

60+ GETTING ON LINE PROJECT — ONE YEAR ON



Since we started out on this new project a little over a year ago we have achieved so much for so many people who are now enjoying the social groups we provide. We are helping them to use a computer, to keep in touch with friends and family, use the internet to learn and discover new things they've always wanted to know, play games and shop online safely. There have been many who have learnt how to fill in forms and apply for services online with the support of our volunteers, and those who have bought along their own devices, including smart phones, I pads, and laptops learning how to use these in the way they want, which has given them the confidence to use them at home.

Now I've had help to set up my online shopping account I don't have to worry about getting to the shops. I can order when I come to the group and if I get stuck can get some help.

They showed me how to use my smart phone properly and I can even get my emails on my phone now.

With the help of the digital champion I have set up my own email account and now I can write to my daughter as much as I want. It's great being in contact so regularly.

COMMENTS FROM LEARNERS

I'm looking into getting my prescription ordered online.

My family live abroad but with the help of the volunteers I've started speaking to them using skype. It's wonderful to actually see my granddaughter while we talk.

We offer support to those attending our groups and help them to overcome the issues such as transport, broadband connection at home, and sensory/physical barriers that make it difficult for people to learn at home. The Digital Champions can refer people to the Independent Living Facilitators if there is anyone attending the group who needs another type of support.

Community

The volunteer digital champions receive 5 weeks of training which is funded by the Sharing Prosperity Digital Fund. They run four, two hour groups each week around the city. Each group is being held in our sheltered housing schemes, using the communal broadband supplied.



Social, friendly sessions are held each week at the following locations:

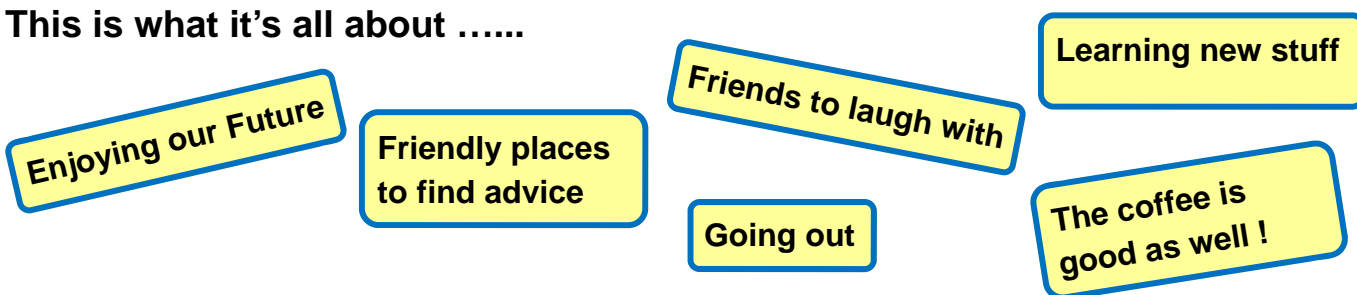
Talbot House Fishers Lane Cambridge, CB1 4JQ	Monday 2pm - 4pm
Whitefriars Chesterton High St, Cambridge, CB4 1NN	Tuesday 10am -12 Noon
Lichfield Training Hall 159a Lichfield Rd Cambridge, CB1 3SH	Wednesday 12.15 - 2.15
Stanton House Christchurch St Cambridge, CB1 1HU	Thursday 10am - 12 Noon

If you would like to join one of our computer groups please contact your ILF for further information or call on 01223 457199 or alternatively you can email us on

independent.living@cambridge.gov.uk

THE FUTURE IS OURS AT MANSEL COURT COMPUTER CLUB

This is what it's all about



This is one of the 60+ getting online projects biggest successes!!!

Mansel Court tenants have taken their social club to the next level and recently started a community led computer group for older people in the city. Their running theme throughout the club is to OVERCOME LONLINESS AND HAVE FUN DOING IT.

This is for sheltered housing tenants and people living in the community. Everyone brings along their own computer/laptop/tablet/smart phone to learn how to get the most out of it. If you don't have your own device to learn on, just come for the coffee and the committee members will do what they can to find something for you to use.

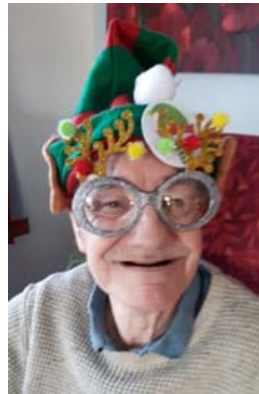
If you are interested in joining please contact Jacqui Goodchild on 07717 515909

SCHEME NEWS

ELF DAY

Staff from The Independent Living Service, Ditchburn Place and tenants in our extra care and sheltered schemes took part in Elf Day during December to raise money for the Alzheimer's Society. Activities included Elf bingo and quiz, tea/coffee mornings, cake stalls, raffles and sponsored elf dress. Thank you to all who took part and raised an amazing **£622.33**.

