

Scottish Older People's Assembly Newsletter



The Scottish Older People's Assembly is a voice for older people across Scotland

Oct 2022

Welcome to the Scottish Older People's Assembly (SOPA) newsletter, please feel free to pass the Newsletter on to others! Or if you would like to be added to the mailing list contact hetty@scotopa.org.uk

SOPA NEWS

SOPA have appointed their new Lead Officer Hetty Malcolm-Smith. Huge congratulations to Hetty, we would like to wish her a very warm welcome to the organisation. Hetty, as seen in the photo, is now working 4 days a week for SOPA. She joins Sheena Fontana who is the Community Development Worker, who leads on Age-friendly Communities. Sheena is 2.5 days per week. We would like to thank Karen who was our Interim Lead Officer through Bruce Tait Associates, she has helped us manage the organisation since July 22.



SOPA EVENTS

SOPA Assembly

On the 5th of October SOPA held an Assembly in Perth. Over 60 people attended the event. Thank you to our speakers this year who included Christina McKelvie, Minister for Equalities and Older People, who kindly recorded a message for the Assembly, Professor Russel Griggs OBE, Chair of South of Scotland Enterprise, Frank Gribben, Co-ordinator for the Unforgotten Forces, David Paterson, Trustee of SOPA and Councillor Elaine Thornton-Nicol, Older People's Champion, Scottish Borders and Catriona Melville, Policy Engagement & Campaigns Officer, Age Scotland and Sheena Fortana, SOPA, Age-friendly Communities Development Worker.

The Assembly gave us very useful insights into Age-friendly Communities, the impact of loneliness and isolation on older Veterans but also older people, how we can grow our network of Older People's Champions in Scotland and you helped to influence SOPA's future Strategic Direction 23-26.



Age-friendly Communities Update

Our Age-friendly Communities Development Worker is leading on this for SOPA to stimulate local and national action to achieve better outcomes for people in and approaching later life, using the World Health Organisation (WHO) Age-friendly Communities Framework.

5 areas in Scotland have expressed interest in becoming an Age-friendly Community. The AFC lead has met and supported each of these areas. South Lanarkshire, City of Edinburgh and South Ayrshire are the most progressed and are working towards joining the UK Network of AFC. Working towards accreditation to join the Network demonstrates a political commitment to working with older people and supporting developments to enable older people to have active and healthier later lives in their communities. Exploratory discussions have taken place with Midlothian and Moray.

Key Achievements

- Supporting 3 local areas on their AFC journey and accreditation to the UK Network, South Ayrshire a direct result of the SCVO workshop delivered in June 22.
- 2 new members of SOPA as a direct result of Age-friendly Communities input and presentations.
- Development of AFC flier the first of a series of Scottish resources which has had positive feedback and supported Local Authorities in particular elected members to embark on AFC journey.
- National recognition of the work and request for input at Holyrood Health and Social Care Festival in September.
- Positive feedback from the Tudor Trust as funder and recommendation to apply for continuation funding.
- An AFC Scottish Parliamentary Reception to be arranged for early 2023.

If you would like more information, initially please contact Sheena Fontana

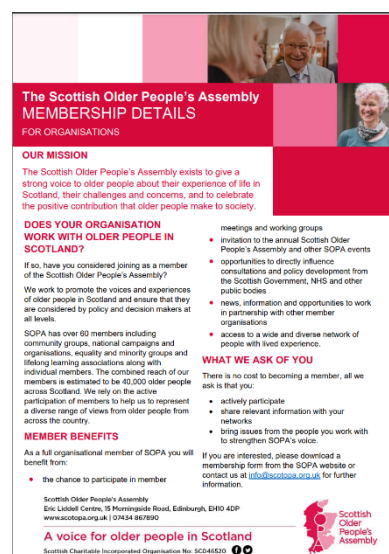
sheena@scotopa.org.uk

Membership & Campaigns

SOPA has over 60 Members including community groups, national campaigns and organisations, equality and minority groups and lifelong learning associations along with individual Members. The combined reach of our Members is estimated to be 40,000 older people across Scotland. We rely on the active participation of Members to help us to represent a diverse range of views from older people from across the country.

