



FIFE ELDERLY  
FORUM EXECUTIVE

Summer/Autumn 2014

Voice of the elderly

# NEWSLETTER

Co-ordinator:  
John McKendrick

Advocacy Worker:  
Caroline  
Stevenson

Facilitator  
(User Panels):  
Julia Walker

Local Area  
Co-ordinators:  
Fiona Clark  
Shirley Heeps  
Wayne Mathieson  
Alison Wilson

Admin/Clerical  
Elma Yeaman



T: (01592)  
643743

W: [www.fife-elderly.org.uk](http://www.fife-elderly.org.uk)

E: [info@fife-elderly.org.uk](mailto:info@fife-elderly.org.uk)



First World War Centenary  
1914–1918

**Lest we forget.**



*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*  
by John McCrae, May 1915

[http://www.1914.org/why\\_remember/](http://www.1914.org/why_remember/)



**Dambusters 70<sup>th</sup>  
Anniversary**

In 1943 that Wing Commander Guy Gibson trained his squadron for their historic nocturnal assaults on the Mohne, Eder and Sorpe dams, all crucial to Hitler's industrial heartland in the Ruhr Valley. Gibson's force had to fly across occupied Europe at night, so low that some were killed by power lines, and drop untried bouncing bombs - with unprecedented accuracy - in full view of the enemy's guns. The Mohne and Eder dams collapsed, German industry was thrown into chaos and the Allies enjoyed a huge boost to morale. But it was at great cost: eight of Gibson's 19 planes and 53 of his 133 men were lost.

## Speak out against Elder Abuse

New information has been created with Age Scotland to tell people about elder abuse, especially within Black and Minority Ethnic (BME) communities.

Older BME people often rely a lot on their family.

If people are being harmed by their family, they might be worried to speak out, in case their family stops looking after them.

Some older BME people may not realise that what is happening to them is harm.

Older people may already be isolated and confused because they speak a different language, and their culture is different.

This makes it harder for them to get help and support.

The new information tells people about the different types of elder abuse and tells people what to do if they think that they, or someone they know, are being harmed.

You can read more on



website

here: <http://www.ageuk.org.uk/scotland/latest-news/archive/raising-awareness-of-elder-abuse-in-bme-communities/>

And the booklet which has been produced in partnership, which is available in multiple languages, is found here on the Equality Scotland website -

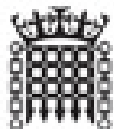
<http://www.equalityscotland.com/6/12/Publications/Publications.html>



**Changes to NHS Continuing Healthcare** - Following an independent review of NHS Continuing Healthcare, from April 2015, the NHS will no longer pay the accommodation costs of people in care homes with specific health needs. Patients who continue to require ongoing care in hospital will receive it there, but when staying in hospital is no longer clinically necessary they will be discharged. If they go into or return to a care home, they will be assessed for the costs in the normal way.

The change is not retrospective, so no-one will have existing support withdrawn. People who currently receive NHS continuing care, and those who are assessed before next April as requiring it, will get it as now. If people have been charged incorrectly, they will still be entitled to claim reimbursement from their local health board.

New guidance implementing the change will be developed and consulted upon, and Age Scotland will be updating this information based on the proposed changes: this will be available on request from Silver Line Scotland on **0800 4 70 80 90**.



[www.parliament.uk](http://www.parliament.uk)

## **Pensions Bill gets Royal Assent**

**The Pensions Bill has now received Royal Assent and will become the Pensions Act 2014.**

Amongst other things, the new Act will change the State Pension system for people who reach the State Pension age on or after 6 April 2016. The change will apply to men who were born on or after 6 April 1951 and women who were born on or after 6 April 1953.

From 6 April 2016, there will be a new, single-tier State Pension which will replace the current system of a basic and additional State Pension.

The full level of the new State Pension will be set above the basic level of any means-tested support. How much people will get will depend on the record of their individual National Insurance contributions. People will need to have a minimum of 10 National Insurance years to receive any State Pension.

The reforms are designed to significantly simplify the State Pension system so it is easier for people to understand how much State Pension they will get when they retire and to be more certain of the value of planning and saving for their retirement.

