ages in community settings to make positive improvements in their health and wellbeing. Zoe has also volunteered with disabled groups, lunch clubs and a food bank.

#### Edward Costello – Chiltern Vale Locality

Edward has spent the last 30 years supporting people with disabilities and long term conditions, enabling them to live independently, gain and sustain employment and access information and support services. He has worked in the Disability Resource Centre and Central Bedfordshire Council's Adults with Learning Disability Team and has gained significant experience and knowledge working with a range of organisations and community groups in the Chiltern Vale area. He has also held a supervisory role at AdviceCentral, an information service for people in Central Bedfordshire, providing advice including housing, debt, relationship support and homelessness, and has over four years of experience developing and managing Social Enterprise and employment projects.

## The magic of reading

#### Emma Cunningham – Beanstalk

At Beanstalk we believe that life is better when everyone can read well and express themselves with confidence. That's why we recruit, train and support volunteers across England to support children aged 3-13 improve their reading skills.



Beanstalk reading helpers work with children on a one-to-one basis, giving them consistent support to improve their reading ability increase their overall self-confidence and help give them the vital literacy and communication skills they need to succeed in school and life.

Our values underpin our actions, that's why we promise to be fun, inspiring, professional, trusted and determined in all we do to help children read, grow and thrive.

We currently work across England and offer all programmes in the South East, South West, Midlands, North West, Yorkshire, North East, East of England and London.

We have over 100 staff across the country and over 3,500 volunteers who support 13,300 children every year, but we are determined to achieve even more. That's why by 2020-21 we will be supporting over 30,000 children across England.

Could you bring the magic of reading to a child in our community?

Beanstalk is a national reading charity that is searching for members of the community in Bedfordshire who can spare a few hours a week supporting children aged 3-13 with their reading skills.

We have two programme suitable for volunteers:

**Reading 321** – as a reading helper you will support three primary school children twice a week for 30 minutes sessions for at least one academic year. The children you will be working with need support in their reading skills to enable them to catch up with their peers.

**Story Starters -** Beanstalk also has opportunities for volunteers to get involved as part of its Story Starters programme, helping children aged 3-5 become ready to read through developing language skills and introducing them to the magic of books. As a Story Starter volunteer you will be working one-to-one with children in two 20-minute sessions a week at a local early years setting.

All volunteers receive professional training and support to ensure that they are best able to support young children and feel comfortable in a setting such as a primary school or nursery.

To find out more, please contact us:

info@beanstalkcharity.org.uk 0845 450 0301 www.beanstalkcharity.org.uk

## Members Update.....

#### Hedwig de Jong from RedQuadrant

The customers voice is very important to us and Hedwig joined the meeting to find out more about customer experiences. The team have been commissioned by Central Bedfordshire Council to support them with a project that relates to their land, property and public protection services and the way that these services will operate in the future.

The services involved include:

- Planning & Building Control
- Local land charges
- Licensing
- Food Safety
- Health and Safety
- Trading Standards
- Waste
- Business Investment
- Housing Solutions

Part of the project includes developing a thorough understanding of customer experiences with these services, not so much looking at the outcome of the issue or query that they had, but the quality of the contact with the council throughout the process and how this contact occurred, including how the customer felt at each point of the process. The team would like to speak informally with people on a one to one basis to briefly capture their experience using our "voice of the customer" mapping process. These experiences will help to inform the development of improvements and solutions for the future model.

## National Survey's

**Stuart Mitchelmore** 

#### Survey of Adult Carers in England (SACE)

The Carers Survey is a bi annual survey for England. This is a mandatory survey which is carried out nationally to understand the impact that services have had on different parts of the person's life, such as their general health and their social life.

A survey has been dropping on the doormats of informal carers of adult social care customers throughout October / November 2018.

Central Bedfordshire Council as part of a National Survey will be sending out the survey to approximately 900 carers, selected at random, who look after a family member, partner or friend in need of support or services. The survey asks for views on whether services received by carers help them in their caring role, their life outside of caring and the Carers' perception of services provided to the cared for person.

The results of the survey will be used by the Care Quality Commission, Department of Health, NHS Digital and by Central Bedfordshire Council to improve services. The results will also be used for further research or analysis. The results of the survey will be published later in 2019. The outcomes will help us to learn more about carers' experiences and the extent to which services are improving their ability to care and live a life outside of their caring role.

Further details on the survey will be available on Central Bedfordshire Council's website If you have any queries regarding survey please email <u>Partnershipteam@centralbedfordshire.gov.uk</u> or you can telephone Cheryl Stimson on 0300 300 5176.