Following a review of our Members and our membership details, we have identified gaps in our current membership both in terms of diversity of representation and geographic areas. We will approach organisations that we hope may address some of these gaps. If you know of any organisations or individuals who might provide a positive contribution to SOPA, please direct them to our website or the contact details at the bottom of the newsletter

<http://www.scotopa.org.uk/becomeamember.asp>



The screenshot shows the 'MEMBERSHIP DETAILS FOR ORGANISATIONS' page of the Scottish Older People's Assembly. It includes sections for 'OUR MISSION', 'DOES YOUR ORGANISATION WORK WITH OLDER PEOPLE IN SCOTLAND?', 'MEMBER BENEFITS', and 'WHAT WE ASK OF YOU'. The page also features a header with the assembly's name and a footer with contact information and the assembly's logo.

The Scottish Older People's Assembly
MEMBERSHIP DETAILS
FOR ORGANISATIONS

OUR MISSION
The Scottish Older People's Assembly exists to give a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society.

DOES YOUR ORGANISATION WORK WITH OLDER PEOPLE IN SCOTLAND?
If so, have you considered joining as a member of the Scottish Older People's Assembly?
We work to promote the voices and experiences of older people in Scotland and ensure that they are considered by policy and decision makers at all levels.
SOPA has over 60 members including community groups, national campaigns and organisations, equality and minority groups and lifelong learning associations along with individual members. The combined reach of our members is estimated to be 40,000 older people across Scotland. We rely on the active participation of members to help us to represent a diverse range of views from older people from across the country.

MEMBER BENEFITS
As a full organisational member of SOPA you will benefit from:

- the chance to participate in member meetings and working groups
- invitation to the annual Scottish Older People's Assembly and other SOPA events
- opportunities to directly influence consultations and policy development from the Scottish Government, NHS and other public bodies
- news, information and opportunities to work in partnership with other member organisations
- access to a wide and diverse network of people with lived experience.

WHAT WE ASK OF YOU
There is no cost to becoming a member, all we ask is that you:

- actively participate
- share relevant information with your networks
- bring issues from the people you work with to strengthen SOPA's voice.

If you are interested, please download a membership form from the SOPA website or contact us at info@scotopa.org.uk for further information.

Scottish Older People's Assembly
Eric Liddell Centre, 15 Montrose Road, Edinburgh, EH10 4DP
www.scotopa.org.uk | 01434 807890

A voice for older people in Scotland
Scottish Charitable Incorporated Organisation No. SC048520

Older People's Champions – campaign update

Prior to the recent local government elections, 20 local authorities had an Older People's Champion in place, with a commitment from Councils to appoint after the elections.

Currently there are 19 Older People Champions in place after the Elections. SOPA will continue to work in partnership with Age Scotland to support the network of Champions and have just held a meeting known as a Gathering. This was held on the 28 September and was Chaired by Age Scotland. There was an update of the Campaign to recruit Champions in every Local Authority Area in Scotland. This was echoed at our Assembly in October. It would be fabulous if Members of SOPA could champion this for us. At the meeting we shared experiences from Our Champions learning about their work representing Older People and how they are making a difference in their communities. The next meeting is planned for November.

If your area does not yet have an Older People's Champion, SOPA and Age Scotland can provide resources and support that can help persuade Councils to consider the role, including:

- [a draft Role Description](#)
- a [template letter](#) to contact your Council Leader
- the opportunity for interested Councillors to be put in touch with an existing Older People's Champion for a discussion about the role
- examples of successful Council motions from other areas
- more information about the campaign and why we believe the role is essential.

For further information visit Age Scotland's campaign pages at <https://www.ageuk.org.uk/scotland/our-impact/campaigns/older-peoples-champions/> or contact info@scotopa.org.uk



www.age.scot/opc
#OlderPeoplesChampions



SOPA TRUSTEES

Chair of SOPA Retires

Diana Findley who has been Chair of SOPA since 2018 has decided to retire from SOPA this year after completing her two terms of office. Diana has worked incredibly hard for the organisation and has achieved a huge amount. At the Assembly in October this was recognised by a recorded message by the Minister for Older People, Christina McKelvie.

At SOPA, we cannot thank Diana enough for her contribution and the influence she has had in developing and widening the voice for older people in Scotland. She has been instrumental in the Campaign for Older People's Champions, leading the



charge for Age-friendly Communities in Scotland -SOPA now has a dedicated worker, SOPA has grown under her leadership to a membership of over 60 organisations with a reach of over 40,000 and we have just had our 11th successful Assembly.

Diana will continue as a Member of SOPA, so we will not lose her completely and we will look forward to seeing her at our 12th Assembly in 2023 😊 We wish you all the very best Diana, and thank you is too small a word.

