

Welcome to the Bristol Older People's Forum, Age UK and Bristol City Council's newsletter

A message from our Chair of Bristol Older People's Forum (BOPF), Christina Stokes



As Chair of the Bristol Older People's Forum, I would like to focus on the current cost of living crisis, which is the main issue of this newsletter.

You will all know that the situation is likely to have a far-reaching impact on everyone, with the steep rise in inflation, energy prices and mortgage costs. This will hit those on the lowest incomes the hardest. Contrary to the belief that older people are all 'wealthy pensioners' living in comfort, we already know from our BOPF membership that there are some real concerns, and in many cases fear about the future.

BOPF is part of a cost of living working group with Bristol City Council and other organisations. In response, we will be employing a project worker to support older people to help mitigate the worst of the crisis.

"This is about pulling together as a community as we did during the COVID-19 pandemic." – BOPF Member

At BOPF we will do all we can to help support our members and all older people across Bristol. Our staff team will be available to listen to your thoughts and discuss any ideas you have to best approach the difficult time ahead.

We also have some exciting news. After more than two years we are going to have our first **in-person BOPF Open Forum meeting on Thursday 24 November 2022**, at the Triodos event venue, which is in the centre of Bristol, one minute's walk from Bristol Cathedral. Address: Lower Ground Floor, St George's Road, Bristol, BS1 5BE. It would be great to see you there.

Best wishes

Christina Stokes, BOPF Chair

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News from Bristol City Council



News from Bristol City Council

How to get cost of living support and advice if you don't have internet access

If you need support accessing any of the signposting provided by the council in this newsletter but do not have access to the internet there are other options available.

Our Citizen Service Point, located at 100 Temple Street, BS1 6AG, is on hand if you need help using the council's services or need access to a computer.

A lot of services are available online, including paying your rent, claiming council tax reduction or housing benefit and paying bills, and staff will be available to support you if you need it.

You can also get advice from staff in person. The team can help with issues including homelessness and access to the local crisis and prevention fund.

The opening hours are Monday, Tuesday, Thursday and Friday 9am to 5pm, Wednesday 10am to 5pm. The service is closed on bank holidays.

You can also call the We Are Bristol phone line on **0800 694 0184**, Monday to Friday 8.30am to 5pm.

Food

If you're struggling to afford food at the moment, there are organisations and schemes available across the city which can help you.

Your local community centre is a really good place to visit to ask about what food services might be available in your neighbourhood. If you like cooking, you might also find some healthy and inspiring recipes to cook for your friends and family on **www.feedingbristol.org**

There are a number of foodbanks across Bristol for those who are eligible, with friendly volunteers available to talk about your needs and how they might be able to help.

If you live in North Bristol, you can visit the North Bristol and South Gloucestershire Foodbank at Ebenezer Church, 286 Filton Avenue, BS7 0BA or call them on **0117 979 1399**.

If you live in North West Bristol, you can visit the Bristol North West Foodbank and Homebank at Social Justice Hub, St Andrew's Church, Avonmouth Road, BS11 9EN or call them on **0117 923 5343**.

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If you live in South and East Bristol, you can visit the South and East Bristol Foodbank at 32 Stapleton Road, Easton, BS5 0QY or call them on **07584 625 082**.

Mental health and emotional wellbeing

Money can be a tough topic to talk about, especially when we're feeling pressure due to rising bills and expenses. Cost of living pressures can affect our mental health and wellbeing, making us feel stressed, anxious or low.

Learning how mental health and money are connected might help if you're struggling. Sorting things out might feel like an overwhelming task and some of it may be out of your control, but try taking things one step at a time and remember that help is available to you.

Talk to friends and family about how you're feeling, or speak to local organisations that can also help.

If you start to feel that daily life is getting too much to cope with, you can contact the Samaritans who offer support 24 hours a day, seven days a week. You can contact them by calling:

- **0330 094 5717**
- **freephone 116 123**

Bristol MindLine is also available to support residents of Bristol and surrounding areas. You can call their freephone helpline on **0808 808 0330** anytime between Wednesday and Sunday from 7pm to 11pm.