All schemes should have received a copy of the letter from the Alzheimer's Society "*What a fantastic group of Elves you are! We hope you had fun 'elf-ing' around with your fellow Elves. Your support is greatly appreciated and invaluable and we would be grateful if you could pass on our thanks to everyone in your group*"



CHRISTMAS EVENTS

Various events took place within the schemes over the Christmas period including tree trimming, lunches, raffles, bring-and-buy, and a one-woman panto. The Mill Road Winter Fair was well supported and we would thank those of you who volunteered to help on the day - raising the grand amount of £1,900



SUPPORTED SERVICE UPDATE

As you may be aware, the Independent Living Service has delivered the County Councils Housing Related Support Contract in Cambridge City for a number of years. Following a recent review we are pleased to be able to share with you that the County have commissioned this service from us for a further 3 years. There will be a couple of changes to the service, including a change of name. This is to ensure consistency across all of the 5 districts in the County and reduce confusion about the services on offer in each area. Therefore, from April 2018 the "65+ Service" and the "Sheltered Housing Support" service will be known as **THE VISITING SUPPORT SERVICE**. We will discuss this further with tenants at the Tenant Consultation Meetings in March.

NEWS

DANCING IN THE MUSEUM PROJECT

The Independent Living Service has been working in partnership with the Fitzwilliam Museum for the best part of this year to help co-ordinate the project, which has involved tenants from our sheltered schemes and those that attend our community hub group. If you have access to the internet then do please take a look at the video – **You Tube dancing at the Fitzwilliam Museum** - which shows how this has been of benefit and helped reduced social isolation. The hope is to secure more funding to continue to expand the project so that we can include more people.



CHARITY REMINDER

Just to remind everyone that this year's chosen charity 'Arthur Rank' runs from April 2017 to March 2018. Thank you to all who have contributed so far - there are still a couple of months left for fund raising to increase the amount raised so far which is around £90.00.



FIRST POINT OF CONTACT

USEFUL NUMBERS

These numbers are being provided as your first point of contact should you have any issues you need to report, both during office hours and out of hours. Should you not receive the response you need or have a complaint about the response you receive, then your ILF should be contacted for further support

Tunstall Response	Pull Cord / Activate Pendant
Anti-Social Behaviour	01223 457950
Customer Service Repairs Team:	01223 457060
Out-of-Hours Emergencies:	0300 303 8389
Heating Problems Installed over 12 months ago	Mears - 03332 070 766
Report a Noise Issue	01223 457900
Missed Bins	01223 458282
Police/Fire/Ambulance	Activate Alarm or ring 999
CAMDOC NHS	111
National Grid Gas Emergencies	0800 111 999

EVENTS

SOCIAL EVENT

The Independent Living Service will be holding their annual event on the evening of Friday, 11th May at the Arbury Community Centre with entertainment provided by 'Jukebox Legends'. Posters will be displayed in schemes nearer the time — we do hope you will be able to join us.

ROYAL WEDDINGS

It's going to be a busy year for the Royal's with not 1 but 2 weddings this year.

Prince Harry and Megan Markel's wedding will take place at St George's Chapel, Windsor Castle on Saturday, 19th May.

Princess Eugenie and Jack Brooksbank will marry in the Autumn (date to be confirmed) also at St George's Chapel.

It would be nice to hear about any events you will be holding to celebrate in your schemes. Please send us some of your photos to add to the next newsletter.



TENANT CONSULTATION MEETINGS

The Tenant Consultation Meetings take place twice a year in March and September. This is an opportunity for tenants to meet with Laura Adcock, Supported Housing Manager, and other staff to discuss or raise any issues they may have. On the right are this years dates and times and we hope you will be able to join us.

SCHEME	TIME	MARCH	SEPT
Brandon Court	10.30	Mon 5th	Mon 3rd
Mansel Court	10.30	Tue 6th	Tue 4th
Ditton Court	10.00	Wed 7th	Wed 5th
Lichfield/Neville Rd	2pm	Wed 7th	Wed 5th
School Court	10.30	Fri 9th	Fri 9th
Talbot House	2pm	Mon 12th	Mon 12th
Greystoke/Walpole	2.30	Tue 6th	Thu 13th
Stanton House	10.30	Mon 19th	Mon 17th
Whitefriars	10.30	Tue 20th	Tue 18th
Rawlyn Court	10.30	Tue 3rd April	Tue 11th

