
Notes from the Forum meeting Thursday 21st November 2013 held from 2-4 pm at St Peters, Harrogate

Ann Hill introduced herself as the Chair of the Over 50's Forum, welcomed everyone and explained that the theme of the day was Safety.

Martin Powell, Safer Neighbourhood Team at Harrogate Police



Martin highlighted how members can be aware of a range of different safety issues and how to tackle them. Points to remember about Keeping Safe in Winter whilst driving were given along with a checklist to keep in the car. The group were made aware of bogus official callers and some of the tricks they use to gain entry into homes by posing as legitimate trades men and then conning elderly people to part with bank cards and PIN numbers. There are others who commit distraction burglary where you will be distracted by one person while another searches your home for cash or valuables to steal. UV pens were given out so that members could mark their possessions with their postcode and phone number. If your property is ever stolen it then makes it more difficult to sell on.

Identity fraud (also called identity theft) is when somebody pretends to be you. They may do this in order to buy things in your name and leave you and your bank with the bill. There are many ways that someone can steal your identity, including:

- Finding out your bank details
- Taking your passport or driving licence, or copying the details
- Copying your credit card details
- Accessing your personal information through a fraudulent website or email
- Taking junk mail that has your personal information on it
- Going through your dustbin to find receipts or other information

You may not know straight away that your identity has been stolen. It is important that you make sure to protect your details and be aware of any signs that your identity might have been stolen.

Rogue Traders may call at your door to offer to do work on your home or garden. Don't allow anyone to pressure you into agreeing to have work carried out or sign anything on the spot. If you ask them to leave and they don't, call the Police on 999.

Tips to keep you safe: If you are not sure who is at your door, don't open it! Check the identity of the caller by calling the company that they are purporting to be from to verify who they are. Call a neighbour or a friend nearby to come along and check out the caller before opening the door to them.

You should call 101 to report crime and other concerns that do not require an emergency response. For example, if:

- Your car has been stolen
- Your property has been damaged
- You suspect drug use or dealing in your neighbourhood
- Report a minor traffic collision
- Give the police information about crime in your area
- Speak to the police about a general enquiry

You should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened.



Michael circulated with tickets for the bumper raffle.

Kate Rogata, Supporting Older People

Kate explained that Supporting Older People was a local charity that provides services supporting, befriending and improving the quality of life for older members of the Harrogate and District community who may be lonely or isolated, through a social visiting service, outings and social events. They aim to provide one outing a month to a range of different venues such as: Theatre, cinema, country houses and gardens, country fairs, lunches out and scenic drives. They also have a home visiting scheme where they provide company and support to older people. Volunteers spend a couple of hours on a regular basis and support an older person by reading them a newspaper, taking them for a walk, listening to music, playing a game or just chatting over a cup of tea. For further information contact Anne Alblas 01423 531490.

North Yorkshire Fire and Rescue



Malcolm Dunsford, Community Safety Officer at Ripon Fire Station

Malcolm showed a presentation with some different types of fires in action and it was alarming so see how quickly a fire can spread and the damage that can be caused.

Fire Safety in the Home

Most fires in the home can be prevented, by taking some basic and common sense precautions. You need to inspect your home for anything that could cause a fire and take the necessary actions to protect your home and the people who live in it.

Did you know...?

- You're more than twice as likely to die in a fire if you don't have a smoke alarm that works.
- 18 people die each year because the battery in their smoke alarm was flat or missing.
- Over half of home fires are caused by cooking accidents.
- Three fires a day are started by candles.
- Every three days someone dies from a fire caused by a cigarette.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 7,000 house fires across the country every year.



A smoke alarm can give you those precious few minutes of warning which could help you and your family to get out safely if a fire broke out in your home. Test your alarm on a weekly basis. Only working smoke alarms save lives!



Test it

Take care with electrics

- Keep electrics (leads and appliances) away from water.
- Check toasters are clean and placed away from curtains and kitchen rolls.
- Keep the oven, hob and grill clean and in good working order.
- A build up of fat and grease can ignite a fire.

In the event of a fire, get out, stay out and call 999.



Our website!

Our website designed by committee member Jane Malster was launched today. It is easy to navigate and has information on Forum and local events as well as sections on finance, health, travel, care, aids to daily living and social groups. Jane will be present at some Harrogate library sessions and has been showing people around the site and we will be making sure more people have heard about it in the coming weeks.

hgdover50sforum.org.uk

A Voice for Older People in the Harrogate District



(if you are receiving these notes via email just click on the picture or the website address)

North Yorkshire County Council Prevention focus group

Thanks to everyone who came along and shared your views at what was a lively discussion. The discussion has been written up and everyone's points have been included. Copies were available at the meeting but if anyone would like a copy please contact Christine.

North Yorkshire County Council would like to invite you to share your stories about what good care should be and what is important to you in terms of services in the future. Please book by calling 01609 534299 or email domiciliarycare@northyorks.gov.uk

Ripon Forum

The committee is keen to support the development of the Forum into Ripon and outlying areas to ensure that the Forum represents the diversity of people across the rural and urban areas of the District. An event has been arranged on the 16th January from 10 - 12.30 at Ripon Community House to attract Ripon based people who may be interested in becoming part of the forum or acting as a link. The first part of the event is an information session on Wills, Enduring Power of Attorney and means testing for care fees. The speakers are from Berwins Solicitors and they will stay during the break to answer individual questions. If you would like to come along for this session or to help with the event please contact Christine on 01423 813094 or email her on carerstimeoff@harrogatecvs.org.uk

Christmas Lunch

A festive Christmas lunch has been organised at the Majestic Hotel combined with Opening Doors on Monday 2nd December 2013, 12.30pm - 2.30pm. The Saltergate Primary School Children's Choir will perform Christmas carols. Payment is by cheque (made payable to Harrogate Easier Living Project) for £10.50 per person. If you require transport or have any dietary requirements then please let us know.

Next Forum Meeting

The next Forum meeting will take place on **23 January 2014**, from 2-4pm at St Peters Church in Harrogate.



Merry Christmas Everyone!