



Communities Co-ordinator report for C.O.P.S. Mid November 2019 - Mid June 2020

Time to Talk and 'Memory Awareness' event

The 'Memory Awareness' event held on the 28th January at Poynton Civic Hall was an opportunity for people living with dementia and their carers to learn about local services and support groups as well as meeting health and social care professionals. The Time to Talk fortnightly drop-in sessions were also launched at the event which now have started in Bollington, Disley and Poynton. The event was very well attended.

Poynton Self-Care Award

In January, Poynton became the first Town Council in Cheshire to win an NHS Self Care Award. Poynton Town Council achieved the criteria for the award and received an NHS Bronze Self Care Award which is displayed in reception at Poynton Civic Hall. The award is part of NHS Cheshire Clinical Commissioning Group's (CCG) aim to promote the benefits of Self-Care throughout its local communities. I am a Self-Care Champion and keen to raise awareness of Self-Care key messages particularly with young people.

In November, I delivered five Self-Care workshops at Poynton High School when over 150 pupils received Self-Care messages around keeping fit and healthy, provided tools on how to best look after yourself, when to get advice from a pharmacist, GP or another health professional.

Noreen Caldwell, Public Engagement Manager at NHS South Cheshire CCG said:

"I'm really proud of the work that Poynton Town have done to achieve the NHS Bronze Self Care Award. It's really important that we promote Self-Care as this provides people with the advice and support needed to treat minor conditions themselves or signpost them to the right care for their need."



Poynton Churches – Community priorities

The Mayor, Councillor Sarah-Jane Gilmore and I were invited to the first Prayer Gathering involving all the churches in Poynton. We were asked about what we thought our priorities for the community. I highlighted the need to continue to support people living with dementia and their carers, consider social isolation for all, but particularly our older residents and support for young people and their families.



Dementia Champion



In January, I attended the Alzheimer's Society's Dementia Champion training to become a Dementia champion. This will enable me to deliver Dementia Friends Information sessions in our community. I have already been involved with sessions to B.D.P.'s District Nursing Team and Poynton's Firefighters and I will work with Poynton Dementia Steering Group to plan a programme for Dementia Action Week which is May 11th to 17th. The group also includes representatives from Bollington and Disley.

Dementia and Poynton High School

Following a number of meetings with Mr Webster, Musical Director at Poynton High School and the Chair of Poynton Dementia Steering Group, a number of Year 9 students are to be involved with a dementia project. A song has been written by Mr Webster called 'Ten smiles a day'. The aim of the project is for students to visit Poynton Golden Memories Group and possibly other groups to learn the song together and provide accompaniment. There are other potential projects that the school are keen to support.

Mental Health Awareness. Just Drop-In, Poynton



Additional to the weekly counselling services, Just Drop-In also delivered a two-day Mental Health First Aid Training session for parents on the 22nd and 29th February. They were inundated with enquiries about the course which was funded through Poynton Area Community Partnership (PACP) and the Connected Communities Fund. A common theme from parents was not knowing where and how to access support services, e.g. talking therapy, friendship groups and mentoring which is available at Just Drop-In and other organisations.

Feedback from the course was very positive, "Fantastic course and brilliant for it to be offered it as a parent. Would love to see this course & others (e.g. drug-proof your kids) offered routinely via schools, etc." As a result of demand, PACP have agreed to fund an additional course in future. It was intended to run this during

Mental Health Awareness Week in May, but I will liaise with Just Drop-In to see if this can be arranged once lock down is lifted and we can use the Civic Hall as a venue. Although the course can only accommodate a relatively small number of parents, it does start to build resilience.

Beating the Pressure - Blood pressure screening

Together with Louise Freeman, our Community Support Officer, we have visited a number of retirement apartments in Poynton to offer blood pressure screening. Six venues have been visited and sixty-nine blood pressure checks have been taken. Approximately 35% of these checks have resulted in a recommendation to have a further check or a visit to the patients G.P. practice for a medication review.