**A REMINDER THAT YOU CAN FOLLOW US ON FACEBOOK
CAMBRIDGE OLDER PEOPLE'S HOUSING**



COFFEE TIME

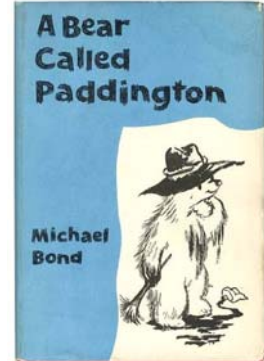
WEATHER WORDSEARCH

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BLIZZARD ICE
 CELSIUS LIGHTNING
 CLOUDS MIST
 COLD MONSOON
 BAROMETER OVERCAST
 CYCLONE RAIN
 DOWNPOUR SHOWER
 DRIZZLE SLEET
 DROUGHT SNOW
 FAHREHEIT SQUALL
 FLOOD STORM
 FLURRIES SUNNY
 FOG TEMPERATURE
 FORECAST THERMOMETER
 FREEZE THUNDER
 FROST TORNADO
 HAIL TSUNAMI
 HOT TYFOON
 HUMIDITY VISIBILITY
 HURRICANE WINDY

BACK IN THE DAY 1958

Donald Campbell breaks water speed record
 First edition of Blue Peter
 Launch of the parking meter
 Paddington Bear published
 My Fair Lady opened in London
 First Women Peers enter Lords
 Opening of UKs first motorway — M6



CAROL'S RECIPE CORNER

An easy wholesome vegetable soup vary it by adding your favourite veg.



Vegetable Soup

1 tbs olive oil & large knob of butter
 1 large onion, chopped
 2 large carrots, chopped
 3 stems celery, chopped
 500g potatoes, peeled and cubed
 750ml veg or chicken stock

Melt butter and oil in large pan over medium-low heat. Add onion, carrot and celery and season. Cover, turn heat right down and cook gently up to 20min until soft (stir every now and then), Add potatoes and stock, cover and simmer for 20 min until potatoes soft. (You can add other veg such as broccoli/squash/leeks etc). Either liquidise, or push through sieve and adjust seasoning.

HISTORY - ECCENTRIC CAMBRIDGE

Clare College Balls Many different stories are told to explain the missing section of the ball second from the left on the south side of the bridge. One is that the builder of the bridge received insufficient payment, and in his anger, removed a segment of the ball; another is that complete bridges were subject to a tax at the time it was built, and the missing segment made the bridge incomplete and hence untaxable.



A Walk in the Cam In early Cambridge when the river was used for transporting goods, the section between Magdalene bridge and Silver Street bridge was used to carry grain on barges to the mills at the mill pond. These were towed by horses using the tow paths along the riverside. However when the early colleges started to be built the towpaths were abolished and so a submerged towpath down the middle of the river was made using prodigious tons of gravel to cover the muddy river bottom. The poor horses had to wade up the middle of the river pulling their barges behind them.

Queens' College was founded in 1488 by the wife of Henry VI and was known as Queen's college. In 1465 the wife of Edward IV gave new endowments to the college at which point the apostrophe moved beyond the s to make it Queens' (as there was now two Queens). In fact Queen Elizabeth II has recently given further support in endowments etc - but there's no need to move the apostrophe again.



The Bumps Both Cambridge and Oxford have a local river where rowing has developed over the years as a fine art. But whereas Oxford's Isis (Thames) is wide enough to race boats side by side, at Cambridge the river is too narrow to do this and so the curious races known as the Bumps was devised where all the boats are arranged in line ahead, suitably spaced, the object being to catch up and bump the one ahead and take its place in the next heat.

Peas Hill This area in the city centre is not strictly speaking a hill, being lower in elevation than some surrounding areas, but was once a slope down to the river upon which the city's main fish market stood. It is likely that its name is a corruption of the Latin *Pisces* (fish) as there is no evidence that peas were ever exclusively grown or sold on the site.

Free Press The FREE PRESS is a lovely little pub in Prospect Row (behind the police station). In 1834 a local woman Sarah Horne had just opened her cottage here to the public to sell her home brew. The temperance (tea total) movement had also just launched a paper called The Free Press to campaign against the dangers of drinking. So she named her pub after their paper in ironic mockery. The paper lasted but one issue, the pub has lasted nearly two centuries.



INDEPENDENT LIVING SERVICE — STAFF



Laura Adcock
SUPPORTED HOUSING MANAGER



Clara Gomez-Serrano

INDEPENDENT LIVING SUPERVISORS



Teresa Hurrell

INDEPENDENT LIVING FACILITATORS



Sue Fitzgerald



Denise Daniels



Jacqui Goodchild



Konrad Szeflinski



Mary Hyde



Tanya Welbourn



Liz Smith



Justin Craig



Chas Page
Maintenance Officer



Carol Skinner
Senior Administrator