

# The *Chronicle*

The magazine of Seniors Together in South Lanarkshire

Winter 2020



**Cover story**  
Age Friendly South Lanarkshire - a great place to grow older'



**plus ...**

Spotlight on  
Connecting Scotland

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Seniors Together is a South Lanarkshire Council Project in association with NHS Lanarkshire. It is aimed at improving the Quality of life for older people living in South Lanarkshire.



## Get in touch



Find us on facebook  
[SouthLanarkshireSeniorsTogether](https://www.facebook.com/SouthLanarkshireSeniorsTogether)



[SeniorsTogether@  
southlanarkshire.gov.uk](mailto:SeniorsTogether@southlanarkshire.gov.uk)



John Graham  
Chairperson, Seniors Together

## A word from the Editor

**Welcome everyone to the first edition of The Chronicle with me, John Graham, as your new Editor.**

I am the Vice-Chairperson of Seniors Together and have been a member of the Project since my retirement from the Library Service over ten years ago.

This is our winter edition that has followed on quite quickly from the Lockdown edition.

We wanted to get that one out quickly to keep you up to date with what has been going on in the Project during the pandemic and to let you know that although the Project Office is closed we are all still working hard to keep Seniors Together working on your behalf.

In this Chronicle you will find out about our new programme for action, 'Age Friendly South Lanarkshire, A Great Place to Grow Older' as well as key information from our partners that is aimed at keeping you safe, informed and up to date.

Since the office is now closed, we no longer have a telephone number that you can contact the Seniors Together Team on, however, there is an email address where you can contact the team and they can deal with your enquiries:

[seniorstogether@southlanarkshire.gov.uk](mailto:seniorstogether@southlanarkshire.gov.uk)

There is also a very popular Facebook Page and Community where there is lots of activity taking place. We would like to encourage you to join in.

The Men's Sheds even have a weekly chat in a Facebook Room, I hear its worth trying out.

I hope you enjoy this edition of the Chronicle and if you have any suggestions or comments please let us know. 🍷

# Introducing a new structure and new beginnings for Seniors Together

**As a way forward during the current lockdown situation, a new structure has been developed to allow the project to continue to work remotely.**

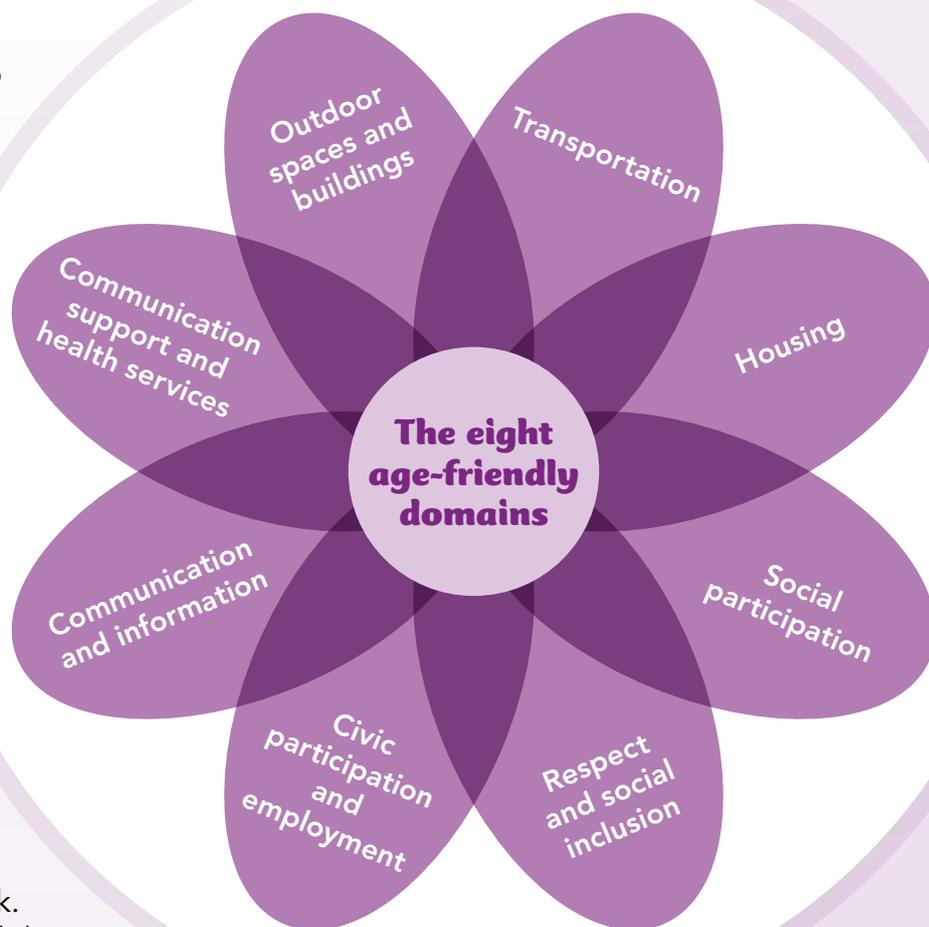
This will involve two groups overseeing the delivery of the business of Seniors Together alongside a new Chairperson and Vice-chairperson.

