



## Communities Co-ordinator report for C.O.P.S. July - September 2018

### Mobility Matters Poynton

I'm supporting a newly formed group Mobility Matters Poynton. Group members use mobility scooters and the lead volunteer is keen to build confidence with other mobility scooter users in Poynton. One member used his scooter for the first time to attend the group's first meeting! The group have kindly offered to support new drivers of Poynton Town Council's scooters who aren't confident, with a 'tour' around the village to build reassurance and confidence. A longer-term project for the group is to make a video to demonstrate how to use a mobility scooter.



### Review of Poynton Easy Access Scheme (P.E.A.S.)

Over the coming months, the Deputy Town Clerk and I will review the bookings for mobility scooters and wheelchairs with a view to rationalising the equipment that we have available to hire from the Civic Hall. Meanwhile, we continue to hire out wheelchairs and mobility scooters.

### Support for people living with dementia

Poynton's Community Matron, a Community Occupational Therapist and Physiotherapist visited Poynton Golden Memories Group on the 1st August to enable people living with dementia and their carers to have an informal chat about any concerns they may have. We have received positive feedback from both group members and the clinicians and an assessment will be made as to whether this new approach is a positive way forward.

### Team B.D.P. (Bollington, Disley and Poynton)

There are a number of workstreams that I'm involved with;

- **Hope Green East, Poynton**

Following a review of health data for Poynton, I'm working with the Local Area Co-ordinators and B.D.P.'s Care Community Coach to hold a health and wellbeing event at the Scout Hut during Self-Care Week in November. There are high percentages of hospital admissions for under 5's and over 75's in the Hope Green East area, along with a prevalence for poor health, so groups and organisations will be specifically targeted to meet the needs of the community.

- **Self-Care**

I have liaised with the Public Engagement Officer at South Cheshire Clinical Commissioning Group (C.C.G.) and the Co-Chair of the Self-Care Forum regarding Self-Care. On average G.P.s spend one hour each day seeing patients with minor conditions that are treatable with over the counter medicines. Often the issue is individuals not having access to information that enables them to manage these conditions confidently. I will provide a Self-Care display at the Health and Wellbeing Fair and make available information for a medicine cabinet make-over; raise awareness of costs for NHS services and Self-Care fact sheets which provide information about common ailments and how to manage them.

- **Review of Dementia Services in B.D.P.**

We will carry out an audit of the current services and groups that people living with dementia in our area have access to and will review these to ensure existing pathways are linked as best they can. Dr. Paul Bowen the Chair of the East Cheshire C.C.G. is the lead G.P. for this project.

## Poynton High School Afternoon Tea

This year's Afternoon Tea on the 19th July had a focus around attitudes around the elderly and raising awareness around dementia. The funding secured from Poynton Town Council by the Poynton Dementia Steering Group enabled Over the Garden Fence to be performed to students. The performance told the journey of dementia and feedback from the students reflected this. Student feedback indicated that although young people have heard about dementia, they didn't appreciate the impact it has for both the person living with dementia and their family. Approximately 110 students became Dementia Friends on the day too, which was supported by Dementia Champions from Poynton Waitrose.

## Poynton's A.E.D.s



On behalf of the volunteer taking a lead on A.E.D.s in Poynton, I wrote to Poynton Round Table to request a donation. The application was successful and £750 has been awarded. I have also liaised with North West Ambulance Service (N.W.A.S.) who have kindly donated a box to enable the A.E.D. which was at reception at the Civic Hall to be relocated to the external wall of the building, allowing 24/7 access. I arranged a photo opportunity to help to raise awareness of the positive partnership. I will continue to liaise with our 'A.E.D. champion' and N.W.A.S. around community training, making use of the Civic Hall as a Connected Community Centre.

## Visyon

Visyon is a mental health charity that supports local children and young people. Visyon offer assistance in a number of ways and I've circulated information to the youth co-ordinators, P.T.A.s, head teachers and girl guides and scout leaders. In particular, I'm liaising with Visyon to promote their Tools for Schools and their Community Ambassadors programmes, hopefully with a view to supporting a community workshop.



## Action on Hearing Loss: Generation Deaf

I'm liaising with Action on Hearing Loss following disturbing statistics around hearing loss. Young people are acquiring hearing loss at an alarming rate, with the average 30-year old today having the same level of hearing of a 50-year old in the 1990's. There is a significant association between hearing loss and mental health which indicates people with hearing loss are twice as likely to suffer with depression or anxiety. There is also a growing evidence that suggests hearing loss can lead to dementia. I have circulated information to schools, scouts and guides and youth co-ordinators with the aim of encouraging them to take up the free workshops that Action on Hearing Loss offer.

## Know Your Numbers campaign

Partners supporting Blood Pressure UK's 'Know Your Numbers' campaign organised a session at the Civic Hall on 11th September where residents were able to have their blood pressure checked. Following a successful bid from Cheshire East Council there will be blood pressure machines available for Connected Community Centres and the intention is to recruit volunteers to support more sessions.

## Primary Schools in Poynton

I have liaised with the P.T.A.'s of some of Poynton's primary schools and am hoping to support the projects they are working on. Vernon and Lostock Hall primary schools are planning Daily Mile Tracks which provide the opportunity for increased physical activity. At Lower Park I'm exploring opportunities for a local business and community groups to support their sensory garden project in the school grounds. I have also co-ordinated a meeting between the P.T.A.s at the end of the month with a view to promoting shared learning, skills and experience. This work links well with the Mayor's fundraising efforts for these projects.

## Health and Wellbeing Fair



Following a delay in the delivery of flu vaccinations, the date of the Health and Wellbeing Fair has been changed to the 29th September at the Civic Hall from 9am – 12noon. Representatives from groups and organisations who support our older residents will be available to talk to and offer advice and guidance on the day.

## End of First World War Commemorations

A draft leaflet has been produced which will outline the programme that groups and organisations are preparing for the commemoration period. Volunteers from the British Legion will help Poynton Town Council staff to put up the street poppies. Men in Sheds have prepared boards that will have information about Poynton soldiers that we will display in the Civic Hall during the commemoration period and I am exploring whether the boards can be included in the Remembrance Parade.

## Incredible Edible

I've co-ordinated a further meeting at the end of September to review the proposals that the group had initially and how best to take them forward in future.

**Sharon Duke**  
**Communities Co-ordinator**