

UPPINGHAM NEIGHBOURHOOD FORUM

Public Meeting



April 4th 2024

Notes of Public Meeting of the Uppingham Neighbourhood Forum held on Thursday April 4th 2024 at 7.30pm in the Garden Room of The Falcon Hotel

Present

UNF Chair and UD Director Janet Thompson BEM, Uppingham Town Mayor Liz Clarke, Deputy Lord Lieutenant Jeanette Warner, RCC Cllr Christine Wise, UF Directors John Leslie, Geoff Thompson and Nick Townsend, Uppingham Town Councillors Mike Fish and Peter Rees, Uppingham Town Councillor and UNF Executive Members Christine Edwards and Ron Simpson BEM; UNF Executive Members Andrew Mankowski and Margaret Simpson BEM, Dr James Burden, PCSO Andy Wylie and representatives, Melissa Whittaker of Cash Access UK (on Zoom) and volunteers and members of the following institutions and community groups:-

The Beeches Residents' Association, St Peter & St Pauls Church, Uppingham Bowls Club, Uppingham Rotary Club, Uppingham Business Forum, Uppingham First, Neighbourhood Watch, Uppingham Brownies, The Elms Residents Association The Limes, Firs and Spurs Residents' Association, UppWatch, the Uppingham Surgery Patient Participation Group, Uppingham WI, Mothers Union, Uppingham in Bloom and the Hopper Heroes.

Apologies for Absence

UNF Executive Members and Town Councillors David Ainslie BEM, Trevor Colbourne and Mark Shaw, Sheena Ainslie, Amanda Shaw, RCC Cllr and UF Director Lucy Stephenson, Police Officer Rebecca Angel of Leicestershire Police, Alderman Edward Baines (UF), Jill Cannings and David Greengrass

Roll Call of Organisations and Residents

47 attendees were recorded as being present. Attendees were advised that the meeting was to be recorded and photographed at some point in the evening.

1. Chair's Welcome and Opening Remarks

“Welcome everyone to The Uppingham Neighbourhood Forum. If this is your first visit let me introduce myself, I am your Chair Janet Thompson. All of the Forum representatives are volunteers within various organisations within Uppingham. You will all hopefully have received our Newsletter which provides information and updates on events and services.

You will see from the agenda that we have some lovely guests for you and I will introduce them as we go along.

Apologies have been received from a number of regular attendees, details above.

Spring is almost upon us and our lovely town is starting to bring forth beautiful plants and colour thanks to UIB.

As most of you will know I like to open with a little light-hearted humour, so here goes:

There were three people hanging on to a rope that came down from a helicopter. There were two men and one woman. They all decided that one person should get off because if they did not then the rope would break and they would all die.

No one could decide who should let go. So finally, the woman gave a really touching speech, saying how she would give up her life to save the others, because women were used to giving up things for their husbands and their children.When she had finished speaking both men clapped...



But everyone here contributes to Uppingham's wellbeing a safety so let's move on to Agenda Item number two, Crime and Policing. Our beat officer PC Rebecca Angel is on a course and so PCSO Andy Whyllie is here tonight".

2. Crime and Policing Update

Andy next presented crime reports for the period Jan to March 2024 together with a plan of priorities for action. The published police reports and emerging issues can be read online at www.uppinghamfirst.co.uk on the Neighbourhood Forum page. In addition to answering community questions Andy commended use of the Rutland Community App for crime reporting and prevention which is downloadable from the Goggle Play Store and the Apple Store. The app controller is Belton resident Janet Warren Tel: 01572 717623 Email: janmwarren@btinternet.com

In discussion Town Mayor Liz Clarke brought up the subject of drugs in the town and asked Andy for further clarification on what action the Police will be taking. Andy stated that it comes down to insufficient evidence to prosecute. The suggestion was raised that the Police might give a presentation on the subject to the town council and/or the next Neighbourhood Forum where residents would be able to attend.

3. Rutland Banking Hub

Melissa Whitaker of Cash Access UK joined the Forum meeting on Zoom with a short on screen presentation detailing the facilities and services on offer at the now open Rutland Banking Hub in Oakham.

Banking Hubs explained



Banking Hubs offer easy access to face-to-face cash and banking services. Each Hub has a counter service available to all customers, Monday to Friday, where they can:

- pay in cash and cheques
- withdraw cash
- check your balance
- pay utility bills
- top up your gas and electricity
- access change-giving services (for small businesses)



The counter service is operated by the Post Office and the Banking Hub Operator for Oakham is Dhaval and he is currently the Postmaster in Barton Seagrove.

