



Greetings from Gloria

As I write this report I am thrilled that the view from my window tells me that spring is on the way! **Ageing Well in Daventry District** - Recent update highlights current and future positive roles that DDF and Daventry District Council are playing to maintain and improve the quality of life of older people in Daventry and District. We aim to continually strive to reach out in rural areas in partnership with Northants Rural Acre, NCC, Parish Councils and relevant organisations.

DDF Forums - Our Forums continue to be a good platform for sharing information on mental and physical health, falls prevention, and the positive aspects of Otago exercises, swimming and Health Walks.

Mental Health – Loneliness is a key aspect of depression and is something the housebound and their carer’s often experience. Help and advice is at hand with our many partners – The Daventry Volunteer Centre, Happy at Home, Good Neighbour Schemes, MIND, DACT and Daventry and District Citizens Advice.

Working with younger people – Younger people are often much more willing to help than we give them credit for. DDF is striving to connect with organisations and schools to build awareness of various services for the over 50s in our area and how they can help.

DDF web page – Is a great source of information advising of all social events but also including news and advice and links to all our partners.

Thanks - My thanks and appreciation go to the Management Committee, Emma Parry and all organisations that work with us for the benefit of the over 50s in the area.

Kindest regards,
Gloria Edwards-Davidson

THE DAVENTRY & DISTRICT FORUM

DDDF

Enhancing the Quality of Life for the Over Fifties

Public Forum Event

Thursday 7th March 2019 2-4pm

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP

Come along to our **FREE event**



Guest speakers:

Police, Neighbourhood Watch and Community Safety Team
learn about general personal safety and crime prevention

First For Wellbeing Supporting Independence Programme

OTAGO exercise demonstration taster for everyone
a mix of standing and chair exercises

Plus a variety of Promotional Stands

Any enquiries please call Emma Parry
on 01327 302418

For all the latest news from DDF please
visit www.daventrydc.gov.uk/ddf



Dates For Your Diary!

2019 Public Forum Events

2-4pm

Daventry
Leisure Centre

Thursday 7th
March

Thursday 20th
June

Thursday 19th
September

Thursday 5th
December

No need
to book,
just turn
up!

DDF Needs Your Support

The **Local Lotto** is up and running and enables local good causes, community groups like us and sports clubs to raise a regular income as well as giving ticket buyers a chance to win up to £25,000 every week. Daventry District Council makes no profit from the Local Lotto with 50% of all ticket income going to local good causes and 30% going into the prize fund.

DDF has signed up for the Local Lotto to raise funds and members can buy a weekly ticket from www.local-lotto.co.uk/support/the-daventry-and-district-forum

Tickets cost £1 each and DDF members can elect for 40p of the ticket price to go to DDF.



New dog control powers

You may have heard that tougher rules on the control of dogs in public places came into effect in December. From 1 April these new rules will be fully enforced by Daventry District Council, so it is worth making sure you are aware of them.

They include the requirement to keep dogs on leads in certain areas, including graveyards, memorial gardens, near schools (on school days) and around the café at Daventry Country Park. A maximum of six dogs can be walked by one person at one time, and all dog owners must carry the means to pick up their dog's poo – and of course make sure they do pick it up! Dogs are banned from fenced off children's play areas, which are also no-smoking zones, with fines of £100 for anyone who breaks these rules.

Find out more at www.daventrydc.gov.uk or phone DDC on 01327 871100



Northamptonshire
Police

Northamptonshire Police are warning people once again of scammers contacting victims claiming to be from HM Revenue & Customs (HMRC) who trick people into paying bogus debts and taxes using gift cards. Fraudsters are contacting the elderly and vulnerable claiming to be from HMRC. Victims are being told they have arrest warrants, outstanding debts or unpaid taxes in their name. The fraudsters are asking victims to purchase gift cards as payment. There are a variety of methods being used including calls, texts and voicemails. **How to protect yourself:** HMRC will never use texts to tell you about a tax rebate or penalty or ever ask for payment in this way. Telephone numbers and text messages can easily be spoofed. You should never trust the number you see on your telephones display. If you receive a suspicious cold call, end it immediately. **To report a fraud please contact Action Fraud on 0300 123 2040 or www.actionfraud.police.uk**

What would
you like to
see in your
newsletter?