Further information can be found at [GOV.UK](http://GOV.UK)



**How sedentary are you? Fiona Dale, Fife Council's Physical Activity Co-ordinator writes...**

"Did you know that as well as getting enough activity, you need to reduce your sedentary behaviour? Sedentary behaviour is the time you spend sitting for prolonged periods doing very little. Here are some top tips for reducing your sedentary behaviour:

- ❖ Keep on the move! Especially when at home e.g. break up your sitting times by cleaning, tidying or organising, potter around the garden.
- ❖ Choose the active options when out and about e.g. use the stairs instead of the lift or the escalator, get off the bus one stop earlier, park the car a bit further away.
- ❖ Hide the remote controls!
- ❖ Get up and do something during adverts e.g. make a cup of tea.
- ❖ Do something standing whilst watching TV e.g. do the ironing, or some cleaning, do some balance exercises.

**For further information on walking your way to health, Nordic walking "Oh Tae Go" reducing the risk of falls and fractures Contact: Fiona Dale, Fife Physical Activity Co-ordinator, Active Fife - supports and encourages physical activity to improve the health of everyone in Fife. Particularly focusing on active ageing and physical activity in older retired adults**

Contact: Fiona Dale, Fiona Dale, Fife Physical Activity Co-ordinator, Active Fife  
Tel: 03451 55 55 55 + Ext 44 20 18 [Fiona.Dale@fife.gov.uk](mailto:Fiona.Dale@fife.gov.uk)  
[Active Fife - Minisite http://www.fifedirect.org.uk/activefife](http://www.fifedirect.org.uk/activefife)

Contact: Vivienne McNiven, Bums Off Seats Project Officer Tel: 01592 583343  
[Vivienne.McNiven@fife.gov.uk](mailto:Vivienne.McNiven@fife.gov.uk) [www.fifedirect.org.uk/bumsoffseats](http://www.fifedirect.org.uk/bumsoffseats)

---



FREE Home safety visit and FREE smoke Alarm

**Fire can happen to anyone** - But it is our job to help make sure your home is as safe from fire as it can be. This is why we provide free Home Fire Safety Visits. Our staff can help you spot a possible fire hazard, offer advice and guidance and fit smoke alarms free of charge if your home requires them.

**A Home Fire Safety Visit only takes around 20 minutes. And that 20 minutes might just save your life.**



**SCOTTISH**  
**FIRE AND RESCUE SERVICE**  
 Working together for a safer Scotland

**Fact.** **Every hour of every day there's a house fire in Scotland.**

**Visits are easy to arrange.** - A Home Fire Safety Visit can be organised at a time that suits you, day or night. The Service would also like community members to think about anyone they know who could be at risk from fire. It could be a friend, relative, or neighbour.

To book a free Home Fire Safety Visit for you, or for someone you know **CALL 0800 0731 999 TEXT 'CHECK' TO 61611** or visit [www.firescotland.gov.uk](http://www.firescotland.gov.uk)  
**Ask about Carbon monoxide detectors.** Always ask for official identification - all employees of the Scottish Fire and Rescue Service will be happy to produce this on request.



## New cookbook launch to inspire locals living on their own

NHS Fife has launched a new cookbook, designed to help people living on their own create wholesome, healthy and cost effective meals (22nd May 2014).

'Cook Well: Live Well for One' contains recipes from members of the 'Cook Well: Live Well for One' group, consisting of individuals who range in age from late-fifties to mid-eighties, who get together once a week at Leven's Community Kitchen to develop their skills and regain their confidence in the kitchen.

The group identified a need for a single-person cookbook after realising that the vast majority of guides contain recipes for upwards of two people, which can be daunting for those looking for a straight-forward dinner without having to convert portion sizes or the amount of ingredients used. 'Cook well: Live Well for One' shares quick, easy, everyday recipes for one that can be created at a relatively low cost.

Commenting, Senior Health Promotion Officer at NHS Fife, Lyndsay Clark, said:

"This compilation of recipes from local people will give confidence to those who want to get not only into, but in many cases back into, the kitchen. The confidence of knowing that you will be following instructions that are specifically written for single portions can be a key motivator in encouraging people to don their aprons and turn their attentions to improving their diet by incorporating some of the healthier, more wholesome foods that form a key part of our cookbook.

"Alongside exercise, a good diet is vitally important to a healthy lifestyle and this cookbook can act as a platform to not only a better diet, but also the health benefits that can bring."