Banking Hubs are open Monday to Friday, 9am to 5pm.

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About Cash Access UK



Cash is still important to millions of people in the UK. Between 5 and 6 million adults say they rely on cash in their day-to-day lives and digital or online solutions don't yet work for everyone all the time.

With these needs in mind, Cash Access UK was set up in early 2023 by Bank of Ireland UK, Barclays, Danske Bank, HSBC UK, Lloyds Banking Group, NatWest Group, Santander, TSB and Virgin Money.

Although we're owned and funded by these banks, we're a not-for-profit company here to bring shared cash and banking services to communities across the UK. The Banking Hubs we've opened so far are making a real difference to individuals, businesses and the wider community.

Find out more about our work at www.cashaccess.co.uk

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Customers can also talk face-to-face to their own bank about more complicated banking enquiries like payments and transfers, managing their account, and how to use online banking. Community Bankers take it in turns to visit the Hub so you will find a different bank available on each day of the week. Community Bankers are usually provided by the banks with the most customers in the community.

Oakham Banking Hub- Community Banker Schedule -

Monday- Barclays

Tuesday- NatWest

Wednesday- Santander

Thursday- Lloyds

Friday- HSBC

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Oakham Banking Hub- Progress so far..

Work started on site : 22nd January 2024

Address- 43 High Street- Oakham (Former Lloyds Bank)

Target Opening- 4th April 2024



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4. Growing Old Gracefully

Doctor James Burden of Uppingham Surgery and Rutland Health PCN delivered a lengthy and thought provoking presentation (utilising case studies) on the subject of growing old gracefully in Rutland. His main slides are reproduced below.

How do we helping people to “grow old gracefully?”

1. Preserve human rights for self determination (informed consent)
2. Guide people to create a plan for their retirement (scale)
3. Help people to avoid preventable illnesses (falls)
4. Reduce frailty through increased muscle strength (activity)
5. Improve support in times of unpredictable illness (society/plans)
6. NHS and Rutland County Council work seamlessly (Fuller Stocktake)

Fictitious Scenario – Edith (86) from Uppingham

- Struggling to cope after recent illness, widowed 10 years ago.
- Says she wonders whether someone could “just pop in” to help.
- Has full mental capacity to determine own care.
- Lives in a beautiful 1850’s 5-bedroom house in Uppingham.
- Daughter lives in Norwich, phones every day.
- Daughter phoned the surgery to say, “She is really worried and is not safe to stay at home, she is struggling to get up the stairs”.
- What are the issues involved in this case?

How did Edith get here?

Edith didn’t just suddenly get to the age of 86

- **Children** moved away (83 miles away) after university
- **Retired** from job
- **Widowed** when husband died 10 years later
- **Support Circle** Friends supported her, enjoys various social activities
- **Concern** Daughter has said several times over the years that she needs to think about moving to a smaller house
- **Denial?** Edith says that she is safe and will be careful on the stairs

The frailty scale – None, Mild, Moderate, Severe

- We don’t just suddenly become frail
- Different interventions are needed at different times
- Most of these actions are for people to take themselves

How do we guide people without lecturing them?

Scenario – What are the issues involved?

- **Medically** – What is the illness?
- **Mental Capacity** – Can the patient determine their own healthcare?
- **Safeguarding** – Is this a safeguarding issue?
- **The Care Act** – The Law directing how to protect the “vulnerable”
- **Rutland County Council** – Lead Agency to implement The Care Act
- **Care package** – Who and how does this get organized?
- **Financially** – Does the Local Authority, GP or patient pay?
- **Housing** – What is needed to help Jeannie be able to mobilize?

What are the various outcomes for Edith?

No fall

- Support package for 2 weeks
- Treatment of UTI
- Housing review
 - Stair lift
 - Toilet raise
 - Hand-rails in shower
- Cleaner to help with chores

Fall and broken hip

- Pressure sore from admission
- Discharge to Rutland Care Village
- Recurrent admissions
- Home with care package
- 21% mortality rate in next 12m

What is the aims of the project?

- To increase the percentage of pensioners that have good health at the age of 90 (How is this judged?)
- To ensure that our population have the knowledge to determine their care based on awareness of risk and personal choice
- To increase the numbers of patients that have made adaptations to their home in line with their frailty status
- To increase the numbers of patients who have a plan for unpredictable (but predictable) illnesses
- To do this through established groups and institutions in a non-threatening manner

The Burden Family – It guides my views

- My parents live 3 hours from me, 5 hours from my brother
- I suggested they fit extra banisters and grab rails in lockdown
- I suggested Mum maintain her driving skill in case of illness to Dad
- Dad always assumed that he would be more mobile than Mum
- Dad had illness that required admission to A&E
- Mum realized she would not cope looking after Dad in their house
- Friends were all similar age and weren’t called upon in times crisis
- After family summit, Mum and Dad made decision to move down to Rutland – to be closer and in more appropriate housing
- Dad’s doing well, Mum can still beat him at golf and drives once a week
- It’s taken 15 months to get to the point of moving down

A lively question and answer session followed!