Housing support and homelessness

We know that rising household costs are making it difficult for people to pay rent, bills, and in some cases, mean people could be facing homelessness.

You could apply for housing benefit to help with your housing costs if you're in one of the following groups:

- you live in a refuge, hostel, supported accommodation or temporary accommodation (provided by the council because you have faced homelessness)
- you and your partner are old enough to get state pension

If you already receive housing benefit but it doesn't provide enough money to pay your

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rent, you may also be eligible for a Discretionary Housing Payment. You can find out more at www.bristol.gov.uk/housingbenefit

If you and your partner are not in one of the groups noted above and you are below state pension age, you could claim Universal Credit for help with your housing costs at www.gov.uk/how-to-claim-universal-credit

If you already receive Universal Credit but it doesn't provide enough money to pay your rent, you may also be eligible for a Discretionary Housing Payment. You can find out more at www.bristol.gov.uk/housingbenefit

We can give you the advice and support you need to fill out the right forms for your particular situation. You can call our Citizens Service Point on **0117 922 2000** or visit in person at 100 Temple Street, Bristol, BS1 6AG.

You can also contact the national Citizens Advice 'help to claim' service:

Call: Freephone **0800 144 8444**

For online advice visit: www.citizensadvice.org.uk/helptoclaim

Welcoming Spaces open across Bristol

A network of Welcoming Spaces is now open across Bristol in a range of venues for residents to access warmth, advice and social interaction over the autumn and winter.

Each venue will be responding to community priorities, which means what happens in each space will vary, but could include Wi-Fi, access to electrical charging points, activities and community meals. There will also be support provided by city-wide organisations, including practical advice about finance, emotional wellbeing, mental health and employment and skills.

To find out where your nearest Welcoming Space is, visit www.bristol.gov.uk/costofliving or call the We Are Bristol helpline on **0800 694 0184**, Monday to Friday 8.30am to 5pm.

News from Bristol City Council

Saving on your energy bills

With the recent rise in energy prices, many citizens are concerned about how much their bills will go up. You can check if you're eligible for help at

www.bristol.gov.uk/older-people-s-benefits or claim pension credit by calling:

Telephone freephone **0800 99 1234**

Textphone **0800 169 0133**

If you need an interpreter call **0800 99 1234**

Here are 10 tips to help you reduce your energy bills. You can also check if you're eligible for help at **www.bristol.gov.uk/benefits-financial-help**

1. Turn your appliances off standby mode and you could save around £55 a year.
2. Consider getting draught-proof windows and doors so you don't lose heat. There are DIY options available as well as professional services.
3. Turn off your lights when you're not using them and replace all lights in your home with LED bulbs.
4. Use your washing machine on a 30-degree cycle instead of higher temperatures.
5. Avoid using the tumble dryer and dry clothes outside or on racks where possible to save around £55 a year.
6. Keeping your shower time to just four minutes could save a typical household £65 a year on their energy bills.
7. Swap having a bath for a shower.
8. Be careful in the kitchen – avoid overfilling the kettle and only boil the amount of water you need.
9. Only run your dishwasher when it is full to reduce the amount of water you use.
10. Top up your insulation – effective insulation of your hot water cylinder is important and is available from most DIY stores.

Reducing your energy use also reduces your carbon use, so you'll be benefiting the climate as well as your finances.



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Benefits and financial help

If you are struggling to manage your money or are facing financial challenges, there is advice and support available to you.

The government has introduced Cost of Living Payments to those who are eligible. For full details visit www.gov.uk/guidance/cost-of-living-payment

If you are receiving Pension Credits:

The government will have given you a £326 Cost of Living Payment on or after 14 July 2022 and you'll get a second payment of £324 in the autumn.

If you are of state pension age and get Winter Fuel Payments:

If you're entitled to a Winter Fuel Payment for winter 2022, you'll automatically get an extra £300 with your normal payment in either November or December.

