



Age Friendly Island Public Forum

Tuesday 7th September, 3:30-4:30pm via Zoom

Four members of the public, three members of staff and one parish councillor.

1. **Kelly Wetherick-Thrive Update** Call Kelly on 01983 525282 to find out more.

W/C 6th September

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|-----------|---------|-----------|-----------------|--------------|
| 11:00am | Be Active | | | Island Heritage | Nature Watch |

Be active- Walking Group: Join our online walking group, discussing routes and walks across the island.

Island Heritage: Learn about a piece of Island History

Nature Watch: Go on a virtual nature walk discovering some Island wildlife and heritage.

Sessions are available via Zoom and you can also watch at your leisure on our [YouTube channel](#). Coming soon there will also be a monthly fully interactive activity session, whereby we will supply a pack of resources for use within the session.

Age UK Isle of Wight has been delivering an exciting online activities program, offering new social opportunities to combat the effects of the pandemic and boost wellbeing.

By connecting with us, it is hoped people will regain social skills and develop new networks. Each week we deliver an exercise class or similar activity to encourage being active.

Our content covers aspects of heritage, wildlife, poetry, and creative writing, to name but a few, so that our audience will be keeping their brains active by learning something new. Sessions are available via Zoom, with links and instructions to join the session available on the Age UK Isle of Wight website and they can also be watched at leisure on our YouTube channel. If someone does not have the required skills or resources to access our online programme then we can support this through support from our digital inclusion officer.

[Age UKIW - YouTube](#)

[Activities Programme \(ageuk.org.uk\)](#)

[Thrive TV: Newtown - YouTube](#)

[Let's Explore - The Devils Chimney - YouTube](#)

2. **Valuable not Vulnerable: a world for all ages**

Traditionally across the month of October, in line with International Older Person's Day on the 1st, Age Friendly Island (AFI) have organised the Celebrating Age Festival (CAF), working with organisations and local communities to run a diverse range of events. The 2020 CAF was a victim of Covid and for 2021, it is time to think again.

In line with the World Health Organisation and inspired by Greater Manchester (who developed the phrase Valuable not Vulnerable), AFI are leading on a local campaign to start a conversation around ageism.

'Ageism refers to how we think (stereotypes), feel (prejudice) and act (discrimination) towards others or ourselves based on age.' WHO Global Campaign #aworld4allages Knowing where to start can feel overwhelming and this webpage seeks to reassure and give direction on how local communities and organisations can get involved.

The WHO Toolkit identifies three ways to combat ageism:

- o Policy and law can address discrimination and inequality based on age and protect the human rights of everyone, everywhere
- o Educational activities can transmit knowledge and skills and enhance empathy
- o Intergenerational interventions can contribute to the mutual understanding and cooperation of different generations.

So what are we doing? AFI will be supporting organisations to start the conversation. We are currently developing the following sections/resources. These will be hosted on the Age UKIW webpage.

- **Section 1: Background Reading and Resources:** Where can I find out more about the different projects and advice on combatting ageism?
- **Section 2: Changes to Policy and Law:** Policy and law can address discrimination and inequality based on age and protect the human rights of everyone, everywhere. How can we influence and make changes to local policy and practice?
- **Section 3: Educational Activities:** Educational activities can transmit knowledge and skills and enhance empathy. What local opportunities are there to participate in?
- **Section 4: Intergenerational Interventions:** Intergenerational interventions can contribute to the mutual understanding and cooperation of different generations. What examples are there of good practice?
- **Section 5: Events:** This will include the forums and other activities as organisations step forward.

Discussion: Does the Island index still exist? via Rob Jones, Library Service.

3. **Bus Buddies Film:** We are looking for volunteers to be part of film with Southern Vectis called 'Bus Buddies'. We are looking for individuals who could do with a boost/support to get back on the buses in the wake of Covid. A member of the Southern Vectis team would meet/collect a returning passenger who is a bit nervous of travelling on the bus again, and for them to take a short journey together, and maybe return them home. The member of the public can meet at their nearest bus stop and travel to Newport or Ryde and travel back again. Southern Vectis have five drivers who are willing to do this, which is fab news. The idea is that we will film it and share. Contact Sophie Lee (Age Friendly Island), Susan Cullen (Southern Vectis) or Helen Lewis on 01983 525282.

