



Communities Co-ordinator report for C.O.P.S. August/September 2017

Poynton Dementia Steering Group



The group met at Woodlands care home on 7th September to discuss progress on their action plan. An awareness raising campaign has started with the 'Mayor on Tour', with Cllr Sarah-Jane Gilmore visiting community groups who are involved with supporting people living with dementia and their carers.

A meeting has been held with Cheshire Dance, Poynton representatives and the managing director of Green Candle Company <http://www.greencandle.com/>, who provide dance experiences to those with least access to it. A potential project has been discussed to develop a performance in Poynton involving primary school children and people living with dementia. This is at an embryonic stage and would involve the Green Candle Dance Company applying for funding to the Arts Council.

A number of free Dementia Friends Information sessions are being organised during September at the Civic Hall. I have promoted the sessions to local businesses and shops to encourage staff to become Dementia Friends.

Sing-a-long sessions



Helen Smith Singing Co-ordinator from Carers Trust 4 All has provided feedback from the session on the 18th July. 13 people attended with their carers, and the feedback from both the co-ordinator and attendees was very positive. My role will be to promote as much as possible, to encourage attendance at future sessions.

Poynton Area Community Partnership (P.A.C.P.) - Getting Poynton Active

The P.A.C.P. is currently reviewing their 17/18 action plan, in line with Cheshire East Council's new Connected Communities Strategy. The group will be raising their profile by including information in the next Inside Magazine. Implementation of the action plan will be supported by funding from Cheshire East Council with the group keen to address local health and social needs, along with developing Civic Pride projects and include the following projects.

Health Walks programme. Two members of the group have supported work to progress developing a health walks programme for Poynton. Following talks with both Everybody Sport and Recreation and Age UK Cheshire East, we have encouraged them to form a partnership to provide a Health Walks programme. In the near future, a call out for volunteer health walk leaders will be promoted through the P.A.C.P. and local walking groups.

Combating loneliness. Councillor Geoff King is leading on a P.A.C.P. project to raise awareness about loneliness. Over the next few weeks, I will be supporting Cllr King to produce a leaflet that will make residents aware of the many social groups that are available. An awareness raising campaign will be developed and leaflet produced before Christmas.

Cleaner, Greener Poynton. I am co-ordinating a meeting between the 'growing groups' in Poynton planned for the 25th September. The aim of the meeting is to understand better what each

group does, and to see if there are opportunities for joint working on projects to promote Civic Pride. I have also been asked to put forward any suggestions that may arise for Poynton Town Council to the F.I.E.D. Committee.

Walking Netball

I was approached by a local resident who was interested in Walking Netball but couldn't find any sessions in the area. Following some research, it became apparent that there are no Walking Netball programmes in Cheshire East, so I liaised with Everybody Sport and Recreation about the potential of setting one up. In July, I attended a meeting with the interested resident, the North-West representative from Netball England and Everybody Sport and Recreation. Netball England are now working with the Sports Development Team at Poynton Leisure Centre to develop a Walking Netball programme which will start with a taster session in October.

Poynton Pick & Tidy Group

Members of the group organised a last-minute weeding session along Park Lane on Saturday 15th July to help to raise awareness about Civic Pride and encouraging shop owners/staff to keep their frontages looking tidy and weed-free. The Mayor offered her support and there were over 260 likes on a local social media website, with comments like "Thank you for keeping Poynton tidy. I pick litter every day whilst walking my dogs" and "Thank you all for doing this for our village xxx".



The group also had an offer of bedding plants from the owner of a plant nursery owner, who lives in Poynton. Plants were collected and our volunteer gardener planted them in a raised bed along Park Lane.



Following the group's involvement with helping to litter pick at Party in the Park, the group have received a letter of thanks from Poynton and District's Rotary Club, along with an offer of support in future.

The group held their first meeting on Friday 4th August to discuss priorities and the way forward and have proposed an event for the 30th September.

I have sign posted an interested volunteer to both Poynton in Bloom and the Heritage Garden group.

Poynton High School - Afternoon Tea

Year 8 students organised a fabulous Alice in Wonderland themed Afternoon Tea event for older Poynton residents at the High School on the 19th July. Pupils made sandwiches, cakes and wind spinner gifts for their visitors, and some students sang to the audience. Dementia Champions including staff from Waitrose delivered Dementia Friends information sessions to approximately 85 students on the day, to help raise awareness of dementia. Cheshire Dance facilitated intergenerational dancing too, which went down very well with everyone involved.



World War 1 Commemoration

Poynton Town Council has been approached to join with the Poynton Branch of the Royal British Legion and Poynton Royal British Legion Concert Band to be involved with an end of World War 1 Centenary Concert at the Civic Hall on the evening of the 10th November 2018. I have contacted their representative to discuss the potential to involve the wider community.

Information for older people

On the 4th September, I gave a presentation to twenty residents who live at Cedarwood care home. The residents live independently within the home and were surprised to learn about all the social and health activities available to them. I have recently been asked to provide a similar presentation to residents who live at Woburn Court.

Live Well Cheshire East

I am looking at the new Live Well online resource for services, information and advice on living independently, care and support for adults and children, to ensure information available for Poynton residents is available and current.

Men in Sheds



The group have now opened a third day from their one day per week. The sessions are now Tuesdays 10am-2pm, Wednesdays 10am – 2pm and Fridays 12.30pm – 3pm. Men in Sheds intend to support different good causes every year and are supporting the campaign to raise awareness of dementia. Recently the group have offered financial support to two local groups, Poynton Golden Memories Group and the Clickety Click Club knitting group.

The group are organising their second Open Day on the 18th November to raise awareness about the group and to sell handmade wares for Christmas. The group have also made progress with organising poppies for Poynton.



Carl from Men in Sheds providing a donation to the Clickety Click Club



Health & Wellbeing Fair For Older People



Saturday 23rd September 2017
9.00am - 12.00 noon
at Poynton Civic Hall (next to the library)

**Drop in to celebrate
International Day of Older Persons**

FREE information and advice on healthy living,
finances, mobility, social clubs and local services...

Refreshments available. Pop along after your flu jab.

For further information contact
sharon.duke@poyntontowncouncil.gov.uk
01625 872238



Health and Wellbeing Fair

I am organising the Health and Wellbeing Fair this year in partnership with Mcllvride and Priorsleigh Joint Patient Participation Group. The event coincides with the first flu jab clinic on the 23rd September, starting at 9am. I have encouraged local groups, organisations and services who support older people in Poynton to attend and so far, there are 23 tables booked.

Gardening and maintenance volunteer

Our volunteer, Gary, has worked with us every Wednesday from May until August, improving the presentation of areas around Poynton including around the Civic Hall and along Park Lane. I have supported Gary during this period, setting a work programme and being his main point of contact on volunteering days.



Before and after: Tidying up around the tree seats by the roundels.



Before and after: Weed clearance around trees along Park Lane.



Shrub maintenance at the Civic Hall.

**Sharon Duke
Communities Co-ordinator**