#### The Personal Social Services Adult Social Care Survey England (ASCS) national survey is on its way!

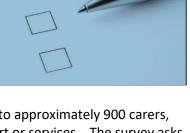
Local authorities in England with responsibility for providing adult social care services are required to conduct an annual postal survey of their service users. The Personal Social Services Adult Social Care Survey England (ASCS) is a national survey for England. The mandatory survey asks questions about quality of life and the impact that the services they receive have on their quality of life. It also collects information about self-reported general health and well-being.

Councils are now preparing for 2019 where throughout January to March the national survey will be sent to a sample of customers in Central Bedfordshire. The survey will be sent out to approx. 900 customers selected at random, because they receive, or have received, care and support services that are paid for or arranged by Central Bedfordshire Council. By care and support services we mean they may be living in a care home, receiving a personal budget, home care, meals services, direct payments, or attending a day centre.

The aim is to improve the support we offer to customers, the views of customers are important to us to ensure we are getting our services right. The results of the survey will be used by organisations such as the Department of Health, NHS Digital (previously the Health and Social Care Information Centre), the Care Quality Commission, and the Council to see how happy people are with their care and support services and assess their experiences of local care services. The results will also be used for further research or analysis. The results of the survey will be published later in 2019/20.

During December we will be writing to Care home and Supported living managers to make them aware of the survey and to notify us of any residents who do not have the capacity to take part.

If you have any questions related to the survey, please contact Cheryl on x75176 or email <u>partnershipteam@centralbedfordshire.gov.uk</u>





## **Festival for Older People**

#### **Healthwatch Central Bedfordshire**





Now in its 6th Year, the Festival for Older People took place on 5th October at the Rufus Centre in Flitwick, attracting over 300 visitors from towns and villages across Central Bedfordshire.

This annual event was organised by Healthwatch Central Bedfordshire with support from Central Bedfordshire Council, Grand Union Housing Group, ROAR Residents Association, Flitwick Town Council, , Home Instead and Circle MSK.

The event is designed to be both informative and entertaining with 50 stalls providing advice and guidance about health, care and other services available to support older people. There were also a select number of stalls selling crafts, artwork, jewellery and locally baked breads and cakes.

In the main hall 'Elvince' and 'May Blossom Vintage Songbird' entertained the audience with songs from the past.



Visitors to the Wellbeing Sanctuary could get their blood pressure and blood sugar checked, receive a relaxing hand massage or even have a trim from Elvince Barber Services, when he wasn't singing on the main stage.

The Stocksfield room was host to an exercise taster session and a workshop on reflection and relaxation.





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The event provides a 'one stop shop' of valuable advice and information, especially for people who are less mobile or those less inclined to seek assistance. Both the event organisers and the exhibitors received a lot of positive feedback from visitors on the day. Many people were return visitors and have said that they would recommend a future event to others.



We heard from one of our quiz winners: "Many thanks for the prize we have received from The Older People's Festival - lovely surprise. We really enjoyed the event. Gathered lots of information and met some lovely people."

Visit our website to watch our video of some of the highlights from the day - https://healthwatch-centralbedfordshire.org.uk/

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## **People Participation**

Carole Green has joined ELFT (East London Foundation Trust) as the new People Participation Lead for Beds Community Physical Health Services. Her role is to involve and support members of the local community who have accessed or are currently accessing Bedfordshire physical health services, to improve, shape and develop local services. If you are passionate about improving our local health services, please do get in touch with Carole using the contact details provided.

**Contact details** - Email: <u>Carole.Green7@nhs.net</u>, Tel – 07741 7038679 Carole Green - People Participation Lead for Beds Community Health Services Address: Woburn Court, 2 Railton Road, Woburn Road Ind Estate, Kempston, Bedford MK42 7PN

## Update for the future of Westlands

We have written to you about the proposals for the future of Westlands before, but we just wanted to keep you up to date with a couple of developments.

We have reached a point in negotiations with a care provider about developing the former police station site and can go no further, unfortunately. This hasn't changed our ambitions for the site - we still believe a care home can be delivered there and are looking at a couple of options as to how we can make that happen. One is that we go out to procurement again, with all the learning we have taken from this round of negotiations. An alternative is to deliver the care home ourselves. We are working through those options at the moment.

In the meantime, we wanted to let you know that the former police station, which is where we are proposing a new care home is built, is shortly to be demolished. This will take around three months.

To be clear, these developments have no immediate impact on residents, relatives and staff at Westlands.

We will keep you updated on progress and developments and when we have more firm proposals about the site. In the meantime if you have any questions or concerns please contact me on 0300 300 6609 or email rebecca.carr@centralbedfordshire.gov.uk.