Other support available includes:

- local crisis and prevention fund – if you're going through a one-off crisis and need emergency help, you can apply for support. It includes small emergency payments for food and energy or new or second-hand household goods visit www.bristol.gov.uk/lcpf
- if you need help with council tax you could apply for council tax reduction. Visit www.bristol.gov.uk/ctr

If you think you might be eligible to claim welfare benefits that you don't currently receive, you can use the council's benefits calculator to help find out what you could claim at www.bristol.entitledto.co.uk/home/start

If you have been refused benefits you can find help at www.acfa.org.uk

Click on the 'Get help' tab, then put your postcode into the search box and all the advice agencies that cover your area will come up. Click on each one listed to see their descriptions and contact details.

If you do have access to the internet, a cost of living support hub is available on the council's website, with more signposting, useful websites, community organisations, advice and guidance to help you through the rising cost of living. Visit www.bristol.gov.uk/costofliving

News from Bristol City Council

Climate action in Bristol

We've loved hearing your stories of Bristol residents who are taking climate action in their own ways by cutting down consumption and waste. Jim and Nobby fix things for people in their community and Becky has stopped buying new clothes and gets everything second-hand.



If you're keen to join them why not try fixing, borrowing, swapping, hiring or buying second-hand. If you have to buy new, buy local.

For ideas on how to save money, improve your health and do your bit for the climate, visit www.bristolclimatehub.org.uk

Bright Green Homes

You may be eligible for funding for a wide range of energy-saving measures worth up to £25,000, including cavity wall insulation, loft insulation, double-glazing and energy efficient doors through the Bright Green Homes scheme.



Bristol City Council has secured more funding from the government to help eligible households improve their home's energy efficiency, reduce energy costs and lower carbon emissions.

You may be eligible if you:

- live in Bristol, North Somerset or Bath and North East Somerset
- own or rent a property that does not use gas central heating
- have a valid Energy Performance Certificate with a rating of D, E, F or G
- have a combined annual household income of up to £30,000 per year

Find out more and apply on the Energy Service Bristol website:

www.energyservicebristol.co.uk/funding

If you have any questions or need help with the application, please contact the Energy Service Bristol team on **0117 352 1180** or email domestic@energyservicebristol.co.uk

News from Bristol City Council

Bristol's Clean Air Zone starts Monday 28 November 2022

Poor air quality affects everyone in the city. Bristol is introducing a Clean Air Zone in November to reduce harmful and illegal levels of pollution from traffic.

No vehicles are banned but older and more polluting vehicles will be charged to enter the zone. It's easy to check if your vehicle will be charged with the government's Clean Air Zone checker tool at www.gov.uk/clean-air-zones

Temporary exemptions to the Clean Air Zone charge are available to certain groups, including residents in the zone and hospital patients, to give them more time if they need to replace or upgrade their vehicle. You can read more about exemptions and apply for them at www.bristol.gov.uk/cleanairzoneexemptions

From Monday 28 November, charges must be paid via the government's online payment system at www.gov.uk/clean-air-zones or by calling their Clean Air Zone Support Centre on **0300 029 8888** – open Monday to Friday 8am to 7pm and Saturday 8am to 2pm. Please note, you will not receive a written notification or an alert when you have entered the zone and a payment is due. You are responsible for managing all payments. You can pay the charge to enter Bristol's Clean Air Zone from up to six days before until six days after you enter the zone. If you do not pay the charge before the end of this window you may be issued with a Penalty Charge Notice of £120 – which is reduced to £60 if you pay it within 14 days.

We want everyone to think about what they can do to help improve air quality in the city. That could be using your car less for shorter journeys and using public transport more. Don't forget, older citizens are entitled to free bus travel and can apply for a free bus pass on the government website: www.gov.uk/apply-for-elderly-person-bus-pass



Find out more about Bristol's Clean Air Zone and how it will operate on our website: www.bristol.gov.uk/cleanairzone

News from Bristol City Council

Bristol Museums winter events

Bristol Museums have a whole host of events on this winter. There is something for everyone, from a historical walk to a fascinating talk from the comfort of your own home.

