

Elderly Citizens Liaison Forum

A meeting of the Elderly Citizens Liaison Forum was held on Tuesday 30th May 2006.

Present: Councillor Frankland (Chairman); Councillors Mrs Beaumont, Leonard, and Noble; Mrs M Cooper (University of the Third Age); D and Mrs S Parker (Retired Members Association TGWU)

Officer: Mrs T Harrison (LD).

In attendance by Invitation: Mrs G McKenna (Tees Active)

Apologies for absence were submitted on behalf of Councillors Cherrett, Faulks and Salt; Mrs E Chapman (St Johns Living Well); Mrs D Farihurst (Stockton Residents & Community Groups); S Neal (Teesside Pensioners); R Put (Stockton International Family Centre); Mrs D Rose (Age Concern); L Stanley (Royal Naval Association); Alderman Wood (Age Concern Teesside).

Minutes

The minutes of the meeting held on 25th April 2006 were agreed as a correct record with the following amendments:

Conclusion 2 on the last page should read Tim not Time.

Leisure Facilities for Older People

Mrs McKenna informed Members of her role within Tees Active and their aim to increase people's activity through a wide and varied source of activities which are not limited to gyms.

Tees Active had introduced the Active Health Scheme in conjunction with Sports Development. It was a 12 week scheme which had been introduced to assist people in getting back to physical health to a level and in a way that would suit the individual. Activities varied from such things as walking, swimming, Tea dances, Aquafit, line dancing and various others as well as exercising at the gym.

To get on the Active Health Scheme, people could be referred through their G.P or could contact Tees Active directly. Each person would then be assessed by one of Tees Actives qualified assessors to provide the correct level and form of activity. The assessors could also provide dietary health advice.

Individuals on the Scheme would pay a reduced rate of £1.45 per visit for the duration of the 12 week scheme after which people could obtain a leisure saver card which would result in only a slight increase in cost per visit, which would vary slightly depending on the individual's circumstances.

All the general health activities were covered in the leisure saver card.

Members discussed the suitability of the leaflets in relation to the size of print, which advertised the activities to assist the visually impaired to easily identify the activities which were available. People could also access all the information from the internet.

CONCLUDED that

1. The presentation be noted.
2. Mrs McKenna would look into improving the leaflets to assist the visually impaired identify the activities which were available.