5. Dementia Week Event

Resident and Senior Health Service Professional Liz Sargeant OBE reported on a developing new project aimed at updating Uppingham as a Dementia friendly town. A launch ‘information giving’ event is planned for the beginning of national Dementia Week in May 2024. Full details will be published in a leaflet, on social media and on the radio. The initiative is a joint collaboration between Rotary in Uppingham, Uppingham First and Uppingham Surgery. In discussion Christine Wise raised the issue of ‘Power of Attorney’. Janet gave a

brief outline of her experience of Power of Attorney (POA) and stated that more information on POA would be available at the Dementia Day"

6. Uppingham Post Office

Forum Coordinator Ron Simpson BEM updated Forum attendees on the efforts being made behind the scenes to ensure the continuity of a post office in Uppingham once the current Postmaster Robin Bromiley retires. There is now significant support for the initiative from local business, the community and the town council, making him optimistic we will retain a post office in the town.

7. Unveiling of the Statue of Her Late Majesty Queen Elizabeth II on April 21st 2024

Jeanette Warner DL delivered an excellent presentation on the *raison d'être* and construction process behind the new statue of Her Late Majesty Queen Elizabeth II which is to be publicly unveiled in Oakham on the afternoon of Sunday April 21st 2024. All are invited. See public invitation below.



His Majesty's Lord-Lieutenant of Rutland, Dr Sarah Furness,
invites you and your family to

The unveiling of the statue of Her Late Majesty, Queen Elizabeth II

Sunday April 21st
2pm at Oakham Library Gardens

Corgis and well-behaved dogs also welcome!

12 noon - 4pm there will be food stalls and a mini funfair on Oakham Market Place.

The Rutland statue of our late queen, HM Queen Elizabeth II, is the first to be commissioned since her death. It will be officially unveiled on what would have been her birthday as a fitting tribute to Britain's longest reigning and possibly greatest monarch.

It was created in response to the depth of loss felt in Rutland on the late Queen's death. Due to the incredible generous donations from local people (95% of the cost was raised by many individuals and some businesses), sufficient funds were available for our Lord Lieutenant Dr Sarah Furness to be able to commission a full-figure statue showing her in her prime.

Sculptor Hywel Pratley, a member of the Royal Society of Sculptors and Society of Portrait Sculptors, was selected as the sculptor and has done a magnificent job using a local foundry.

If you would like more information about the day please visit the Lord Lieutenants website at: www.rutlandlordlieutenant.org

8. Community Group Updates

- Mike Fish updated the Forum on the work of Youth Space, a young people's project located in the town hall. More volunteers to help would be welcome he advised. The group meets on a Wednesday after school in the Town Hall.
- Mike Fish also encouraged Forum attendees to view the recent Citizens Advice report on deprivation in Rutland.
- Rotary Secretary Margaret Simpson BEM repeated the newsletter invitation to an American Irish event featuring Sycamore Harley-Davidson, young Irish dancers and popular folk group One Too Many. Further details from mjs@clara.co.uk or 01572 823465.

9. Any Other Business

None. Janet thanked everyone for attending. These notes will be available on www.uppinghamfirst.co.uk under the 'Forum' section.

Meeting closed at 9.20pm.



Notes: Uppingham Neighbourhood Forum is a fully constituted, non-political, neighbourhood infrastructure network which brings together residents and a number of town councillors, charities, social enterprises and voluntary groups. In addition to acting as the voice of Civil Society for Uppingham, the Forum oversees the work of UppWatch (the town's neighbourhood watch and good neighbour scheme), the operation of the Uppingham Community Emergency Plan and the supervision of the community's defibrillators along with community partnership Uppingham First. The Neighbourhood Forum is led by its Chair Janet Thompson BEM and a strong Executive Committee of local organisation representatives. All public meetings of the Forum are preceded by a volunteer distributed newsletter to every household.



Uppingham Neighbourhood Forum - The Voice of Civil Society in Uppingham and a Founding Partner of UppWatch
A Member of the Rutland Consortium and the National Council for Voluntary Organisations (NCVO)

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