Let us know on
**01327
302418**

For
information on
free local
services please
visit our
website

New Online System to cut Blue Badge Application time



People eligible for Blue Badges can apply in a fraction of the previous time, thanks to a new system launched by Northamptonshire County Council. The Blue Badge scheme allows disabled people to park closer to their destination than other drivers, as they are less able to take public transport or walk long distances. The new service will mean applicants can complete the entire process without the time-consuming task of sending their supporting documents in the post. Instead allowing people to upload documents including proof of identity, and photographs on the new online system. This fully integrated, end-to-end process will allow people with disabilities to access Blue Badges quickly, giving them the freedom and confidence to travel with ease. Libraries across the county will offer assistance in completing applications where people can receive free, one-to-one support. **For further information view www3.northamptonshire.gov.uk/councilservices/northamptonshire-highways/parking/blue-badges or telephone 0300 126 1000**



People in Daventry are being asked for their support in setting up a scheme to support elderly, vulnerable and isolated members of our community. DDC and NACRE are looking into the possibility of bringing a Good Neighbours scheme to the town to replicate successful schemes running in some of the villages. The aim is to support neighbours to maintain a good quality of life and remain independent in their own homes. Please complete the short survey here www.daventrydc.gov.uk/goodneighbours Paper copies are also available from DDC's Lodge Road offices or on request by calling 01327 871100 until the end of March.

First For Wellbeing Supporting Independence Programme (SIP)

Have you noticed any recent changes in your health? Do you have difficulties walking or need help moving about? Are everyday tasks such as shopping becoming more difficult? Do you need someone to help you on a regular basis? When you need help, do you sometimes feel lonely or isolated?

The Supporting Independence Programme **provides up to 12 weeks of one to one support** for those of us who may have slowed a little, are feeling less confident getting around or who **need someone to help on a regular basis**. This could be supporting you to increase your levels of physical activity, helping you to access **medication** reviews or providing emotional or nutritional support and advice. Support can be face to face or over the phone depending on your preference.

SIP will be available in your local area in April 2019—see our webpage for further updates.

If you have any questions in the meantime, please contact info@firstforwellbeing.co.uk

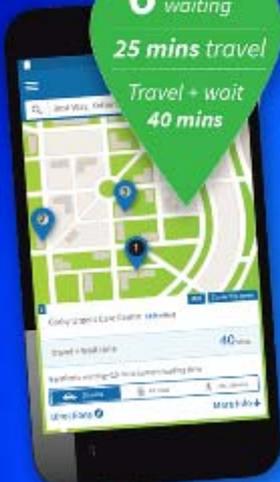


A change could do you good

First for wellbeing

www.facebook.com/mycountycouncil
[@mycountycouncil](https://www.instagram.com/mycountycouncil)





6

patients waiting

25 mins

travel

40 mins

Travel + wait

If you get a minor injury, don't wait!

WaitLess

Waitless combines up-to-the-minute travel information with live waiting times at Northampton and Kettering General Hospitals and the Corby Urgent Care Centre, meaning you can access treatment for your minor injury faster.



#Northantsdigital




People can now access real-time information about waiting times at Northamptonshire NHS urgent care facilities' thanks to the launch of a new smartphone app. **For life-threatening emergencies, people should continue to dial 999. Urgent NHS medical advice is also available by calling 111 or online at 111.nhs.uk**

Help us
give the
gift of
independence.

We are looking for participants to help us shape our independent living service.

To find out more about this exciting opportunity to have your say, please contact Katey Goodwin:

Email: getinvolved@futureshg.co.uk

Text/Whatsapp: 07527 387801

Phone: 01773 573149



THE DAVENTRY & DISTRICT FORUM

DDF

Enhancing the Quality of Life for the Over Fifties

The Management Committee campaigns for appropriate action on an ongoing basis for its members, by working together we have proved we become more than the sum of all the parts to the people we serve.

If you would like to be a member of the committee and/or would like this newsletter via email, contact eparry@daventrydc.gov.uk.

If you require it in an alternate format, phone 01327 302523.

For type talk, prefix with 18001.

Or email equalities@daventrydc.gov.uk.

We are grateful for the continued support of Daventry District Council



Need some advice?

Pop in for a chat

If you're serving or have ever served in the Armed Forces, The Royal British Legion can offer you and your family advice and support.

Visit The Royal British Legion at:

New Street, Daventry, Northamptonshire, NN11 4BU

Fourth Wednesday of each month 10am—12pm

Visit rbl.org.uk or call 0808 802 8080

Registered Charity Number 219279

LIVE ON



Preventing doorstep crime



Doorstep crime is the name given to crimes carried out by bogus callers and rogue traders who call uninvited at people's homes under the guise of legitimate business or trade. Rogue doorstep traders will use a trade as a means to extract large sums of money from people. Distraction burglars or bogus callers are criminals who call at a house with the intention of tricking their way inside to steal money and/or other valuables.

The Doorstep crime Action Network (DAN) brings together members of the public, private, public, charity, and community sector organisations.

"If you're not sure, don't open the door"

If you have any suspicions or concerns that distraction burglars or rogue doorstep traders are operating in your community or targeting someone you know, contact our dedicated doorstep crime hotline on 0345 23 07 702.