Winter Lectures have been running since 1948 and for the first time you can attend in person or online. Coming up on Tuesday 13 December is a lecture on the history of Christmas.

Lunchtime talks take place each month on a variety of topics, such as art and archaeology.

There are Regional History talks in partnership with the Regional History Centre at University of the West of England Bristol (UWE) exploring the history of Bristol and the surrounding area.

If you fancy getting out and about, there are regular behind the scenes tours of M Shed and walks around various parts of the city led by our volunteers. And, of course, we have exhibitions such as 'We Were Everywhere: world war experiences from pre-partition India' and 'Wildlife Photographer of the Year'.

In February 2023, we will be celebrating the Year of the Rabbit for Lunar New Year (Chinese New Year), a joyous event with our community partners featuring lots of colourful performances and activities.

Most events are free or pay what you can.

Visit www.bristolmuseums.org.uk/whats-on or call **0117 922 3571** for more information and to book your place.



Bristol Museum & Art Gallery, Queens Road, Bristol BS8 1RL



MShed, Princes Wharf, Wapping Road, Bristol BS1 4RN

News from Bristol Older People’s Forum

BOPF Open Forum in-person event at Triodos venue

Thursday 24 November 2022, 10.30 am – 12.30 pm



Our BOPF Open Forum meeting on Thursday 24 November 2022, will be an in-person event, giving our BOPF members and other older people who are not online the opportunity to attend. There will be refreshments and time to mingle.

Location: The event will take place at the Triodos Foundation venue in the centre of Bristol, one minute’s walk from the City Hall/Cathedral/Park Street.

Address: Lower Ground Floor, St George’s Road, Bristol, BS1 5BE

For further information:

Website: www.bopf.org.uk/event/bopf-open-forum-thursday-24-november-2022

Email: bopfadmin@ageukbristol.org.uk Tel: 0117 927 9222.

BOPF Meeting Dates 2022 – 2023

BOPF Open Forum Meetings, Thursdays 10.30 – 12.30
2023: 23 Feb, 20 Apr, 8 Jun, 13 Jul, 21 Sept, 23 Nov
BOPF Challenging Ageism Workshops, Thursdays 10.30 – 12.30
2022: 17 Nov, 15 Dec
2023: 19 Jan, 30 Mar, 11 May, 29 Jun, 14 Sept, 16 Nov
BOPF Meet-up Mornings 2023, Wednesdays 10.30 – 12.00
2023: 2 Nov, 7 Dec
2023: 8 Feb, 15 Mar, 26 April, 17 May, 14 Jun, 5 Jul, 6 Sept, 11 Oct, 8 Nov, 6 Dec
For further information: www.bopf.org.uk email: bopfadmin@ageukbristol.org.uk

News from Bristol Older People’s Forum

Roy Hackett OBE and MBE 1928 – 2022



It is with great sadness that our long-standing member Roy Hackett OBE and MBE has passed away at the age of 93.

In 1963, Roy was one of the leaders of the Bristol Bus Boycott, a successful protest movement to overturn a ban by Bristol Omnibus Company on employing Black and Asian drivers and conductors.

At the time it was legal for British companies to discriminate against someone because of the colour of their skin. Roy, along with campaigners Paul Stephenson, Owen Henry and Guy Bailey, led the bus boycott protests, which resulted in the company

changing its policies and helped to bring about the Race Relations Acts of 1965 and 1968.

Roy was also the co-founder of the Commonwealth Coordinated Committee and worked tirelessly to set up the St Paul’s Carnival in 1968.

In later years Roy said: **“I was born an activist and it was my duty to challenge racism whenever I saw it.”**

Born in Jamaica, Roy moved to Bristol in 1952. He was appointed an OBE in 2009 and an MBE in 2020 for his campaign work.

