

Older People Provider Network - Meeting Notes – 24 April 2024

The Older People Provider Network aims to meet quarterly and chaired by Age UK and organised by One Westminster. This meeting was online:

Attendees:

Chair: Sophie Cullen - Age UK - sophie.cullen@ageukwestminster.org.uk

Corinne Botha – Age UK - corinne.botha@ageukwestminster.org.uk

Suzanne Noble – Advantages of Age - suzanne@advantagesofage.com

Andy Naylor – Community Catalyst for Westminster - andy.naylor@communitycatalysts.co.uk

Daniel Abbay – Ubuntu Pledge – daniel@ubuntupledge.com

Henock Hailemariam – Ubuntu Pledge - henock@ubuntupledge.com

Emma Cohen – Open Age - ecohen@openage.org.uk

Brenda Meadows – Open Age Volunteer

Sonia Grant – Dutch Pot Lunch and Social Club

Eleanor Harrington – Peabody Community Foundation - eleanor.harrington@peabody.org.uk

Edmund Kung – Sport4Health - ed@sport4health.co.uk

Sue Hunt – Sport4Health - info@sport4health.co.uk

Sofi Morgenson – Resonate Arts - info@resonatearts.org

Giovanna Pascarella – Healthwatch - giovanna.pascarella@advocacyproject.org.uk

Oscar Simms - Pimlico Musical Foundation - oscar@pimlicomusicalfoundation.org.uk

Gaby Antonutto Foi – Fitzrovia Community Centre - gaby@fitzroviacommunitycentre.org

Yeasmin Okoye – Marylebone Bangladesh Society - yeasmin@mbs-uk.org

Emma Plouviez and Shirin Talwar – One Westminster – e.plouviez@onewestminster.org.uk and s.talwar@onewestminster.org.uk

Apologies:

Alberta Gutteridge – Age UK Westminster

Anna Porta – Westway community Transport

Jane Buttigieg – Encouragement Through the Arts and Talking (ETAT)

1. Updates on services from all attendees:

Age UK Westminster - <https://www.ageuk.org.uk/westminster/>

Sophie gave detailed presentation on the charity supporting age 50 plus residents of Westminster. Some of the activities mentioned include many Wellbeing and connection activities, Befriending services, Complex Needs Support; Advice and Information on financial issues, welfare benefits and pensions. Post hospital discharge and exercise at home services. dementia support and memory cafe. ***See attached leaflet for detailed information**

Corinne spoke about Digital Inclusion work in libraries and also the direct referrals from CNWL Mental Health Trust for older adults. They provide 12-20 week program to address isolation and mental health through learning and using digital.

Advantages of Age - <https://www.advantagesofage.com>

Suzanne introduced the social enterprise which supports people over 50 from all over London and UK and run the Startup School for seniors <https://www.startupschoolforseniors.com/> an online program that runs for 8 weeks. They are always looking for referrals from organisations for their programmes.

Community Catalysts - <https://www.communitycatalysts.co.uk/our-work/city-of-westminster/>

Andy Naylor introduced starting of a new project looking to help people set up small community micro enterprises and develop a range of community based options for, and led by, older people, people living with dementia, learning disability and / or autism. Support with handling all the practical things that are involved such as discussing the ideas, getting DBS, insurance, funding options and other support to be able to run chosen activities.

Sport4Health - <https://sport4health.co.uk/>

Edmund from Sport4Health based in Churchill Gardens in Pimlico focusses on physical activity for health and social and mental wellbeing. Currently does work mainly with young people but have just started a pilot project for older people to play table tennis and through physical activity aims to help to people connect and reduce isolation and loneliness. Please contact Edmund if you or anyone would like to attend. Sue is now Chair of the charity.

Healthwatch – Westminster – <https://www.healthwatchwestminster.org.uk>

Giovanna introduced Healthwatch – which does research on charities and health and social care services and they are interested to know about what services are doing and how best to support them.

