

SOPA Planning Group / Members' Meeting

11am - 1pm, Wednesday 11th August 2021

The meeting was held via zoom.

Minutes

Participating: Diana Findley (chair), John White, Jennifer Adam-McGregor, Keith Guy, Anne Walsh, Eileen Wallace, Bob Hume, Jim McMahon, Alex Thorburn, Lynne Devine, Louise Brown-Nicholls, Julie Dettbarn, Lynne Short, Kate Southern, Christine Wilson, Alan Sidaway, Jimmy Miller, Harriette Campbell, Matt Hamilton, Sam Gibson, Jo Cowan, Alan Sidaway, Catriona Mason, Bella Kerr,

Apologies: David Paterson, Denis O'Keefe, Diane Docherty, Margot Russell, Narayan Shrestha, Chris Grant, Ian Donald, Patricia Eason, Anne Marie McClounan, Anne Munro, Gordon Fraser, Nancy Bryson, Maureen O'Neill, Ann Keating, Elaine Thornton-Nicol, Betty Milton

In attendance: Caroline Clark (minutes)

1. Welcome

The Chair warmly welcomed everyone to the Planning Group meeting

2. Introductions were made around the group and apologies recorded

3. Minutes of previous meeting – 12 May 2021 - approved

4. Matters arising not on the Agenda

AT highlighted the opportunity for SOPA to be involved in the development of Scottish Human Rights Bill, to ensure that older people's rights are incorporated. SG questioned the need for such a Bill when the Equality Act includes age as a protected characteristic. AT responded that whilst the Equalities Act protects against discrimination, it does not cover other rights. DF confirmed that SOPA would wish to be part of the work.

DF informed the group that SOPA's recent application to the Scottish Government (Equalities and Human Rights Fund) was successful. This will allow SOPA to build capacity, taking on an additional Project Worker, and gives stability for three years. CC was thanked for her work on the application.

5. SOPA updates and feedback

5.1 Newsletter

The July newsletter was circulated through SOPA networks, a number of news stories were covered by items below.

5.2 Health and Wellbeing Group/ Survey

The outcomes of the survey will be included as part of the u3a joint event in October.

5.3 Older People's Champions

The latest number of Champions is 16, including West Lothian who have approved the role but are yet to appoint an individual to it. (At the time of writing the minute, a 17th Council,

Clackmannanshire, has appointed an older people's champion). An up to date list of Champions is available on Age Scotland's website at <https://www.ageuk.org.uk/scotland/our-impact/campaigns/older-peoples-champions/contact-details-opc/>

The first 'Gathering' of Older People's Champions was held online on 21 June 2021, a second is arranged for 13th September.

JC asked CC to forward any response from Highland Council as to why they were not appointing a Champion. **CC to follow up.**

AS noted that he has been in touch with Andy Ferguson, Champion for Dumfries and Galloway. SG noted that he has tried to contact Jim Reddin, Champion for North Lanarkshire but has so far been unsuccessful. DF supported members making links with their local Champions as a positive way for engagement.

LS noted that she has recently taken on a position on her local Integrated Joint Board (IJB) and this helps with her Champion role as so many issues dealt with by the IJB affect older people.

JD noted that Councillors should be available and respond to enquiries, apart from a couple of weeks holiday, most Councillors would be available even over the summer 'recess'.

JA-McG noted that she works in Paisley closely with ROAR older people's organisation. They have two Co-ordinators tackling isolation and loneliness.

DF asked whether Councils communicate and share good practice. A number of Champions noted that COSLA support Councils to do this. DF noted that SOPA and Age Scotland have tried to engage COSLA as part of the Older People's Champion campaign but have not have much of a response.

5.4 Age-friendly Communities

DF gave an update - Theresa Casey continues to develop interest, links with partners and is preparing funding applications to support a 1 year pilot to work with 2 or 3 local authorities who are working to develop age-friendly communities. If successful, it could develop into a bid for a longer term project.

5.5 SOPA Leaflet

The new leaflet is available on SOPA's website. If anyone would like hard copies, please email Caroline and she will send them on.

5.5 Older People's Strategic Action Forum (OPSAF)

DF gave an update from the latest meeting, chaired by the Minister for Older People, Christina McKelvie, who has continued in the role following the most recent election. The OPSAF meeting provides SOPA with a useful place to raise issues and receive information from Government and other members.

Issues raised by OPSAF members at the last meeting included loneliness, isolation and mental health. DF noted that she's keen to look to the future, past COVID.

The Minister gave her support to the Older People's Champion campaign and has offered to attend a future Gathering meeting.

The National Care Service consultation has recently been launched, see <https://www.gov.scot/publications/national-care-service-scotland-consultation/>. SOPA's Health and Wellbeing Group will consider how SOPA might best respond.