SOPA is looking for new Trustees to join its Board. From November 2022 we will have five vacancies on our Board and would welcome new applications for new Board Members from our Membership or from outside. We would be very interested if you have skills or knowledge in Charity Finance, Third Sector Governance, PR, social media and Communications and Older People experience.

For a Board Member Profile please contact Hetty at hetty@scotopa.org.uk

New Members

We welcome the following new members to SOPA and look forward to working with them:

- Colin Angus
- Reengage
- Highland Council

We want our membership to be as representative and active as possible. If you, or someone you know, might be interested in becoming a member of SOPA, you can find out more on our website <http://www.scotopa.org.uk/becomeamember.asp>

News from SOPA Member Organisations and Other External Organisations

Welcome to New SOPA Members

Colin Angus joined us in September 2022 and we would like to wish him a very warm welcome.

Colin is actively involved in locality Health and Social Care Forum and South Lanarkshire Seniors Together. He is also involved in university research projects relating to older people.

He has a keen interest in ensuring that older people have a meaningful voice in all aspects of service delivery. I have access to a range of networks relating to older people such as

Alliance Scotland, Scottish School of Primary Care, ACRC (Advanced Care Research Centre), Edinburgh University, NHSS Scottish Digital Health & Care Network, etc.

Sarah McKean from Re-engage joined us in September 2022 and we would like to wish Re-engage a very warm welcome.



Re-engage is a charity that is positive about older age and committed to fighting loneliness so that people can have social lives and friendship groups however old they are. We inspire and enable meaningful connections and shared experiences within communities across the UK for people over 75 facing loneliness and social isolation.

Our volunteers work together to create better communities and help to enrich the lives of our members by giving them something to look forward to.

Older people who may have felt very alone, now feel valued as individuals, continue to form friendships, and have groups that give support. We make sure that people know they are important well into old age. Respectful, determined, warm, pioneering, and local: we are Re-engage and we are bringing generations together.

Isabelle Mackenzie from Highland Council one of the new Older People's Champions joined us in September 2022 and we would like to wish Isabelle and Highland Council a very warm welcome.

As one of three newly elected Older People's Champions here in Highlands, have been involved with local communities and looking to network more and help with this role.

Councillor Isabelle MacKenzie

[View Councillors by Name](#)

[View Councillors by Ward](#)

[View Councillors by Party](#)

[Find Councillors by Postcode](#)

Ward: 16 Inverness Millburn

Party: Scottish Conservative and Unionist

Contact details

C/o Highland Council
Council Headquarters
Glenurquhart Road
Inverness
IV3 5NX

Telephone: 07787 007816

Email: isabelle.mackenzie.clr@highland.gov.uk



Member News, Events & Activities

Forget Me Not Garden Launch

The Forget-Me-Not Garden development at Lauriston Castle Lodge is the formation of a community/memory garden and hub offering help, information and advice for people with memory impairment and their carers. Hetty and Karen from SOPA were delighted to be invited to the Official Opening event of the Forget Me Not Garden in September at the entrance lodge to the Lauriston Estate by the Rt Hon the Lord Provost, Councillor Robert Aldridge - the sun even shone! It is a very special place and we at SOPA can highly recommend a wee visit.

To find out more visit:

<https://edinburghforgetmenotgarden.org/about/>



Reimagining the Future in Older Age

Dr Melanie Lovatt of University of Stirling has conducted some research and produced a toolkit that is designed to help organisations use creative methods to inject imagination and desire into policy making and campaigning around the future on older age.

There is a film by the film maker Ray Bird made about her research project [Reimagining the Future in Older](https://vimeo.com/674588653/3e20dcf3f7)

[Age](https://vimeo.com/674588653/3e20dcf3f7): <https://vimeo.com/674588653/3e20dcf3f7> It features the work she did with Edinburgh arts company [Active Inquiry](#) using forum theatre with older adults to challenge ageist narratives.

If you would like a copy of the toolkit, you can contact Melanie on her email address.

Email: melanie.lovatt1@stir.ac.uk

<https://reimaginingthefutureinolderage.stir.ac.uk/>



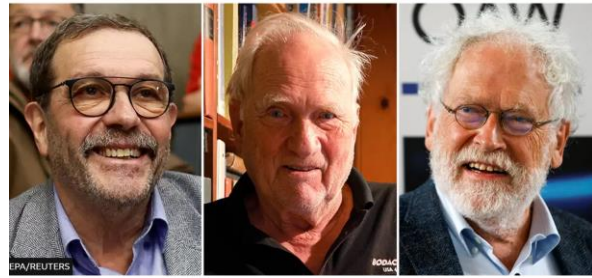
70+ Year Old Nobel Prize Winners!