Seniors Together is delighted to welcome Catriona Mason as the new Chairperson and John Graham as Vice-Chairperson.

Both Catriona and John have been members of Seniors Together for almost ten years and both are retired South Lanarkshire Council employees with many skills to share with the Project.

The new Seniors Together groups will continue to progress on the priorities previously identified. Strategic work will be undertaken by the Executive Group while the other will cover operational work. This second group will be called the Operational Group. It will pick up on organising activities, events and priorities from task groups. This group will also be responsible for discussing active ageing and ageing well in later life.

The Executive Group will take the lead in facilitating the development of an Age friendly South Lanarkshire and working with statutory, voluntary and private sector to create, **'Age Friendly South Lanarkshire - a great place to grow older'**



This will then mean that the membership of this group will change from the line-up that was previously the Seniors Together Executive Group and will have more of a South Lanarkshire focus to ensure that we have the correct partners with us to help develop our 'great place to grow older' plan. ●

# Seniors Together updates Virtual Older People's Assembly 2021

**We are planning to put the challenges of 2020 behind us by celebrating with a Virtual Older People's Assembly early in 2021!**

Our very popular Older People's Assemblies which we held in the four main localities of South Lanarkshire have been sadly missed due to the Pandemic, however so many of you have become proficient with social media that we feel it is time to take up the challenge of a Virtual Older People's Assembly. The only difference will be you will have to make your own lunch!

From speakers, information, entertainment and the 'move about break' we will keep the programme as close to the usual as much as we possibly can.

Our partners such as Police Scotland, Scottish Fire and Rescue Service and Consumer and Trading Standards have already signed up and South Lanarkshire Leisure and Culture will be there too just to make sure you move about even although you will be in your own home.

Please check out the Seniors Together Facebook page for updates as well as our newsletter, The Chronicle or you can email us at [seniorstogether@southlanarkshire.gov.uk](mailto:seniorstogether@southlanarkshire.gov.uk)

**See you there! ♡**



Please note this photograph was taken before social distance measures were introduced.



# Seniors Together updates

# Connecting Scotland

The Connecting Scotland initiative aims to connect up to 9,000 people on low incomes who are considered clinically at high risk so they can access services and support and connect with friends and family during the pandemic

Each Local Council has been provided with an allocation of devices to distribute to people living in their area with support and input from the Scottish Council for Voluntary Organisations.

South Lanarkshire Council have been allocated 415 Devices (175 Chromebook and 240 I Pads) and Seniors Together has successfully secured 75 of these devices with mobile data for its members who met the criteria.

The team at Seniors Together have been out and about in South Lanarkshire dropping off devices to participants and bringing smiles to many people's faces.

Digital Champions who work for the Council have undertaken training to provide support and guidance for people who have received the technology and may require some support to get started.



We have received very positive feedback from those people who have received their devices and some have been able to take part in some of the activities that are available on the Seniors Together Facebook page due to their newfound skills. 📱

A wee something for you to try at home

Tea Loaves

## Yogurt Cake recipe

### Ingredients:

- 1 small carton yoghurt (plain or flavoured)  
(Wash out carton and use as a measure)
- 2 cartons caster sugar
- 3 cartons S.R. flour
- 5 oz (150g) melted margarine
- 2 eggs, beaten



### Method:

1. Mix all ingredients thoroughly.
2. Spoon mixture into 2 greased and base-lined 1 lb loaf tins.
3. Bake in a pre-heated oven 180°C/350°F/Gas 4 for ¾ - 1 hour.