6. Plans for 2021

- Highland Senior Citizen's Network/ SOPA Big Tea Break – 9 September 2021 11.00-12.30 via Zoom – further information and booking via Eventbrite <https://www.eventbrite.co.uk/e/the-big-hscn-sopa-tea-break-ageing-well-in-the-highlands-tickets-163838077099>
- u3a/ SOPA joint events – 26 October 2021 pm and 2 Nov 2021 pm via Zoom, further information to follow
- Unforgotten Forces/ SOPA joint engagement event – 21 September 10.30-12.30, Credo Centre Aberdeen - further information and booking via Eventbrite <https://www.eventbrite.co.uk/e/belonging-and-longing-tickets-166488600887>
- Westminster Parliament SOPA engagement session – 18 October 12.15 – 1.15 – further information to follow

7. Updates from member organisations

u3a – KG updated the group on “Online Across Scotland”, a new network set up to enable u3a members from across Scotland to take part in interest groups and courses offered online by fellow u3a members. See <https://u3asites.org.uk/onlineacrossscotland/welcome>

Strathclyde University – Learning in Later Life Student Association – BH noted that the new programme of courses is now available <https://mycll.strath.ac.uk/>. Some courses are online, some in-person. The possibility of making links with u3a and other organisations was discussed. Existing links between u3a and a number of universities were highlighted.

Retired Police Officers Association Scotland – MH referred to a wellbeing survey that RPOAS carried out with members and received 1700 responses. A signposting service has been developed for members to support with financial, legal, health and wellbeing. 11 volunteers have been trained, to be launched on 1 September.

Highland Senior Citizens Network – JC referred to the issue of many rural rail ticket offices closing, the expectation for people to book online and the problems that this causes some older people who can't get online, need support to plan journeys or miss out of cheaper deals by being forced to buy tickets on the train.

Generations Working Together – BK highlighted forthcoming sessions talking about ageism, including one on 22 September with a SOPA Guest Speaker!

<https://generationsworkingtogether.org/events/lets-talk-about-ageism-and-intergenerational-interventions-22092020>

The second event is on 2 November <https://generationsworkingtogether.org/events/a-conversation-about-ageism-02112021>

Hourglass Scotland – KS introduced herself having taken over from Brian Rapley, she is interested in developing partnerships and encouraged other to get in touch
katherinesouthern@wearehourglass.org

African Caribbean Elders Scotland – ACES has linked with the Doors Open Day initiative. HC noted that she was awarded with an Honorary Degree from Caledonian University for her work with communities and people with sickle cell disease. Congratulations were offered to HC. She has also invited the Minister for Older People to attend the ACES group for some time to no avail. **DF offered to mention at the next OPSAF meeting attended by the Minister.**

North Ayrshire – JM stated that a candidate for the forthcoming local election had informed people that the bus pass entitlement age may be increased to 65. **DF agreed to follow up with the Government Equalities Unit and report back to JM.**

Dundee – LS noted that she is working with Age Scotland on promoting the Cash In-Cash Out campaign to local residents.

Seniors Together – CM noted that a Power of Attorney campaign is soon to be launched, watch out for it on the [Seniors Together Facebook page](#)

BREAK

8. Presentation and discussion: Laura Cairns and Sue Newall from Eat Well Age Well

Laura gave an update on the project – slides attached.

Key points from the discussion:

- SG noted that he chaired a workshop at the last SOPA Assembly in 2019 which Laura presented at. The calls for action from that group included making a screening tool part of homecare practice and that Councils took steps to ensure that the nutritional value of food provided as part of care services was adequate.
- Group members reflected that funding and time allocation for care services needed to be increased to allow for quality meal provision and support in eating.
- Laura noted that focussed work in the borders would provide additional learning and evidence to be gathered and shared.
- JD suggested that it is possible to make nutritional food in a short time slot. There are other issues including education and skills, particularly amongst younger people of how to make nutritional meals. Training is required for the care workforce and wider public.
- MH questioned whether a popular supplier of frozen meals to older people, Wiltshire Foods, provides nutritional meals. **Sue to provide further information**, but also noted that the nutritional value of the meals is only one point – whether people are eating enough is also key as low appetite, low mood and depression all lead to further problems.

- HC asked whether Ethnic Minority groups are taking up the training provided by the Eat Well Age Well project. Laura noted efforts to raise awareness of training as wide as possible. SOPA members can help to raise awareness amongst their networks.
- Laura asked if any SOPA member would be willing to take part in a panel. JA-McG agreed, CC to share email with Laura.

9. Date of next meeting: 10 November 2021 11am AGM, Eric Liddell Centre, Edinburgh and online

10. Any Other Business

DF noted that SOPA is looking for eager and committed individuals who may wish to become a SOPA Trustee. Anyone that is interested please contact caroline@scotopa.org.uk

The Scottish Older People's Assembly is a Scottish Charitable Incorporated Organisation: Number - SC046520