"Importantly, our Community Kitchen in Leven is not solely a place where people can go to share recipes and brush up on their cooking skills; it has also become a real social hub. Many of the people who have previously met at our classes have remained friends after they finish and continue to meet up. For more information on forthcoming 'Cook well: Live Well for One' events contact Lyndsay Clark on 01592 226498. [lyndsayclark@nhs.net](mailto:lyndsayclark@nhs.net)



Our picture shows L-R Julia Walker, Fife Elderly Forum's User Panel Facilitator, Robert Frew, Fife Elderly Forum's West Fife User Panel and Lyndsay Clark, NHS Fife

## Older-bytes

- ❖ Fife Elderly Forum Executive's User Panels are assisting Trading Standards Officer, Katherine Hart at Fife Council with a scam mail / calls and rogue traders survey. Katherine is also working in partnership with Police Scotland on a pilot project 'No cold calling zones' regarding doorstep crime in Glenrothes. For further information please call 03451 555 555 Ext 440373 E: [Katherine.Hart@fife.gov.uk](mailto:Katherine.Hart@fife.gov.uk)
- ❖ Police Scotland advise on internet safety for silver surfers, door step crime and distraction burglary. MA80 alarm systems are £20 and are available from Dunfermline and Cowdenbeath Police Stations or by telephoning 101 and asking for a Community Safety Officer. **Police Scotland also offer free home security surveys for anyone.**
- ❖ Fife Cares Service home safety advisers can visit and identify hazards and areas of danger, giving advice on how to make your home safer. Ask about Electric blanket testing. For a Fife Cares visit please contact Fife Council contact centre on Tel: 01383 441177.
- ❖ Eat 5 portions of fruit/veg a day, food labelling and other healthy advice from Simon Fevre, NHS Dieticians team. Referrals through your GP.
- ❖ Audrey Dishington and her team from Pagan Osborne solicitors have been to panels to explain what Powers of Attorney are, how they work and the issues that can arise if you do not have one and, what steps can be taken to overcome these issues. Also Care Home planning, Inheritance Tax Planning, Wills, Living Wills, Funeral Plans, any property enquiries and succession issues in general. For further information please call 01334 468 630 E: [adishington@pagan.co.uk](mailto:adishington@pagan.co.uk)
- ❖ Community Wardens gave a talk to our Ladybank panel outlining their work with the community. Further information call Ann Neil, Lead Officer, Community Wardens on 03451 555 555 Ext 402060 E: [Ann.Neil@fife.gov.uk](mailto:Ann.Neil@fife.gov.uk)
- ❖ Ms Dagmara Opilka - Community Liaison Officer, Home Energy Scotland. HES offers free, impartial and expert advice on making your home cheaper to heat and cutting your carbon emissions. As they are funded by the Scottish Government and delivered by Energy Saving Trust, they can also provide information about grants and loans for home energy improvements. Tel 0808 808 2282.  
E: [advice@homeenergyscotland.org](mailto:advice@homeenergyscotland.org) W: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

**NEWS FROM THE USER PANELS** We have taken part in Fife Council's North East Fife and South Fife Bus Consultations. Further we have given feedback on Amber Scott from Age Scotland's Healthy eating questionnaire, the results of which will help compile a new booklet.

homelands  
trust-fife  
registered charity no. SC027282

*A break by the sea with access for all*



Our 4 accessible spacious cottages cater for individuals with a range of disabilities and their families. Each cottage has a wet-floor shower and ceiling tracking hoists. Situated at the seaside village of Lundin Links, Fife, they have beautiful views over Largo bay. The on-site Paxton (drop-in) Centre offers therapies and activities. **\*BOOK NOW\***



**\*BOOK NOW\***

- ❖ Easy access to garden patio and garden areas
- ❖ Other specialist equipment supplied
- ❖ Minutes from the Largo Bay award winning beach and Fife Coastal path
- ❖ Velux balconies to enjoy the fresh sea breeze
- ❖ Sail' Ability, adapted bicycles available via Fife Outdoor Education

T: (01333) 329039 [www.homelands-fife.co.uk](http://www.homelands-fife.co.uk)

SUPPORTED BY NHS FIFE AND FIFE COUNCIL  
AND MANAGED BY FIFE ELDERLY FORUM EXECUTIVE

**FIFE ELDERLY  
FORUM EXECUTIVE**

*Voice of the elderly*

Co-ordinator: John McKendrick

Advocacy Worker: Caroline Stevenson

Facilitator - User Panels: Julia Walker

Local Area Co-ordinators: Fiona Clark,  
Shirley Heeps, Wayne Mathieson, Alison  
Wilson

Admin/Clerical: Elma Yeaman

**01592 643743**

[info@fife-elderly.org.uk](mailto:info@fife-elderly.org.uk)

[www.fife-elderly.org.uk](http://www.fife-elderly.org.uk)

Scottish Charity No: SC022596