## Update from Partners

# Wellbeing at Wellbeck House

Throughout the Covid-19 pandemic, the council and its housing partners have been working hard to ensure we continue to provide the right type of housing to meet people's needs across South Lanarkshire. This includes supporting those who need to move into a new home.

At the start of the pandemic, Mr and Mrs Currie from East Kilbride were due to move into a new home at Wellbeck House sheltered housing complex. On top of the usual stress and anxiety associated with moving house, the couple shared the same concerns that many new sheltered housing tenants have about losing their independence moving from a regular home to one with a wide range of support services.

The couple were also concerned about whether they would be able to adapt to their new surroundings, including how to work the warden call system and other facilities within the home and complex.



Our sheltered housing officers understand these concerns and work closely with new tenants to help them settle in and ensure they have the right support in place. At the same time they acknowledge and understand the importance of allowing new tenants to continue their independence.

To support Mr and Mrs Currie during and after their move, the sheltered housing officer spoke with them every day by telephone, talking through any issues they were having and offering help and advice where required.

**Mrs Currie said:**

**We were incredibly anxious about moving in to our new home, particularly due to the lockdown restrictions that were in place at the time. Since day one, our sheltered housing officer has been brilliant, offering help when needed but not interfering with our daily routine. We have never been happier.**

For more information on the wide range of sheltered housing and support services available, including online guides for each complex within South Lanarkshire, please visit [www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk).



# Update from Partners



# Age Scotland Resources

## The Friendship Line

The friendship line is part of the wider Age Scotland helpline. We are here to listen, provide friendship and offer support. Having a conversation can have such a positive impact, we can talk about many things that aren't coronavirus related, for example current interests, hobbies, previous work life – the list is endless!



When you need friendship and support, please call **0800 12 44 222** to have a chat and schedule a weekly call with one of our friendly volunteers.

It's completely free and lines are open **Monday to Friday, 9am - 5pm.**

## Open Culture

Open Culture offers free, high quality cultural and educational media that can be accessed whenever and wherever you want it. They have over 1,000 free online courses, movies and audiobooks for you to choose from.



You can also check your local library or local authority's website for more information about accessing eBooks, audiobooks and online library events.

Learning:

[www.openculture.com/freeonlinecourses](http://www.openculture.com/freeonlinecourses)

Films:

[www.openculture.com/freemoviesonline](http://www.openculture.com/freemoviesonline)

Audiobooks:

[www.openculture.com/freeaudiobooks](http://www.openculture.com/freeaudiobooks)

## Virtual Activities:

For older people who are able to get online, here are some ideas of activities you can get involved in from the comfort of your own home.



## University of the Third Age (U3A)

U3A is a UK wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment. It's all voluntary. A typical U3A will be home to many activity groups covering hundreds of different subjects. From art to zoology and everything in between. They have launched Trust U3A which is an online U3A so that in these times, third agers can still join their community and take part in the many exciting ways to stay connected, active and learning.



**Yearly membership is £7.50 per year.**

More information can be found here:

[www.u3asites.org.uk/trustu3a/welcome](http://www.u3asites.org.uk/trustu3a/welcome)

## Luminate@Home

Luminate@Home is a programme of online creative activities for older people who are isolated in the current COVID-19 outbreak by our sister charity Luminate.



Short films are uploaded every Tuesday and Friday at 2pm. You will find them on Luminate's Facebook page and on their YouTube or Vimeo channels.

Once they have uploaded them, they will leave them online for you to enjoy when it is convenient. The activities will be presented by professional artists who work regularly with older people in community and care settings, and will feature different arts forms including crafts, poetry, music and dance.

More information can be found here:

[www.luminatescotland.org/luminateathome](http://www.luminatescotland.org/luminateathome)



# Age Friendly South Lanarkshire

## ‘A great place to grow older’

Catriona Mason, Chairperson of Seniors Together in South Lanarkshire, has launched their new initiative to make South Lanarkshire a great place to grow older!

In line with a framework that was developed by the World Health Organisation (WHO) in consultation with older people, an Age-friendly Community is a place where people are able to live healthy and active later lives.

Catriona said that this framework reflects the very essence of the work that Seniors Together has been developing with members, the Council and their partners and now is the time to bring it all together so that all services are working to the same framework that will benefit older people.





