

## Seniors Together Update – SOPA February 2015

### **South Lanarkshire Older Peoples Assembly – 5 December**

Speakers included, Tom Berney Chairperson of the Scottish Older Peoples Assembly and Euan Duguid of NHS Lanarkshire who introduced, 'Reshaping Care for Older People – The Movie'. The programme also included option finder 'Have your Say' where delegates had their say on the key issues that the task groups of seniors together are currently working on.

### **Developing Dementia Friendly Communities**

- We are piloting Hamilton Town Centre as a Dementia Friendly Community; we are still in the early stages however we have three companies signed up already which include Wilko's, Specsavers and Hamilton Library. A total of 69 staff has been trained by Alzheimer Scotland.

### **Feel Good Day**

- A Feel Good Day was arranged for Seniors Together to promote what services we have to offer within South Lanarkshire. The event attracted people who had retired or were thinking of retirement across the South Lanarkshire Area. A further three are planned in other localities.

### **Mens Sheds**

- The Menshed in Hamilton is open to any man living in the Hamilton and District area. There is no charge to join the Menshed which is currently being funded by Seniors Together, Leap, MacMillan Cancer Support, Foundation Scotland, South Lanarkshire Council and Hamilton Academicals Football Club to make this a success. The Menshed provides men with a place to share their hobbies, interests and practical skills.
- **'Mind your step' – Handrails initiative**  
Seniors Together highlighted the need to provide handrails for outside stairs in many areas throughout the local authority which had been identified by older people – progressed through South Lanarkshire Access panel with great success. The handrails will now be installed.

### **Active Tuesday**

Organised by the Seniors Together forward@fifty group to encourage participation in a variety of physical activities for retired people over an eight week pilot period in Blantyre Leisure Centre. This is based on the programme experienced by those members who took part in the study tour to Denmark