Who says we lose grey cells as we get older! **This year's Nobel Prize in Physics rewards research into quantum**

<https://www.bbc.co.uk/news/science-environment-63121287>

mechanics - the science that describes nature at the smallest scales.

The award goes to Frenchman Alain Aspect, American John Clauser and Austrian Anton Zeilinger. The three scientists are aged 75, 77 and 79. Their work should pave the way to a new generation of powerful computers and telecommunications systems that are impossible to break into. The men will share prize money of 10 million Swedish krona (£800,000).



Aspect, Clauser and Zeilinger demonstrated the potential to control particles that are in entangled states

9th Annual Care of Older People in Scotland Conference, Tuesday 13th December 2022, morning

The 9th annual care of older people in Scotland conference – takes place against a background of dramatic change. Care services and care workers are still recovering from the three year impact of COVID and its consequences. Services are currently reshaped not so much by design but by necessity. Public finances which were already stretched now look to face further difficult choices with cuts seeming very likely. Our population remains on an ageing trajectory with all the additional service demand which that implies. The labour market too is constricted and both public and private sector employers report serious difficulties in recruiting and retaining staff.

The discussion this year therefore focuses on the strategic context for care of older people, how we meet the challenges ahead and how we secure improvement in the nature and quality of our care of older people – all against the backdrop of the Scottish Government's aims and the many other wider factors impacting upon the ability to deliver.

To Book the Conference:

<https://www.mackayhannah.com/Book-Now>

Or

Call 0131 556 1500

Email: mail@mackayhannah.com

CARERS TRUST SCOTLAND

Carers Trust Scotland's Older Adult Carer Survey
Launches:

**Calling on all unpaid carers aged 65+ in Scotland
to take a survey on what support you need in your caring role!**



Carers Trust Scotland has launched a survey for unpaid carers aged 65+ in Scotland to find out about support older adult unpaid carers need from governments. The survey asks about challenges facing unpaid carers regarding finances, physical and mental well-being, and barriers to taking a break. The findings of the survey will help inform Carers Trust Scotland's influencing work to improve the future support available to older adult unpaid carers from governments. Please spread the word with unpaid carers within this age group connected to your services to make sure as many as possible take the survey. The survey is live and will run up to **December 2022**. The survey should take around 10 minutes to complete and can be completed [here](#).

If your organisation would like any paper based version of the survey, please contact Beth Friel to arrange: efriel@carers.org

Strathclyde University Research

Understanding ageing, thinking skills and speech production

We are currently recruiting older adults (until Dec 2022) for a study investigating ageing, thinking skills and speech production. We are looking for **healthy older adults (aged 60+)** to complete our online questionnaire.



Access
survey
here

You can take part if you:

- ❖ Are aged 60+
- ❖ Are fluent in English
- ❖ Have no diagnosed learning difficulties
- ❖ Have no known/suspected cognitive impairment (e.g. mild cognitive impairment, dementia)
- ❖ Have no known neurological disorder (e.g. stroke, Parkinson's Disease, brain injury)
- ❖ Have no speech/ language/ voice disorder (e.g. dysphonia, dysarthria, aphasia)

What will it involve?

- ❖ Completing a questionnaire online (or via post on request). The questionnaire will take approximately 20 to 30 minutes to complete, and you do not have to complete it in one sitting
- ❖ We will ask you if you would like to be contacted about a follow-up study in 12 months. In this second part of the study, we will be sending out the same questionnaire.
- ❖ You can access the questionnaire via the QR code above or this link:
 - https://hass.eu.qualtrics.com/jfe/form/SV_eeNOz5FU3xitvfM
- ❖ Alternatively, use the contact details below to request a paper copy

Contact Information

Please contact PhD researcher Laura Manderson on laura.manderson@strath.ac.uk, [07366366845](tel:07366366845) or you can contact HASS graduate school on Level 3, Lord Hope Building, 141 St James Road, Glasgow

Ethical approval has been obtained from the School of Psychological Sciences and Health Ethics Committee. The deadline to take part in this study is 31st Dec 2022.

SOPA 2022 and 2023 Dates

- Trustee meetings (Tuesdays 1-3pm): 6 Dec 2022
- SOPA 6 Dec 2022 (AGM)
- Parliamentary Reception Event: TBC, 2023
- Assembly: TBC, 2023

SOPA is grateful for the funding received from the Scottish Government 'Equalities and Human Rights Fund' and the Tudor Trust.