4. **Face to Face Forums:**

- Tuesday 12th October, 10:30am, Newport
 - Wednesday 20th October, 10:30am, Freshwater
 - Tuesday 26th October, 10:30am, Ryde
- Places are limited and must be booked with Helen Lewis on 01983 525282 or helen.lewis@ageukiw.org.uk Amey Waste will be doing a Q and A session too.

5. **AOB:**

- **The Philo Café at Cowes library**, now monthly on Weds evenings, 7 -9 pm. Call 01983 293341 to book a place.
- **Adult and Community Learning:** course information on the following page. www.iow.gov.uk/ACLcourses
- **PPG at Cowes:** Role of Practice Managers and receptionists in relation to what happens in the surgery and role of PPG in influencing what happens. Click link to

access Healthwatch Isle of Wight Report from July 2021. [Healthwatch Isle of Wight: Covid one year on](#)

- Surgery business accounts and where they go? Blacklisted by the practice manager if you can't through on the phone. If you don't use GP surgery at least once a year, then an individual put on a ghost list? Entitled to an annual MOT? EPL will raise at all Island meeting and feedback. Only over 70s have a named GP? Everyone has a named GP. Entitled to see your named GP. Consistency of care.
- **Prostrate and Breast Cancer:** sharing of resources and good work that is out there. Medical art work to raise awareness. Prostrate Group aiming to test 1000 men this year. PSA testing through this group: <https://www.iwpcsg.org/> or call: 07568245124
- Wessex Cancer Trust: www.wessexcancer.org.uk Tel: 01983 524186 Email: isleofwight@wessexcancer.org.uk 21 Lugley Street, Newport, Isle of Wight PO30 5HD

Next online forum is Tuesday 19th October, 3:30-4:30pm via Zoom. Carol Flux, Gift to Nature and Valuable not Vulnerable: a world for all ages discussion

ADULT LEARNING

AUTUMN 2021

ALL COURSES ARE
FOR ADULTS 19+



All courses take place at the Community Learning Centre, Westridge, Ryde, PO33 1QS

ICT

Essential Digital Skills for Work level 1 - offered at no cost (10 weeks)
Thursday 16 September to 2 December, 9.30am - 12.30pm.

Essential Digital Skills for Life level E3 - offered at no cost (10 weeks)
Tuesday 14 September to 30 November, 9.30am - 12.30pm.

ICDL (International Computer Driving Licence) Word Processing level 1 & 2 - offered at no cost (6 weeks)
Monday 6 September to 11 October, 9.30am - 12.30pm.

ICDL Presentation Software level 1 & 2 - offered at no cost (6 weeks)
Monday 1 November to 6 December, 1pm - 4pm.

ICDL Spreadsheets level 1 & 2 - offered at no cost (6 weeks)
Tuesday 2 November to 7 December, 1pm - 4pm.

Computers for Beginners - offered at no cost (6 weeks)
Monday 1 November to 6 December, 9.30am - 12.30pm.

CAREER APPOINTMENTS

Offered at no cost
Do you need impartial information, advice and guidance to enable you to realise your potential, so that you can confidently take the next step into learning or employment? If your answer is yes, call us to book a face to face or telephone appointment with our Careers Advisor Amanda, who can tailor it around your needs, whatever they may be.

/IWCACL

Concession rates on the below courses are offered to learners who are in receipt of specific benefits that are means tested.

ART

Painting with Fingers and Sponges using Oil Paints (4 weeks)
Monday 4 to 11 October and 1 to 8 November, 10am - 1pm.
£65/£20 concession.

Drawing Figures (workshop)
Wednesday 13 October, 10am - 3pm.
£30/£10 concession.