At the time of Roy’s MBE in 2020, fellow BOPF member Tony Wilson wrote:

“Roy is the best example I know of why and how Bristol changed from a place of exclusion and division when he first came here, to become a much-admired city of welcome and inclusion. Roy, a long-time member of BOPF, is a gentleman, an influencer, a doer, innovator, role model, happy soul and good friend to many people of all backgrounds.”

Our thoughts are with Roy and his family at this sad time.

BOPF Board of Trustees



News from Bristol Older People's Forum

Fall-proof Strength and Balance Plan, Westport – Inspiring Active Lives



Fall-proof strength and balance exercises keep you steady, strong and able to get out and about doing the everyday things you love to do! We have a range of easy-to-follow exercises that can be done alongside your daily routine. The strength and balance plan is made up of a booklet to guide you, strength and balance exercise videos you can follow and Move to Improve cards to prompt you to work on your strength and balance.

You can download a digital copy of the Fall-proof Booklet and Move to Improve cards from our website www.fallproofwest.org.uk Alternatively, you can pick up printed copies at one of the pick up points below:

Knowle West Health Park, 5 Knowle West Health Park, Downton Road, Bristol, BS4 1WH.
0117 377 2255 – ask for Kathleen and Kathy.

Wellspring Surgery, Beam Street, Redfield, Bristol, BS5 9QY

Greenway Centre, Doncaster Road, Bristol, BS10 5PY – ask for Cecilia's team.

Keep up to date with all things Fall-proof on our Facebook page: [@Fallproofwest](https://www.facebook.com/Fallproofwest)



The right carer can transform your life.

At Curam we know first hand how important it is to be able to choose a carer who fits your needs.

We have carers based in Bristol who are experienced, vetted & DBS checked.

Browse carers' profiles on our website or post your carer opportunity free of charge so carers get in touch with you. You can manage this with our easy-to-use app, website or give us a call.

www.curamcare.com 01387 730766

News from Age UK Bristol

Memory Connections



Memory Connections run groups for people living in Bristol with mild to moderate memory loss. The sessions improve memory skills, build confidence and offer the opportunity to socialise in a fun and supportive environment. Group members will be able to take part in meaningful and stimulating exercises, proven to help maintain memory and mental functioning.

Memory Connections runs weekly for one or two-hour long sessions, which include a variety of activities proven to improve cognition, independence and wellbeing. They use a model called Maintenance Cognitive Stimulation Therapy which is the only non-drug treatment recommended by the National Health and Care Excellence for people living with dementia.

Some of the activities that you can expect in any of these sessions include:

- discussions on topics of interests
- word games and quizzes
- physical activities
- creative and musical activities

Each session costs £10, or £5 for those on pension credit. The first session is free to try before you buy and after that sessions are paid for in six-week blocks.

Call Jo Youde, Project Co-ordinator, on **0117 929 7537** or email at **MCST@ageukbristol.org.uk**



News from Age UK Bristol

Home Support service

Our Home Support service provides friendly and trustworthy help to live independently at home and to get out and about. Our emphasis is on providing the support that you feel you need and on doing things together wherever possible so that you can live your life the way you want. Age UK Bristol staff are fully trained, reliable and caring and the service is designed to be safe and Covid-conscious.

Some examples of the ways that we can help include:

- light household tasks
- sorting paperwork and organising bills with you
- companionship, for those either living alone or for when a family carer goes out
- going out to appointments, a social group, a cafe or for a walk

Please call **0117 987 8399** or email **homesupport@ageukbristol.org.uk** to access the service or to find out more about the help we can offer.



The Support Hub

SUPPORT HUB for older people

The Support Hub is a partnership of local organisations offering free or low-cost practical, social and emotional support to people over the age of 50 living in Bristol. The Support Hub originally formed in response to the COVID-19 pandemic but has now continued to run as a forum offering a joined-up approach to services aimed at older people.

Examples of help available are: benefits checks to ensure you're getting the money you are entitled to, handyman services, virtual and in-person activities and events, and befriending.