Explaining a bit more about what will be achieved from the framework being used, Catriona said the Age-friendly community is built on the evidence of what supports healthy and active ageing. Using the framework enables more people to live independent lives, contribute to their communities and participate in the activities they value for longer.

In these communities, older residents are engaged in shaping the place that they live. This involves local groups, councils, businesses and residents all working together to identify and make changes in both the physical and social environment, for example transport, outdoor spaces, volunteering and employment, leisure and community services.

Seniors Together has a long history of providing a collective voice for Older People in South Lanarkshire and ensuring that older people's

voices are heard. We believe that we are in a good position to be the conduit in bringing all of the partners together to make South Lanarkshire an Age friendly community and a great place to grow older.

We look forward to undertaking the various meetings and initiatives required to bring it all together and I am sure there will be fun along the way.

We will also be sharing our progress with colleagues at the Scottish Older People's Assembly who have an interest in the work we are undertaking and Catriona is also the Seniors Together representative on this group.

Regular updates will be provided to members in the Chronicle and our Facebook page. 🟢





# Scottish Fire and Rescue Service

**A new online fire safety quiz has been launched by the Scottish Fire and Rescue Service to support people to stay safe at home – and potentially save lives.**

The 'Fire Safety in the Home - Self Assessment' survey asks a series of simple questions and then automatically generates a home fire safety report for them.

People are also encouraged to sign up for a free Home Fire Safety Visit from firefighters who can provide further safety advice, check smoke detectors and fire evacuation plans. These visits would be conducted in line with present social distancing and safety restrictions.

The quiz could help to save lives and property, says the Scottish Fire and Rescue Service's head of prevention and protection, Alasdair Perry.

**He commented:**

*"This is a fantastic resource that can help people stay safe in their own homes – and they can even take the quiz on behalf of a relative or neighbour to help keep them safe too.*

*"The questions and the advice are simple and straightforward - but heeding that advice could help save a life, or prevent an emergency from occurring in the first place.*

*"We would encourage as many people as possible who have access to the internet to take the quiz, for your own home and for any others you may know who would benefit."*

The quiz goes through topics such as heat and smoke detectors, electrical sockets and smoking in bed, with potentially life-saving advice appearing on screen where needed and depending on the answers given by the user.

The tool also encourages users to sign up for a Home Fire Safety Visit - limited numbers of which are currently being carried out to those who are at highest risk of fire in the home during the coronavirus pandemic.

**The senior officer continued:**

*"While this tool is incredibly useful, it does not replace our free Home Fire Safety Visit service, and we remain committed to reaching the most vulnerable people in our communities to help them stay safe.*

*"That is why we are encouraging people to get in touch with us if they believe someone they know is at risk, or if they are over 50, smoke and also either live alone, use medical oxygen or have mobility issues.*

*"If you do not fall into a high risk category, you will still be placed on the waiting list for a visit from our highly trained crews, to be carried out when it is safe to do so.*

*"By working together with our communities, we can continue to drive down the number of completely unavoidable fires we see in Scotland's homes, and the number of avoidable injuries we see as a result."*

The interactive tool is available here:

[www.firescotland.gov.uk/your-safety/online-hfsv-checker.aspx](http://www.firescotland.gov.uk/your-safety/online-hfsv-checker.aspx)

Or visit [www.firescotland.gov.uk/your-safety](http://www.firescotland.gov.uk/your-safety)

More information on free

Home Fire Safety Visits is available here:

[www.firescotland.gov.uk/your-safety/for-householders/home-fire-safety-visit.aspx](http://www.firescotland.gov.uk/your-safety/for-householders/home-fire-safety-visit.aspx)

Or visit [www.firescotland.gov.uk/your-safety/for-householders](http://www.firescotland.gov.uk/your-safety/for-householders)



**SCOTTISH  
FIRE AND RESCUE SERVICE**

Working together for a safer Scotland



# Pension Credit and Free TV Licence

Did you know that you could still qualify for Pension Credit even if you have a private pension and/or savings? Here is an example of how we can help increase the income of someone of pension age;

- A widower in receipt of a weekly state pension of £134.25 a works pension of £40 per week and has £16,000 in savings. (the government also assume a £12 per week income from any saving he has over £10,000)
- The minimum the government states he should have to live on is £173.75 per week therefore he doesn't qualify for Guarantee Pension Credit as he is £12.50 over the limit.
- He also does not qualify for Housing or Council Tax Benefit due to his savings and he has to pay for his TV Licence.

