

BOPF Open Forum at Triodos Foundation

Thursday 16 April 2026, 10:30 - 12:30

Triodos Foundation venue, Lower Ground Floor, St George's Road, Bristol, BS1 5BE

MINUTES

Attendance	<p>Trustees: Christina Stokes, Chair (CS), Shelley Lanchbury, Deputy Chair (SL), Helena Thompson, Treasurer (HT), Pat Foster (PF), Joanne Goldsworthy (JG), Eileen Means (EM), Gloria Morris (GM), Lyn Porter (LP), Nigel Varley (NV)</p> <p>Staff: Minutes: Yolanda Pot, Finance and Administration Manager; Ian Quaife, Director; Suzi Mackenzie, BOPF Project Coordinator; Annali Grimes, NT Project Worker, Lauren Hinks, NT Project Support Worker.</p> <p>Attendance: 36 (Members: 28, Non-members: 8)</p>
Apologies	David Jepson (DJ), Trish Mensah (TSM), Tara Mistry (TM)
1.	<p>Chair's Welcome, housekeeping and introductions. Christina welcomed everyone.</p>
2.	<p>BOPF Minutes of the previous meeting The minutes of the meeting held on 12 February 2025 were approved as a true and correct record. Proposer: Eileen Means, Seconder: Lyn Porter. There were no matters arising.</p>
3.	<p>Bristol Dementia Wellbeing Service, <i>Reducing risks of developing dementia</i>, Jane Brown, Community Development Coordinator</p> <p>What is dementia? Dementia is an umbrella term to describe a group of symptoms. It's caused by different diseases that damage the brain. The symptoms get worse over time and include:</p> <ul style="list-style-type: none"> • memory loss • confusion and needing help with daily tasks • problems with language and understanding • changes in behaviour. <p>Dementia is progressive, which means symptoms may be relatively mild at first, but they get worse over time.</p> <ul style="list-style-type: none"> • Five things we want everyone to know about dementia • Dementia is not a natural part of ageing • Dementia is caused by diseases of the brain • Dementia is not just about losing your memory • There is more to the person than the dementia • A little understanding makes a big difference

	<p>How communication maybe affected</p> <ul style="list-style-type: none"> • Losing the thread of a conversation • Forgetting particular words • Word substitution • Reading and writing • Social conventions • Expressing emotions • Losing speech/ mother tongue <p>Risk factors you can change - ways to reduce your risk</p> <ul style="list-style-type: none"> • Be physically active • Don't smoke • Stay mentally and socially active • Eat healthily • Drink less alcohol • Take control of your health <p>Information and support Bristol Dementia Wellbeing Service Local contact details: Access Point: 0117 904 5151 Monday-Friday 8am-6pm Alzheimer's Society Dementia Connect Support line(for National enquires): 0333 150 3456 Both services have access to telephone interpreters where needed.</p> <p>Q&A Q1: What is the difference between Alzheimer's and dementia? A1: Dementia is an umbrella term that includes Alzheimer's. Q2: What is CST Training? A2: Cognitive Stimulation Therapy Q3: I wouldn't want to know if I had dementia because, because this would make me even more anxious A3: There is a clear pathway to diagnosis via your GP. The Bristol Dementia Wellbeing Service can also diagnose. Q4: Is there a benefit to being diagnosed early? A4: Diagnosing early allows you to better manage your symptoms. Also, the symptoms are not always dementia.</p>
<p>4.</p>	<p>BOPF Project Work Update, Ian Quaife, BOPF Director IanQ introduced Annali and Lauren who spoke about the Nature Together Project. Annali spoke a bit about possible ideas that had been suggested including: carrying out an audit, producing the first NT newsletter, creating stories as a way to engage people, building a social media presence to engage younger people and looking at what groups and individuals can do. Lauren spoke about two walks they will be running. The Festival of Nature will be running in the first week of June and there will be activities in the city centre.</p>

Suzi spoke about the Death Cafe.
 We will be launching our Food film on Monday 27 April 2027, 2:00 - 3:30 pm at the Create Centre. B-Bond Warehouse, Smeaton Road, Bristol, BS1 6XN, Meeting Room 3D
 We are now sending out e-bulletins about once a month instead of individual email for each event. This will be as well as our print newsletter, which has just gone out to our members

