

## Cross Party Group Older People, Age and Ageing

Wednesday 26<sup>th</sup> September 2018 13.00 - 14.30

Committee Room 3 Scottish Parliament

### AGM Minutes

#### 1. Present

**MSPs: Clare Adamson; Annie Wells; Jeremy Balfour**

Organisation	Name
Age Scotland	Simon Ritchie
LGBT Health & Wellbeing	Megan Johnson
Community Transport Association	John MacDonald
Life Changes Trust	Anna Buchannan
Camphill Scotland	Robert McGeachy
Generations Working Together	Alison Clyde
Scottish Older People's Assembly	Diana Findley, Elizabeth Milton
Scottish Seniors Alliance	Dorothy Murray
Scottish Pensioners Forum	Rose Jackson, Eileen Cawley
Action on Hearing Loss Scotland	Eileen Clarkson
Edinburgh Association Community Councils	Ian Clement
ROSPA	Carlene McAvoy
	Elinor McKenzie
Older People's Champion, Scottish Borders Council	Cllr Elaine Thornton-Nicol
Lingo Flamingo	Robbie Norval
Outside the Box	Anne Connor, Pat Scrutton & Christine Ryder
Scottish Parliament MSP's Assistant	Amanda Gordon

#### Welcome

Clare Adamsom welcomed attendees to the meeting.

#### 1. Apologies

Apologies for absence were received from: Sandra White MSP, Richard Leonard MSP, Arwind Salwan, Paul Eadie, Glenda Watt, Alan Dalziel, Rohini Sharma Joshi, Avril Hepner, Anne Gallacher, Andrew Senew, Aileen Bryson, Margaret Whitelaw, Paul Comley, Tom Berney, Rami Okasha, Bill Johnston, Laura Jones & Sue Northrop.

#### 2. Appointment of Office Bearers

Sandra White MSP was elected as the chair, Annie Wells elected as the vice chair, Amanda Gordon elected as the treasurer and Outside the Box was elected to undertake secretariat of the Group.

### **3. Note of previous meeting**

The note of the CPG on Older People, Age and Ageing meeting held on the 23<sup>rd</sup> May 2018 were accepted as accurate. These were not full minutes as the meeting was not quorate.

### **4. Matters Arising**

No matters arising were noted.

### **5. Requests for Membership to Group**

The following organisations were accepted as members:

- LGBT Health & Wellbeing
- DEEP
- ROSPA
- Roar – Connections for Life
- TIDE
- Scottish Borders Social Enterprise Chamber
- Campaign to End Loneliness

A discussion followed about new organisations joining and whether they should provide a little information about the organisation/present to group before joining? Clare explained that Cross Party Groups were set up to provide MSP's, organisations and members of the public an opportunity to meet and discuss common interests meaning anyone with an interest in Older People, Age & Ageing is welcome to come along.

### **6. Topics for Meetings in 2018-19 session**

At the November meeting we will get an update from the Integration of Health and Social Care team.

In January there will be a joint meeting with the CPG for Food and later in the session we will have a joint meeting with the CPG for Housing.

Other suggestions included: a question and answer session with the minister regarding the new Social Isolation National Strategy, Brexit, Local Governance review proposal & Pensions.

### **7. AOCB**

Robert McGeachy, Camphill updated the group on the amendment to the EU Withdrawal Bill seeking an independent evaluation of Brexit's impact on the health and social care systems across the UK asking members to contact either Robert or Andrew Strong if their organisation would like to support the Bill, and to be added to the list of its supporters.

Robert can now confirm that the Bill is going to be introduced by Brendan O'Hara MP immediately after Prime Minister's Question Time on 14 November 2018. Link attached:

<https://publications.parliament.uk/pa/cm201719/cmagenda/fb181106.htm>

## **8. Presentations**

The group heard short presentations from the invited guests, which were followed by a question and answer session.

### **Councillor Elaine Thornton-Nicol – Older People’s Champion in the Scottish Borders**

Elaine started by saying that we all know that Scotland has an ageing population and how 25 years ago an older person was aged between 60-65, now they are over 75 years of age.

Elaine explained that her role is ambassadorial, authority wide, non-political and an honour, with no budget line attached to it so no cost to the council! She thought she would be able to join the network of thirty one other champions, who would be able to share their knowledge. Unfortunately, this is not the case it is different in every area there are some who have the role but are not proactive, others say they have an Older People’s Officer, but no description of what they actually do. Whilst other areas have nothing and no one specifically tasked with ensuring that the voices of Older People are heard at every level.