Ubuntu Pledge - <https://www.ubuntupledge.com/>

Daniel and Hennock introduced Ubuntu Pledge which is a training organisation providing Digital Skills and Life Management courses. Through CNWL digital inclusion drive they are currently supporting specially over 65 older people to access NHS Online App so they can benefit from services through app and websites. They would welcome referrals and can visit and conduct training in organisations

Open Age - <https://www.openage.org.uk/>

Emma introduced Open Age which works in 3 boroughs – Westminster, K&C, H&F providing many activities for over 50s and also specific clinical exercise programs through GP referrals. Also do home visits and give support as needed individually. Outreach team have a project for carers and for men as and there are 4 main centre venues.

Open Age volunteer and service user Brenda explained how warm and comforting Open Age is and that a variety of people come and recommended to others to come and join.

Resonate Arts - <https://www.resonatearts.org/>

Sofi introduced the small charity working with people living with memory loss and dementia in Westminster and K&C. They have a creative befriending service to do creative arts activities with individuals at home and also befrienders accompany people to arts events. Choir is also held in partnership with Wigmore Hall and a relaxed monthly concert with Royal Academy of Music held for anyone who can come on the day. Monthly art class at Salvation Army Hall in Regent's Street. Newsletter available from the website.

Marylebone Bangladesh Society - <https://mbs-uk.org/>

Yeasmin introduced and works with the Over 55s project including Lunch club, health and wellbeing activities and Digital Inclusion workshops.

Dutch Pot Lunch and Social Club - <https://www.dutchpotclub.co.uk/>

Sonia introduced the club which was started from the windrush generation and now has a diverse group and they do a variety of activities in the club including exercise, lunch based at Ada Court which aims to reduce isolation and create connection.

Peabody Community Foundation - <https://www.peabodygroup.org.uk/our-work/peabody-community-foundation-pcf/>

Elly introduced the group which looks after 5000 homes and their residents – have several spaces that community can use. Elly is looking to understand the needs within the resident community and keen to connect with any local organisations to discuss linkages.

Pimlico Musical Foundation - <https://pimlicomusicalfoundation.org.uk/>

Oscar introduced the Pimlico Musical Foundation who offer 6 free to access programs in the area to Pimlico residents and work in all the local schools and now offering community choir for older residents (all ages are welcome) in Churchill Gardens and so any organisation interested can get in touch with oscar@pimlicomusicalfoundation.org.uk

Fitzrovia Community Centre - <https://www.fitzroviacommunitycentre.org/>

Gaby introduced the services and activities, based near Oxford Circus and for residents and workers in the area include ballroom dancing and various other classes and welcome people from any borough. For older people offer core service such as dance and exercise for 50 plus. They organise visits and outdoor activities such as walks and would like some walk leaders to participate and help with walks.

2. General discussion on themes to discuss in future network meetings

Comments:

- Organisations can network with each other and get more referrals to their activities
- There is a need to know what reasonably priced spaces are available. Emma informed that there is the North Paddington Network who are involved in the discussion with the Council about the Community Hubs to give inputs on the use of spaces Bayswater Family Hub and Ernest Harris House. If you plan to work in Queens Park, Harrow Road, and Westbourne Park areas register here to attend the online meeting of the North

Paddington Network to give suggestions: <https://www.onewestminster.org.uk/training-and-events>

A map is being made showing details of community and other spaces in the borough and will be uploaded on the One Westminster website. An email will be sent out to inform when it is ready. Any spaces information or queries or suggestions can be sent to Shirin - s.talwar@onewestminster.org.uk

- Eleanor suggested for future meetings that it would be useful to hear about successful case studies and what works well in projects.
- Sophie shared that the Cove at St Mary's Hospital is offering urgent mental health support <https://www.cnwl.nhs.uk/services/coves> and they can also help clients to access services. Would be useful to have more details and how to help people who are housebound and deal with the barriers to access eg. people who have memory or other challenges and have to fill forms and make calls and deal with menus to access services. Will look at calling in a guest speaker to discuss mental health support for next meeting.
- **Next meeting will aim for mid July (most likely online). Please send queries or suggestions to s.talwar@onewestminster.org.uk**