## Update for the future of Ampthill Day Centre

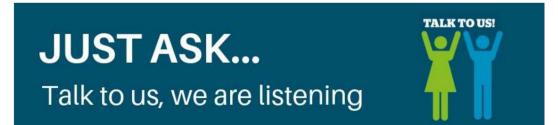
Following a 12-week consultation, Central Bedfordshire Council's Executive was due to consider a report on the future of Ampthill Day Centre on 4 December 2018. This email is to advise you that the Executive met and approved the implementation of the 'hub and spoke' model as a replacement to Ampthill Day Centre and the subsequent closure of the centre.

It was also agreed that the Director of Social Care, Health and Housing would determine the date of closure to allow the moves to be sensitively managed in line with the needs of customers.

The ten-day call-in period ended on 14 December. After this we plan that the project team will begin working on assessments and looking at alternative venues for each customer to ensure that they are fully supported and that their needs will continue to be met.

Here is <u>an information leaflet</u> which was designed for Ampthill Day Centre customers and relatives to let them know what will happen next. The project team will work with day centre customers and their relatives to ensure transitions to alternative venues are as smooth as possible.





The 'Just Ask' project completed its 2018 road trip of Central Bedfordshire in Houghton Regis on 19<sup>th</sup> October. This year we took the bus with its new CHUMS livery to five towns across Central Bedfordshire and visited four galas and fetes. Helped by the glorious weather at most of the events, we've been very busy with over 1600 people visiting our stand over the season.

This year we introduced a set of voting tubes and asked people's views on several different topics; How satisfied are you with the NHS 111 service? How much money do unpaid carers save the UK economy each year? Which service is most important to you? These tubes have proved very popular and have created a starting point for many conversations this year.

The 'Just Ask' team answered queries on a wide variety of topics ranging from information requests on specific health conditions to concerns about graffiti and anti-social behaviour.

To find out more about the events and other activity Healthwatch have been involved in, visit their website for their latest newsletter here

## **Community space/allotments**

As part of the work we have been doing to improve health & wellbeing for residents in care homes, it is recognised that one of the areas of good practice seen in other places is encouraging outdoor activity like growing vegetables in allotments and other outdoor pursuits.

Care homes can offer a valuable resource and community asset, providing many benefits to the residents and local community. They offer a means of interaction with the community outside its doors. They can offer opportunities like access to growing spaces where gardening can have many benefits; as well as being a very therapeutic activity, the activity also provides social stimulation for our residents and teaches good life skills.

Proposed objectives include:

- To provide access to open space/gardens/allotments to residents of care homes whether these facilities are 'onsite' or visited
- When within a care home environment to encourage community involvement in the maintenance of the outside space e.g. people on waiting list for allotments



We are currently liaising with Care Homes to help us understand the level of interest and support needed to develop these types of activities. If you are also interested, you may have space or resources available please contact us at <a href="mailto:Partnershipteam@centralbedfordshire.gov.uk">Partnershipteam@centralbedfordshire.gov.uk</a> to arrange further discussion

## AccessAble Check out AccessAble and our new look Accessibility Guides!



The disability organisation that provides our Detailed Accessibility Guides has launched a brand new website and mobile App under a brand new name!

AccessAble, previously called DisabledGo, have been working for over a year to develop and launch the new website and App, involving its user community every step of the way.

The website has been completely rebuilt, the search is faster and easier to use and there is inspirational content so you can find new places to explore. The Accessibility Guides themselves are simpler to use and more clearly laid out. If you are after the detail you can navigate to it easily through a side menu or if you would prefer just the key information and photos you can use an 'easy read' toggle. The whole website looks totally different with many more photos, videos and icons.

A major part of the development has been working with users of screen readers and assistive technology to make sure the website and App meet the broadest range of accessibility requirements possible. Another AccessAble development are new Accessibility Symbols. They have increased the number used from 19 to 32, which will enable anyone using the website or App to filter their results by the access requirements that are important to them. This includes symbols that may be helpful for people with autism, visual impairments and learning disabilities. The symbols can also be used to filter by facilities like Changing Places, accessible toilets, Safe Places, hoists and accessible fitting rooms.