Money Matters assist him in applying for Attendance Allowance due to health issues. Some weeks later he is awarded low rate Attendance Allowance of £59.70 per week (which is ignored as income).

- As he lives alone and no-one is paid Carers Allowance or the Universal Credit Carers Element to look after his minimum income amount increases to £240.70 per week.
- Due to this increase he now qualifies for Guaranteed Pension Credit which further entitles him to full Housing and Council Tax Benefit.
- So now on top of his state pension, works pension and Attendance Allowance he is also entitled to Pension Credit of £54.45 and qualifies for a free TV Licence.

A call to Money Matters could lead to a similar result for you so why not contact us for a benefit check. We will need your income and savings details as well as those of anyone else living in your household. Our service is free and all information is treated with the utmost confidentiality.

So why not call us on **0303 123 1008** or e-mail us here: <http://orlo.uk/KYpSr>.



## Hearing Aid Information

Delivery  
of hearing  
aid batteries



If you need help call the **Community Wellbeing helpline 0303 123 1009**

# CARE & REPAIR

## in South Lanarkshire



## New Small Repairs Service for South Lanarkshire

Contact the Small Repairs Service on **01555 666200**

or email: [enquiries@careandrepair-sl.co.uk](mailto:enquiries@careandrepair-sl.co.uk)

**You may remember that some time ago we had a community consultation asking if you would welcome the re-introduction of a Small Repairs Service in South Lanarkshire.**

Well the results were very supportive and then COVID happened and everything was put on hold...

Although we are still dealing with Covid we decided that we still need to start the project and to this end we recruited a Small Repairs Officer on the 15 September. The new Small Repairs Officer will start work on the 12 October.

The Small Repairs Officer will be able to assist with a variety of small home repairs such as:

### Security and Safety:

- Fit video doorbells
- Garden gates/fence – for children/pets
- Change door locks
- Home security – door and window locks
- Tidy and make safe trailing cables
- Fire safety - Smoke detection – change batteries/ change detectors, compliance with legislation
- Prevent falls Hand rails, grab rails, extra stair bannisters
- Prevent falls - fit light bulbs, florescent tubes, solar powered security lights



### General:

- Broken or blocked rainwater goods (single story properties only)
- Replace broken sash cords, glazing
- Unblock sink, bath, wash hand basin, toilet
- Minor electrical works – broken socket, pendant, plug
- Connect washing machine, dishwasher
- Change shower hose/head, change tap washers
- To enable privacy – curtains fallen down, fit curtain rails

### Heating:

- Heating - Fit drought excluding measures
- Set up heating time clocks
- Bleed radiators

### Other:

- Other minor works that make a major difference to the person living in the home
- Referrals to reputable tradespeople and assistance with specifications and quotes

## Eligible Clients:

Properties must be located within South Lanarkshire and a resident living in the property must fall within one or more of the following categories:

- Over 65 years of age.
- Living with a physical or mental disability.
- Living with a life limiting illness
- A victim of domestic violence.
- Clients living in privately rented, SLC or RSL properties are able to access the service for work that is not the landlord's responsibility. For example, landlords are responsible for boilers, heating, leaking roofs and common areas.



## Passporting Benefits:

- Universal Credit; Income related ESA; Income related JSA; Guaranteed Pension Credit
- Clients in receipt of any of these benefits may be entitled to a fee reduction (see below).

## Fees: Notes:

- Small Repairs – maximum 3 hours on-site per visit. There is no reasonable limit on job numbers within time limit.
- Clients need to pay the hourly fee plus the cost of any materials purchased to complete the work.
- No charge for travel time.
- If a job is completed in less than an hour, the full first hour cost will apply.
- Small Repairs Officer will estimate how many jobs can be carried out within a specified time frame – this may be subject to change depending on the jobs

### Fees without passporting benefits

First hour/job:	£25.00 per hour/job
Second and third hours:	£20.00 per hour (£10.00 per half hour)

### Fees with passporting benefits

First hour/job:	£15.00 per hour/job
Second and third hours:	£15.00 per hour (£7.50 per half hour)

To book the **Small Repairs Officer** you can contact us on

**01555 66620**

Or email

[enquiries@careandrepair-sl.co.uk](mailto:enquiries@careandrepair-sl.co.uk) 



# Police Scotland



**POLICE  
SCOTLAND**

Keeping people safe

## Here at Lanarkshire Safer Communities Department, we are dedicated to the prevention of criminal activity in our community.

