



Communities Co-ordinator report for C.O.P.S. September – mid November 2019

Just Drop-In, Poynton



Just Drop-In are restarting the counselling service at the Civic Hall from mid-November. I have circulated the information to local groups and organisations and understand that if there is a demand for the service, Just Drop-In are able to provide an additional counsellor in future.

Beating the Pressure - Blood pressure screening

During Know Your Numbers Week (9th to 15th September), I was able to offer blood pressure screening to attendees of the Time Out Café. Fourteen volunteers and attendees had their blood pressure checked and were provided with advice on healthy lifestyles and information about local services and support groups.



There are almost 30,000 people in Cheshire East estimated to live with undiagnosed high blood pressure. The aim of the Beating the Pressure project is to detect high blood pressure on a large scale by training volunteers to provide blood pressure testing in workplaces and the community. Together with Louise Freeman, our Community Support Officer, we are currently liaising with some of our community groups to offer blood pressure screening over the coming months.



Christmas Fest

Plans are underway for Christmas Fest this year which will be on Tuesday 3rd December. I have connected the volunteer organisers with Sea Straw UK, a local organisation whose aim is to encourage local businesses to think about reducing their single-use plastic and provide information about sustainable alternatives. Sea Straw will be attending the event with a view to starting the conversation with our local cafes and restaurants. I have also supported the group by helping with an application to Cheshire East Council for future funding towards Christmas Fest.

East Cheshire NHS Trust's 2019 staff awards

I am part of Team B.D.P project team, who have been nominated for the East Cheshire NHS Trust's staff awards. This is for the impactful, partnership working and commitment to making changes/ provision of services at a local level – Time to Talk being an example.

Housing

Following a request at the last meeting, I organised a meeting with local housing providers with a view to better understanding emergency contacts and the roles of Peaks and Plains Customer Support and Enforcement Team. Along with the Council Community Support Supervisor we intend to meet regularly with a view to exploring opportunities for joined-up working, particularly in relation to young people.

Poynton Eco Fair 2020

Following a meeting with the Director of Business and Operations at Poynton High School who are developing a three-year environmental strategy, and the founder of Facebook group Poynton Goes Green, we have proposed a 'Poynton Eco Fair' event in March in 2020. This is to reflect Keep Britain's Tidy's 'Great British Spring Clean' campaign and Global Recycling Day on the 18th March. We have a planning meeting arranged to discuss the next steps.



Community A.E.D. training

In partnership with Poynton Community First Responders, two dates are in the diary for community A.E.D. training for residents. Following the installation of the units in the phone boxes at Coppice Road and Anson Road, this training will support the community to respond if a medical emergency occurs in the vicinity. The training is being kindly hosted by The Boars Head, Higher Poynton. Information about the training has been circulated to Anson Museum, Cheshire East Ranger Service, Coppice Road Allotments and businesses at Higher Poynton Marina, etc.

Wednesday 20th Nov 2019
7pm - 8.30pm
The Boars Head, Shrigley Road North,
Higher Poynton, SK12 1TE

**Community A.E.D.
training session**

Limited places.
Booking essential.
Please arrive 10 minutes before
the session starts. To book a
place contact 01625 872238.

A partnership project supported by...

NHS North West Ambulance Service
Poynton Community First Responders

Wednesday 27th Nov 2019
7pm - 8.30pm
The Boars Head, Shrigley Road North,
Higher Poynton, SK12 1TE

**Community A.E.D.
training session**

Limited places.
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Time to Talk

Following the initial pilot sessions at Poynton Civic Hall earlier in the year, Time to Talk is being rolled out to the other areas in the Care Community footprint. The plan is for a launch event at the 'memory awareness event' which will be held in January at Poynton Civic Hall. Following the event Time to Talk, a drop-in for people living with dementia and their carers will be available at the Civic Hall, Poynton, Bridgend Centre, Bollington and the Community Centre, Disley on a fortnightly rota in 2020.

Poynton's Poppies

Poynton's 'Poppy Squad' volunteers helped Poynton Town Council staff put up (and take down) Poynton's poppies. Men in Sheds organised the poppies a couple of years ago and they continue to be a focus to commemorate Poynton's fallen soldiers.



Health and Wellbeing Fair 2019



The Health and Wellbeing Fair went ahead on Saturday 26th October following the delay in delivery of vaccinations. The event was well attended but numbers were lower than usual due to the torrential rain throughout the morning. The Mayor, Cllr Sarah-Jane Gilmore and David Rutley M.P. attended, spoke with exhibitors and also had their blood pressure checked by The Stroke Association. Groups and organisations such as Poynton Mobility Matters, Carers Hub, Dementia Reablement Services, Citizens Advice explained their services to visitors.

The event is a great opportunity for organisations to network with others and some good connections were made on the day.

Priorsleigh Patient Participation Group were also very pleased to recruit new volunteers to the group, particularly as it's an important time for patients to have a voice given the development of the new B.D.P. Care Community.

Poynton Town Council took the opportunity to raise awareness of the Poynton

Easy Access Scheme with information about the hiring of wheelchair and mobility scooters from the Civic Hall.



Poynton High School Students – Intergenerational opportunities

Students who attended the Time Out Café last year as part of their enrichment activity programme continue to visit the café. The students continue to be involved with one returning recently to carry out a survey about the shared space for an 'A' Level Geography project. Another student has provided me with a few words about what the Time Out Café means to him and the community. This is just one paragraph. *"A reoccurring theme that I quickly became aware of was the significance that the café held in the individual lives of the residents and volunteers who attended, for many it was the highlight of their week to meet up with everyone again, and talk about everyday things that otherwise they would not have the chance to. For others, it was their only venture outside the house in the week and up until the café was set up, they lacked confidence to leave the house unless for shopping. It made me reflect on the increasingly older population of the U.K and the fast pace of society that regularly means the retired citizens of our communities are often 'left behind' and become isolated when care is unnecessary, leading to loneliness and a poor standard of life that may have not been the case for the generation before. As well as saddening me that this was increasingly becoming prominent now going into 2020 next year, nevertheless I was inspired by what the group represented and the many friendships that had been formed there..."*

Poynton Area Community Partnership

P.A.C.P. have recently approved applications to support a couple of important projects. Digital Skills CIC will be organising a 'Parent' pilot to be held at Poynton Civic Hall. Two, two-hour workshops will be available for up to twenty parents, which will enable parents to feel more confident having informed conversations with their children about digital literacy. This will help and guide them and be alerted to negative influences. The intention is then to make these workshops available more widely via schools and libraries and community centres, etc. Poynton Town Council's Community iPads will be used for this project.

Just Drop-In have received funding to organise a free Mental Health First Aid course for parents of children aged 12-24 who live in the Partnership area. This two-day course is fully accredited by Mental Health First Aid England. It is hoped this course will be organised for February 2020.

Sharon Duke
Communities Co-ordinator