

Kurling, Crafts, Choirs and much more
Workshop Strand 1
Brave New World Revisited 2016 – VCSE Conference

Workshop Speakers:

Beryl Hughes, Beesley Kurlers

Ruth Holland, Beesley Kurlers

Christine Barwood, Agnes Hopkins Centre

Carole Hardman, Agnes Hopkins Centre

Sue Norbury, Guild Hall Luncheon Club

Patsy Latham, Weaste Women's Health & Craft Group

Christina McKnight, Weaste Women's Health & Craft Group

Viv Allaby, Weaste Women's Health & Craft Group

Facilitator Alison Jones

Alison introduced the workshop and informed the groups that the Little Pot of Health grants have identified the extent of the different community groups which make a difference to older people in Salford.

Alison discussed the Care Act 2014 which is to “enable access to mainstream community resources such as accessible leisure facilities, safe town centres and community groups that can reduce the social and physical isolation which in itself may increase the risk of abuse or neglect;”.

Alison discussed the five ways to wellbeing:

- Connect
- Be active
- Take Notice
- Keep Learning
- Give

Four groups gave a presentation on what services they provide and the effect this has on the community.

Beesley Kurlers (Beryl Hughes and Ruth Holland)

Beesley Kurlers began five and half years ago and was originally set up by the Salford Health & Wellbeing Team. We currently have 31 members and a waiting list of a further 4 (used to be 12) with the majority aged 80 or over. All members look forward to the gentle exercise and friendship. If anyone is sick, other members help out and contact to check they are ok, send get well cards and let them know the group are thinking of them.



The group attends one match a month where they get to meet other teams, go on outings together and even came out of the house in the snow to attend kurling. It's a huge benefit to the members to have somewhere to go and get out of the house rather than sitting alone getting lonely and depressed. The group has additional benefits for the members gentle exercise helps them be fit and agile, more mentally alert and less depressed with a reduced need for carers.

Four members have had hip replacements and came back to kurling after just 6 weeks, this helped reduced the impact on the NHS. Another member with a long term health issue has had a doctor comment on the noticeable positive change from attending the group.

Agnes Hopkins Centre (Christine Barwood and Carole Hardman)

The Agnes Hopkins Centre has been in existence since 1955, 61 years. It started as the Mayor Agnes Hopkins had a vision that older people were looked after and to reduce isolation, this vision has been built on ever since. The centre currently has 24 volunteers and two part time members of staff. The volunteers are greatly valued by the centre and the program could not run without them, they are all local residents and have the knowledge on what the needs of the local community are and how to approach people.



The centre holds a luncheon club which provides a healthy meal and raises awareness of healthy eating as well as reducing isolation of the members. Members often say that they would not know what they would do without the club.

Agnes Hopkins Centre also offers other activities with Tai Chi, flower arranging, line dancing, and indoor kurling providing members with gentle exercise learning new skills and creating friendships therefore the members are more socially included.

A case study was discussed where a referral was made to the centre due to health reasons and the positive impact attending the centre had on this person's health.

The centre has had a lot of changes in the last 12 months with a new management team in place, development of an acoustic room which can be used as a cinema with a Cinema Club due to open in April, the room can also be used for meeting and

courses. The centre has also introduced cookery courses, a community skill share programme, member's monthly draw and has also has a new website.

Agnes Hopkins Centre are finding lots of older people are still working and therefore are looking to extend their opening to evening and weekends.

RVS Guild Hall Luncheon Club (Sue Norbury)

The RVS Guild Hall Luncheon Club has been established for 30 years originally set up for social services. Over the years changes have been made with the biggest change in 2014 when meals on wheels and funding from social services came to an end. The club wanted to continue and therefore had to source their own funding and supplier. City Wide Catering were sourced for the meals and have provided a great service. With regards to funding the club identified this as a big issue, but have been successful with funding from Community Committee, Duchess of Lancaster and Salford 4 Good.



The aims of the club is to help reduce isolation and loneliness, prevent malnutrition, reduce depression and increase social interaction.

Currently the club has 16 members on register all of who live alone, some suffer from depression due to loneliness and bereavement. Members enjoy coming every week and make an effort to come to enjoy the healthy nutritious meal meet friends, have a chat and reminisce. Many of the members stay after the lunch to chat more or play dominoes which helps to keep mentally alert and help with arthritis in fingers.

The club noted a change in the trend where people who are around 60 will not necessary go to a luncheon club which is mainly attended by people who are aged 70 and over.

Weaste Womens Health and Craft Club (Patsy Letham, Christina McKnight and Viv Allaby)

The group started with 4 members and now have 34 member all with different health issues, tasks are delegated with no on person in charge which makes everyone feel included and part of the group.



womans health

The group have found they need to plan in advance as they only have a two and half hour session once a week. Therefore they have set in place that every four week they have an additional half hour to plan what to do in following four weeks, all members feel included and can express an activity they would like to try.

The session starts with a 15 minute exercise before going on to activities such as healthy eating, dancing (sat down), jewellery making, card making, knitting, crochet, stamping, painting, flower arranging and making pomp on blankets. Speakers have been to the sessions to discuss diabetes, healthy eating and health and wellbeing overall.

The positive health benefit of attending this club was discussed and for several members it reduced isolation, they made new friends and it gave them something to look forward to.

The group's main aim is to enjoy yourself and have created a song which the group sings.

Group Discussions

A discussion took place on engaging men as some groups are finding it hard to engage men.

What more can be done to support older activity in Salford?

- Connecting people with a directory of services with detail on the activities taking place where, when and contact details.
- Groups don't know about each other - how can groups get to know about other Salford Groups.
- Patsy asked people to send information on what activities other groups have and where and when they happen to her as looking to create a leaflet of services.