The unusual and unprecedented events of this year have meant lifestyle changes for many of us, with new and perhaps unfamiliar technology being used to keep in contact with friends and family, or to carry out shopping or banking. We understand that people have been spending more time in their homes and can often become very isolated. This has given criminals an opportunity to develop new, unique ways of scamming victims of their hard-earned money.

Here are brief details of some of the recent scams we have seen emerging and the organisations that scammers are impersonating:

- ◆ Council tax rebate.
- ◆ Amazon prime account due for renewal or payment due.
- ◆ HMRC tax refund, lawsuit or unpaid tax and threaten arrest.
- ◆ DVLA licensing or vehicle Tax
- ◆ Paypal account has been suspended.
- ◆ HM Courts and Tribunal emails.



Unfortunately, criminals are extremely sophisticated in their techniques and phone calls can appear to be from trusted numbers and emails can appear to be genuine. If you receive a visitor, phone call, email or text which you are not expecting **take a moment** before you respond. And remember:

### Top 3 tips to avoid being scammed

1. **Never** give personal information over phone, text or email
2. **Never** click any unknown links or follow instructions from an unsolicited call
3. **Never** pay for anything in vouchers – this will let you instantly that the call is a scam

If you are ever worried, concerned or suspicious regarding a phone call, text, email or a doorstep caller, take some time to think about the situation and discuss it with a family member, friend or neighbour.

**Spread the word** – make more people aware of these scams, so hopefully less will fall victim to them.

Lanarkshire Police work very closely with partners and the following websites contain further information about current scams and safety advice.

- ◆ Trading Standards Scotland
- ◆ Advice Direct Scotland
- ◆ Neighbourhood Watch Scotland (sign up to local alerts)
- ◆ Age Scotland
- ◆ Gov.UK

If you need to, call us on **101** for non-emergencies or **999** in an emergency. We would rather be contacted before you became a victim. Find out more information at [www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers](http://www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers)

# Trading Standards

**Scams in all their forms - email and text phishing, "workmen" approaching you at your home offering to carry out "repairs" or scam letters and phone calls - continue to become more sophisticated and targeted, with millions of pounds lost to scammers each year.**

Criminals are experts at impersonating trusted organisations, luring people in and building relationships. Scams can be so sophisticated the victim doesn't see it for what it is or, so intimidating it can be difficult to stop, even when they suspect it's not legitimate.

The global nature of scams makes it difficult for enforcement agencies to stop this type of activity, so we focus on education instead. The team at Consumer and Trading Standards have worked to set up networks between individuals, organisations, council departments and businesses to share and gather information on scams and get the word out to as many people as quickly as possible.

We have successfully published and gathered information on scams through our social media channels and scam alert network and have set up stalls within supermarkets and at public events to share knowledge on how to identify and prevent scams.

We want to encourage you to report issues to us, no matter how insignificant they may seem. If there's a suspicious work van in the area, people knocking on doors, leaflets offering services with little information about the company, or even a suspicious telephone call, please tell us about it.

Scams thrive on silence and secrecy so let's drag them into the open. Together we can help others avoid being scammed and perhaps encourage other victims to seek help too. Sometimes just knowing they're not alone is enough to encourage people to come forward.

Real victim's stories grab people's attention best, so if you've been the victim of a scam we want to hear from you! Give us your story and, if you'll let us, we will tell others in our local community and beyond.

The information you provide could help prevent someone else becoming a victim; or the information they provide could protect you.

Remember, all information you give us is kept confidential and stories will only be used with your permission.

You can email us on

[consumer.enquiries@southlanarkshire.gov.uk](mailto:consumer.enquiries@southlanarkshire.gov.uk),

call us on **0303 123 1015** or contact us via

Facebook: **@SouthLanarkshireCATS**.



# Remember **FACTS** for a safer Scotland

# F

**Face coverings**



# A

**Avoid crowded places**



# C

**Clean your  
hands regularly**



# T

**Two metre distance**



# S

**Self-isolate and book a  
test if you have symptoms**



[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)