If you'd like to speak to someone about any of the services outlined, you can contact the Hub via Age UK Bristol's helpline on **0117 929 7537** or email **admin@ageukbristol.org.uk**

If you have time, could you volunteer with Support Hub partners?

Since it established, the Support Hub has benefited from the time and experience of volunteers and we are often recruiting for more people to join us. This could involve taking calls on the helpline, being a befriender or helping to run some of the activities. Each Support Hub partner will have different needs and requirements. You can find out more about the Support Hub partners on the Age UK Bristol website and contact them directly at **www.ageukbristol.org.uk**

Support Hub Partners feature:

Bristol After Stroke



Bristol After Stroke is a local charity who provide support to people and their families following a stroke. They offer one-to-one support to help people access the assistance that they may need. They also run a number of groups, one of which is a fabulous volunteer-led Walking Football Group.

Andy, one of the group leaders, says: **“It’s more than just playing football, it’s a group of people meeting weekly as friends, having a bit of fun while improving our physical and mental health. Some players when starting with the group played with the aid of a walking stick. Now after a number of months they have found that their balance has improved and their confidence has grown and the walking aid has been discarded.”**

The sessions are run weekly on a Tuesday morning at Horfield Leisure Centre. The group has men and women of all abilities. Contact our office on **0117 964 7657** for more information.

News from Age UK Bristol



Walking Football Group

The Reader

Try Shared Reading in Bristol. Meet people, feel connected and share experiences.

“It has become my one opening to the world.” – Group member

Shared Reading brings people together through great literature to talk, laugh and share. Each week we read and listen together to something new and talk about it. We can talk about it in any way we want to. There’s no pressure to talk or read aloud.

Shared Reading groups in Bristol:

- St Paul’s Library, Grosvenor Road, BS2 8XJ, Mondays 2pm
- Redland Library, Whiteladies Road, BS8 2PY, Tuesdays 2pm
- Henleaze Library, Northumbria Drive, BS9 4HP, Wednesdays 2pm
- St Anne’s House, St Anne’s Road, BS4 4AB, Wednesdays 10.30am
- Bishopston Library, Gloucester Road, BS7 8BN, Thursdays 11.30am
- Redcatch Community Garden, Redcatch Park, BS4 2RD, Fridays 12pm

All groups are free and drop-in. No need to book. Sessions last about 1.5 hours.

Visit www.thereader.org.uk or call **0151 729 2200** to find out more.



News from Age UK Bristol

The Marmalade Trust

Since 2013, Marmalade Trust has hosted Christmas Cheer, Christmas Day events at pubs and restaurants in the Bristol, North Somerset and South Gloucestershire areas for older people experiencing loneliness.

Marmalade Trust wants to make this Christmas a year to remember for people who have been even more isolated and lonely because of the pandemic. We are planning 50 mini events in restaurants across the region on Christmas Day which will be supported by our incredible Marmalade volunteers. Marmalade Trust will also offer Christmas Day doorstep visits to people who are unable to leave their homes.

If you or someone you know could benefit from being part of Christmas Cheer 2022, please see further information, eligibility criteria and how to apply or refer on the Marmalade Trust website: www.marmaladetrust.org/christmas



For every older person in the city to be an equal, valued and participating member of the community, able to influence policy and decision-making, challenge ageism and promote Bristol as an *Age-Friendly City*

BOPF Diary Dates 2023

BOPF Open Forum Meetings

Thursdays 10:30 - 12:30

23 Feb, 20 Apr, 8 Jun, 13 Jul, 21 Sept, 23 Nov

BOPF Challenging Ageism Workshops

Thursdays 10:30 - 12:30

19 Jan, 30 Mar, 11 May, 29 Jun, 14 Sept, 16 Nov

BOPF Meetup Mornings, Wednesdays 10:30 - 12:00

8 Feb, 15 Mar, 26 April, 17 May, 14 June, 5 July, 6 Sept

11 Oct, 8 Nov, 6 Dec

For further information: www.bopf.org.uk

email: bopfadmin@ageukbristol.org.uk

Tel: 0117 927 9222