Elaine went on to describe her role to firstly be a listening one as the best people to shape and inform Older People’s services are the older people who will use them. Working with officers across the council to feedback on various issues and concerns that older people have raised and attending meetings. Elaine explained that she has chosen to drive forward a project to have every elected member of SBC trained as Dementia Friends.

Elaine described herself as the face of the Council to Older People, and I am proud of that. I want to be the best voice I can be for them. At every Council meeting, my fellow councillors are used to me referencing an older person in my speeches. I want us to keep our Older People at the forefront of our minds when discussing and debating services.

Elaine raised a concern she has that there is no directory of services, organisations and groups that are there for older people. Elected members, officers and the public often depend on knowledge or a word with a colleague to start a journey of solution. It could lead to faster access to services, better understanding of the gaps, over provision etc.

Elaine concluded with a challenge to group:

Contact your local authority, ask if they have an Older People’s Champion? Ask to meet with them, Encourage them to use this opportunity to put Older People at the heart of what they do, Push them towards that network that can share skills, knowledge and learning and remember, an Older People’s Champion is not necessarily an Older Person!

Afterwards there was a discussion around how it varies from area to area not just whether an area has an Older People’s Champion but also how people in the local area have their voices heard. Services that are available for older people that could link to a database was also discussed.

### **Robbie Norval – Founding Director of Lingo Flamingo**

Robbie started by saying that recent research shows that those who speak a second language tend to develop dementia 5 years later than those of us who can only speak one. This level of prevention is greater than anything currently offered in the fields of medicine

or pharmacology. It is from this incredible fact that Lingo Flamingo was born. They are a non-for-profit social enterprise, meaning that any surplus that is made goes back to providing language lessons for free and disadvantaged areas across Scotland with an aim to make language learning as accessible as possible for everyone.

Robbie explained that it is not about fluency, it is about being good for the brain, accessible and fun! No two classes are the same but through specifically designed accessible workbooks they ensure consistency. The workbooks include memory tips, nostalgic references, historical anecdotes, and linguistics cues throughout, they have also been designed to evoke senses, with exercises including music, touch, scent, feel, and taste. The classes also include cooking, reminiscence, opera and games making it easier for older adults to ease back into learning.

Robbie told a couple of stories about the impact the classes had had on learners before showing a video to finish his presentation.

<https://www.youtube.com/watch?v=qFzHoNXZ1M>

Questions were asked about the size of classes which can be either between 4-6 or 10-12 depending on the needs of the group, intergenerational classes, class locations and cost.

### **Update from Older People's Strategic Action Forum**

Eileen Flanagan was unable to attend the meeting but provided a written update:

#### **Older People's Equality – Note for Cross Party Group 26 September 2018**

Minister for Older People and Equalities, Ms Christina McKelvie, has taken over work on older people from her predecessor Ms Jeanne Freeman, now Cabinet Secretary for Health & Sport.

The Minister chaired the third meeting of the Older People's Strategic Action Forum (OPSAF) this week after holding introductory meetings with stakeholders over the Summer recess.

OPSAF has two overarching aims:

- To provide a forum for dialogue between the Scottish Government and older people and their representative organisations (older people's organisations) on the range of issues facing older people, assisting Scottish Government to develop and implement effective solutions.
- To enable Scottish Government and older people's organisations to work together to support communities to take action to address issues of importance to older people."

In the latest Programme for Government, the Scottish Government has committed to publishing an Older People's Framework. The development of the Framework will be achieved by working in partnership with OPSAF and the Minister's ministerial colleagues, with a publication date of March 2019. We will develop the framework by focusing on two main areas:

- a) Work to understand, further develop and embed the voice and experience of older people in policy development and delivery.
- b) Work to highlight the positive contribution of older people and to combat negative perceptions / stereotypes (particularly through intergenerational work).

At the meeting this week the Minister alerted OPSAF to additional one-off funding of £50,000 to allow members to carry out some engagement work to identify barriers that older people face, within their networks. Members will be able to bid for this funding shortly.

**Date of Next Meeting:**

Wednesday 12<sup>th</sup> December 2018, 13.00 to 14.30 in Committee Room 3.

The topic for the meeting will be an update from Integrated Health & Social Care.