Speaking about the development, AccessAble's Executive Director, Anna Nelson said, 'AccessAble exists to provide detailed information to venues throughout the UK and Ireland, so that disabled people, carers and anyone who needs to know more about accessibility can find out if a place will be right for them. We are passionate about delivering our social mission and helping more of the c.20m people who have accessibility requirements. We believe our new website, App and name is key to achieving that. I would like to sincerely thank NHS Property Services, our partners and users for all their help and support.' NHS Property Services and their service partner Mitie have provided funding to support the development of the new website and App and said, "Every week millions of patients, their carers and their families visit NHS properties managed and owned by NHS Property Services. It's important to us that all visitors have the information they need to make their stay as stress-free as possible. This is particularly important to those members of the public with additional accessibility needs. Through our three-year partnership with AccessAble we're increasing the number of NHS sites with online user guides and are delighted that with our support the new website and mobile App will be a useful resource for all patients, staff and visitors to our buildings."

As part of the launch AccessAble have published an important survey that highlights the vital need for better accessibility information. The survey revealed that 99% of disabled people want to know about accessibility before visiting a new place and 98% search for accessibility information in advance. You can read more about it and check out the survey here <u>https://www.accessable.co.uk/articles/new-survey-highlights-major-accessibility-gap-for-uk-s-20-million-disabled-people-and-carers</u>

To check out the new service simply visit the website at <u>www.AccessAble.co.uk</u> or download the AccessAble App from the Apple Store or Google Play Store. If you have any feedback you can contact AccessAble at <u>hello@AccessAble.co.uk</u>, message them on social media or give AccessAble a call on 01438 842710.

# Welcome your feedback...

Have your say....

Have your say on the Central Bedfordshire Council's budget



Central Bedfordshire Council will be consulting the public and local businesses on its proposed budget for 2019/20 between 3 January and 29 January 2019. You can read about proposals, including savings and where the council plans to invest in services and give your feedback online at <u>www.centralbedfordshire.gov.uk/budget2019</u>

# Read about Central Bedfordshire's Council current consultations <u>here</u>



## Themes for 2019 Older Peoples Network

The Central Bedfordshire Older People's Network seeks to promote the inclusion and integration of older people living in the various communities of Central Bedfordshire, to promote equality of access to information and services, to promote a positive attitude to ageing and to promote an enhanced quality of life for older people.

The network is open to all and we would welcome your support to help us to get it right.

We welcome your views on how the last year has been and ask if you can take a few moments to share your feedback here and also share your thoughts on the themes for the year ahead - <u>OPN Feedback</u>



## Welcoming new members

## How can you support...

The Older Peoples Network seeks to influence and shape local provision as a collective working towards a common goals and priorities.

There are important challenges facing the health and social care economy in Central Bedfordshire and it is important that the right partners are 'round the table' to work together on how best to meet these challenges.

If you are an older person living in Central Bedfordshire or you may represent a group who works with older people we would like to hear from you.

The network is open to all and we would welcome your support to help us to get it right.

We are looking for new members to join our group to ensure older people have a say. The meetings are held every quarter which are themed around the interest of Older People. The membership includes a range of older people, organisations along with other local groups who represent the voice of older people

There are many different ways you might like to be involved. Further information about the network and events is available on the Central Bedfordshire Council web page

http://www.centralbedfordshire.gov.uk/health-social-care/adults-older-people/activities/older-peoplesnetwork.aspx

If you would like more information, to get involved call the Partnership Team on 0300 300 5176 or email <u>partnershipteam@centralbedfordshire.gov.uk</u>

## **Dates of future meetings**

We would like to thank you for all your interest and support in shaping the services for older people.

We would welcome you to join us at the Older Peoples Network. We have a range of themed meetings or events that included:

## Theme: Older Peoples Network - celebrating the journey so far and looking at the year ahead.

25<sup>th</sup> January 2019, 10.00 – 12.00 Parkside Hall, Woburn St, Ampthill, Bedford MK45 2HX

Book you space by visiting our web site

## http://www.centralbedfordshire.gov.uk/health-social-care/adults-older-people/activities/older-peoplesnetwork.aspx

or contact the Partnership Team on 0300 300 5176 or email partnershipteam@centralbedfordshire.gov.uk

We are in the planning stages and welcome any thoughts on the Themes for next year.

There will also be the opportunity for organisations to showcase what support and services they offer. If you are interested, please contact us on the above contact details

We look forward to seeing you in the New Year



## Our members include:

## Member of the public

### **CBC & other Stat Services**

Commissioning Contracts **Housing Solution** Leisure & Libraries **Community Safety Countryside Access Community Intelligence** CCG Public Health Fire Service

## **Voluntary Sector**

Healthwatch BRCC Carers in Beds **Purple Trust** ELFT Alzheimer's Society **Contact the Elderly** Age UK MIND Grand Union **PowHer** 

## **Home Care Providers**

**Caddington Grove** 













East London NHS **NHS Foundation Trust** 

ageuk





healthw**etch** 

Central Bedfordshire



Bedfordshire