You will find our BOPF meeting dates below and on our website:
www.bopf.org.uk/information-hub/bopf-meeting-dates-2026
 If you are a BOPF Member you will receive information about these events, including how to book, in our new BOPF e-bulletins. If you are not a member and would like to sign up, you can complete our BOPF membership form online:
www.bopf.org.uk/about/become-a-member/apply-online

<p>Open Forums 2026 Thursdays 10:30 - 12:30 Triodos Foundation venue, Lower Ground floor St George's Road, Bristol BS1 5BE 12 Feb, 16 Apr 25 Jun, 20 Aug BOPF AGM: 22 October 3 Dec</p>	<p>Challenging Ageism Workshops 2026 Wednesdays 10:30 - 12:30 Online (Zoom) 21 Jan, 18 Mar, 13 May 8 July, 16 Sept, 11 Nov</p>	<p>My Music, My Memories and Me! 2026 Fridays 13:30 - 16:30 Bristol Beacon, Trenchard Street, Bristol, BS1 5AR 27 Feb, 17 Apr 19 Jun, 4 Sept, 30 Oct, 4 Dec</p>
<p>Housing Action Group 2026 Mondays 15:00 - 16:30 Online (Zoom) 9 Feb, 13 Apr, 22 Jun 7 Sept, 16 Nov</p>	<p>Death Café 2026 Tuesdays 10:00 - 12:00 The Courts, Bridewell St Bristol, BS1 2QD 24 Mar, 5 May, 14 July 22 Sept, 10 Nov</p>	<p>Food Film 2026 27 April 2027 2:00 - 3:30 pm The Create Centre B-Bond Warehouse, Smeaton Road, Bristol, BS1 6XN</p>

5. **SARSAS, Stall and presentation, *Listening, believing and supporting***
 Ali Smith, Office Manager and EDI Co-Lead
 Ali couldn't make it. Jenny Benson, Community Partnership Lead spoke instead.
 Somerset and Avon Rape and Sexual Abuse Support (SARSAS)
 SARSAS provide a range of different services for anyone who has been affected by rape and sexual abuse at any time in their life, including helpline, e-support and live chat, learning disability and autism support, counselling, group therapy and yoga.

6. **BREAK Coffee** - There was a raffle just after the break

<p>7.</p> <p>Action: IQ</p>	<p>Bristol Temple Quarter, St Phillip Marsh update, Jane Greenaway, Consultation and Engagement Project Lead, Bristol Temple Quarter Jane Greenaway offered to arrange a walk around Bristol Temple Quarter for BOPF members.</p> <p>Action: Ian Quaife to follow this up with Jane.</p> <p>Regeneration Overview</p> <ul style="list-style-type: none"> • Transformation of Bristol Temple Meads Station with 4 new or improved entrances • 10,000 new homes in a mix of types and tenures • New retail and commercial offering across the area – up to 22,000 jobs • New University of Bristol Enterprise Campus focused on innovation and business • Improved public transport, walking and cycling routes, making travel easier, greener and better connected • Opportunities for green networks & improved public open spaces • New secondary school at Silverthorne Lane. <p>Q1: Could there be less taxis by the entrance of the station. A1: There will be accessible parking and taxis. Q2: The development won't cater of young people who are unemployed and people who need affordable housing. A2: We have an inclusive growth strategy. We support the City of Bristol College and an Academy to upskill people and link to developers. Q5: Do you have any drop-in stations with models? A5: We have a hub space on the corner of Castle market road and Temple gate. We have a floor map with different areas. There are walks to show you the different areas. CS: I went on a walk and it made everything clearer. There lis the Temple Quarter Accessibility advisory groups with representatives from BOPF, the deaf community, sight loss council, WECIL</p>
<p>8.</p>	<p>BOPF OPEN FORUM NigelV – there are copies of the NPC Newsletter on the table</p>
	<p>Close Open Forum meeting - 12:30 hrs</p>
<p>Next Open Forum: Thursday 25 June 2026, 10:30 - 12:30 Venue address: Triodos Foundation venue, Lower Ground Floor, St George's Road, Bristol, BS1 5BE Signed by Chair: Christina Stokes, Date:</p>	