Pet Portraits (workshop)
Wednesday 17 November, 10am - 3pm.
£30/£10 concession.

Acrylic Painting for Beginners (4 weeks)
Monday 22 November to 13 December, 10am - 1pm.
£65/£20 concession.

Beginners Watercolours (4 weeks)
Wednesday 24 November to 15 December, 10am - 1pm.
£65/£20 concession.

Pastels and Charcoal by Candlelight (workshop)
Tuesday 30 November, 10am - 3pm.
£30/£10 concession.

HEALTH AND WELLBEING

Healthy Winter Teas and Tonics (workshop)
Saturday 13 November, 10am - 3pm.
£30/£10 concession.

For more information on our courses.

T: 817280

E: acl@iow.gov.uk

W: iow.gov.uk/ACLcourses

CRAFT

Nuno Felted Scarf (workshop)
Wednesday 22 September, 1pm - 4pm.
£20/£8 concession.

Practical Sewing Skills (4 weeks)
Friday 24 September to 15 October, 10am - 1pm.
£65/£25 concession.

Enamelled Jewellery (workshop)
Monday 27 September, 10am - 1pm.
£20/£8 concession.

Colourful Felted Jewellery (2 weeks)
Thursday 7 to 14 October, 10am - 1pm.
£35/£15 concession.

Sea Glass Resin Coasters (workshop)
Saturday 9 October, 10am - 3pm.
£35/£15 concession.

Stained Glass Effect Tea Light Hanging (workshop)
Saturday 16 October, 10am - 2pm.
£30/£10 concession.

Upcycle your Old Denim (workshop)
Tuesday 2 November, 10am - 3pm.
£30/£10 concession.

Creating and using Stencils (workshop)
Thursday 4 November, 10.30am - 1.30pm.
£18/£6 concession.

3D Natural Autumnal Sculptures (workshop)
Wednesday 10 November, 10am - 3pm.
£30/£10 concession.

Woven Wall Art Hanging Tapestry (2 weeks)
Thursday 11 to 18 November, 10am - 1pm.
£35/£15 concession.

Pebble Picture Art (workshop)
Sunday 14 November, 10am - 3pm.
£30/£10 concession.

Beaded Loom Jewellery (workshop)
Tuesday 16 November, 10am - 3pm.
£35/£15 concession.

Batik and Silk Painting (3 weeks)
Friday 19 November to 3 December, 10am - 1pm.
£55/£25 concession.

Make your own Elf on the Shelf and Outfit (workshop)
Sunday 28 November, 10am - 3pm.
£35/£15 concession.

Indoor Paper Wreath (workshop)
Friday 3 December, 10am - 1pm.
£18/£6 concession.

Christmas Follage Hanging Decoration (workshop)
Friday 10 December, 10am - 3pm.
£30/£10 concession.

CITY AND GUILDS FUNCTIONAL SKILLS - ENGLISH & MATHS

All courses fully funded and offered at no cost. Classes available in Sandown, Ryde, Newport, Freshwater and East Cowes. Please contact us for more information.



WORKSHOP DAY

£6 each session or two for £10 (morning and afternoon session for same person)

Sunday 3 October
10am - 12pm

Willow Dream Catcher

Drawing with Charcoal

Needle Felted Flower Brooch

Learn to Draw a Sacred Geometry Picture

1pm - 3pm

Willow Dream Catcher

Drawing with Charcoal

Needle Felted Flower Brooch

Learn to Draw a Sacred Geometry Picture

CHRISTMAS THEMED WORKSHOP DAY

£6 each session or two for £10 (morning and afternoon session for same person)

Sunday 5 December
10am - 12pm

Wine Glass and Bottle Chams

Lino Printed Christmas Cards/Tags

Macramé Christmas Tree

Festive Coasters

1pm - 3pm

Wine Glass and Bottle Chams

Lino Printed Christmas Cards/Tags

Macramé Christmas Tree

Festive Coasters

ISLE of WIGHT COUNCIL