

MINUTES OF CASTLEREAGH LIFESTYLE FORUM ANNUAL GENERAL MEETING HELD ON THURSDAY 1ST FEBRUARY 2018 AT BRADFORD COURT AT 11AM

1. CHAIR'S WELCOME

The Chair gave a warm welcome to everyone. Also Martin Towers who is working with Engage with Age to assist us in finding new members.

2. PRESENT

Laurence Ferguson, Adviser, Belfast Health and Social Care Trust

Gareth McCausland, Lisburn and Castlereagh Age Friendly Co-ordinator

Mabel Johnston (Chair) Dolly Misra (Secretary), Isobel Brown, Jean Edgar, Kate Glackin, Kenneth Jamison, Ann Johnston, Jean McMillan, Grace Murphy, Helen Proctor, Connie Rodgers, Pearl Steele, Dorothy Stevenson

3. APOLOGIES

Jean Faulkner, Indira Laugee, Eileen McClure, David McCullough, Jim Steele

4. PREVIOUS AGM MINUTES AGREED

One amendment – (add Helen Proctor's name as present). No other changes - the previous AGM Minutes were proposed by Jean Edgar and seconded by Kenneth Jamison.

5. TREASURER'S REPORT ON FINANCES

Annual Statement of Accounts for year end March 2018 and independent examiner's report circulated at meeting.

6. CHAIR'S BUSINESS

Mabel thanked the committee for the support they gave throughout the year, also Laurence (BHSCT Adviser) and Gail (LCCC facilitator) and the loyalty of members attending monthly meetings. The Chair went on to say that Castlereagh Lifestyle forum focuses on health and well-being, community safety and social isolation of older people. Speakers and social events are arranged to give variety to the particular needs and self awareness on how to stay healthy and well.

7. ELECTION OF NEW COMMITTEE

At this point Laurence Ferguson took over the Chair for the election of new committee. The present committee were then stood down. Rosemary Ruddy had forwarded her resignation from role as Treasurer due to ill health. Grace Murphy previously mentioned that she did not wish to be elected as Treasurer or any other role. The election of new committee was by voting slips. Laurence collected these and the majority result was Mabel and Dolly were re-elected to their previous role as Chair and

Secretary, Kate Glackin was nominated as Treasurer. Kate declined the offer. Laurence then put it to the floor if anyone was interested in the role of Treasurer. Kenneth Jamison agreed he would accept position of Treasurer. Laurence also asked for a further two members who would support the committee. Kate Glackin and Pearl Steele both agreed that their names go forward.

8. CASTLEREAGH LIFESTYLE NEWLY ELECTED COMMITTEE

Mabel Johnston – Chair, Dolly Misra - Secretary, Kenneth Jamieson - Treasurer
Kate Glackin and Pearl Steele support to the committee.

9 GUEST SPEAKER

Mabel introduced the Chief Executive Officer, Age Sector Platform, responsible for the People's Parliament. Eamon Donaghy gave an overview of the work of People's Parliament and he invited members to ask questions. Everyone found the information informative and useful.

10. ANY OTHER BUSINESS

Trip to Carlingford– final date to be discussed at next meeting.

11. DATE OF NEXT MEETING

Thursday 1st March 2018 at Bradford Court.

12. ANY OTHER BUSINESS

As there was no further business meeting closed at 12.30pm approx.

CLF Activities throughout the year as follows:

Two workshops attended by facilitator, adviser and members on how best to connect with the wider geographical spread of Castlereagh Seniors. Public transport does not link with South and East Castlereagh surrounding areas of Lisburn and Castlereagh City Council. Other alternatives were discussed ie use of mini buses with volunteer drivers and car sharing. Representatives from groups to meet twice per year at Lagan Valley Island where community issues etc could be discussed with service providers, Councillors and others.

Speakers: Living and coping with Dementia. Leaflets and contact information circulated to those attending with sufficient information to bring back to their own groups.

Advice on the importance of Health Eating to sustain good health and well-being. Light chair aerobics followed by a time of meditation to keep mind and body active.

Awareness of Scams, eg cold callers, identity theft etc. After talk there was time for questions and answers. Leaflets explaining scams and contact numbers were circulated to members.

Safety in the Home and keeping warm and well during cold spells.

CLF joined Intercultural group for a taster session of Arts and Crafts and food sampling.

Talk about Funeral Plan with time afterwards for questions and answers. Literature circulated.

CLF 20th Celebration of Two Decades. Invitations were extended to groups throughout South and East Castlereagh. Around 50 Seniors attended the celebration of Afternoon Tea, music, dancing and getting to know one another. Also in attendance Deputy Mayor of LCCC and Castlereagh Councillors.

Visit to meet South West Ageing Partnership (SWAP) (Fermanagh and Omagh) at Visitors Centre, Enniskillen. We heard how their Board works and together we looked at what Castlereagh Lifestyle forum could aspire to. They are skilled at representing views of older people to decision makers. After lunch we were taken on a guided tour of museum.