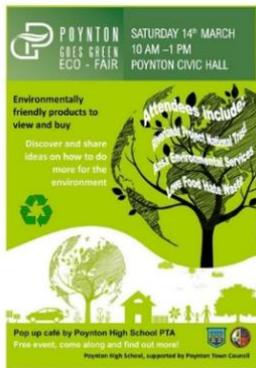


Diversity presentation

On the 4th March I was part of a small team working with our local Diversity Champion and colleagues from Cheshire East Council to deliver a Diversity workshop to Year 7 Poynton High School students, highlighting some of the Protected Characteristics. The focus of the sessions were age, disability and race and how as a community we support these. Around 150 students learned more about 'unconscious bias', how to start conversations and to consider our older residents particularly around mobility issues and dementia.



Poynton Eco-Fair 2020



I have been liaising with Poynton High School and a resident who is the founder of Facebook group 'Poynton Goes Green' around encouraging our community to reduce the use of single-use plastics and to offer suggestions for alternative environmentally friendly products. Poynton Civic Hall was to be the venue of Poynton's first Eco-Fair which was planned for Saturday 14th March, which was sadly postponed. The fair offered Poynton residents the opportunity to access eco-businesses and organisations as well as get ideas about ways they can improve their relationship with the environment.

Representatives from the following organisations were due to attend on the day; Ansa to offer recycling advice and how to reduce waste; National Trust's Riverlands Project Officers, as well as a number of businesses displaying and selling eco-friendly skin care and home products, etc.

Poynton High School students have been very much involved with the event which complements Poynton High School's three-year environmental programme.

Our Operations Manager was also planning a Poynton Pick and Tidy Group litter pick at the same time.

There was a lot of interest in the event and I will liaise with Poynton High School about rescheduling when we are able.

Poynton's V.E. Commemorations

In February an invitation was extended for interested parties to attend a planning meeting to consider how Poynton might like to commemorate the 75th anniversary of Victory in Europe. As a result, a number of community events were being planned which intended to bring the community together. These included Anson Museum's Battles O'er, Avro's tractor and bouncing bomb display outside Mates and a presentation by Martin Wetherby about his father who was a ground engineer involved with 'Sugar' the nickname of a Lancaster whose front fuselage is on display Avro Museum.

Poynton Town Council were liaising with the Heritage Garden Group to create a 1940's themed area at the Heritage Garden with musicians from U3A bands supporting on the day. An exhibition of servicemen and women who are commemorated on Poynton's War Memorial and information and stories about Poynton during the war was planned at the Civic Hall. We were also planning an afternoon tea, inviting members of the community who contributed to the war effort in Poynton.

A virtual exhibition was posted on Poynton Town Council's website and was developed through collaboration with Poynton Historical Society and Cheshire Villages Great War Society. During lockdown, some Poynton residents became involved with additional research too, one of which was helping from New Zealand!



'Happy to Chat' benches - Let's get Poynton talking!



Working with the Heritage Garden Group and the Inner Wheel Club of Poynton, two benches around the Civic Hall have new 'Happy to Chat' signs. The signs invite people to say 'hello' or signal to others that they are happy to have a conversation. This is an initiative which has already started in Poynton (as well as nationally and internationally) and is an attempt to address loneliness and encourages for people to sit in the Heritage Garden, a wonderful space to start up a conversation!

The
'HAPPY TO CHAT'
Bench
Sit here if you don't mind someone
stopping to say 'Hello'.

Poynton Town Council's support for vulnerable adults as a result of COVID-19

Poynton Town Council staff proactively responded to support its community by creating and arranging delivery of a leaflet which provided information for residents based on Government guidelines, and also attempted to address likely concerns faced by residents who were isolating, as well as volunteers who were supporting their neighbours. We also shared this information with the surrounding parishes involved with Poynton Area Community Partnership.

As part of this response, I helped to facilitate conversations with local community groups and the churches who offered assistance with supporting this effort. The leaflet and support were well received given the many requests from residents who were unable to collect prescriptions or shopping. Initially, this was carried out mainly through the community volunteers we were directly liaising with, but more recently I've have focussed on ensuring residents receive their prescriptions in a timely manner, as well as supporting the pharmacies with deliveries outside their capacity.

To date, at least 230 residents who have directly contacted Poynton Town Council have been supported since the 17th March, and this support continues.

Sharon Duke
Communities Co-ordinator