**Spring 2022**

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**We work together to promote the health and wellbeing of the older people of Bournemouth and welcome all those with an interest in this age group.**

**Entry and membership are free.**

**Bournemouth Older People’s Forum members and supporters**

**BOP Forum Planning Committee recently held a planning meeting where the Access Dorset team proposed an exciting new venture in partnership with BOP Forum. Access Dorset were recently successful in making an application to Dorset Community Foundation for a Grant which would enable them to work on a project in partnership with BOP Forum, to ensure that the Forum builds upon it’s existing foundations and continues to be a respected voice in the community for older people and their supporters.**

**Access Dorset now has funding for a year to start up a coffee and lunch club on a Friday specifically aimed at older people in partnership with BOP Forum, and has asked us to work with them in deciding what activities people attending the coffee and lunch club would like to have organised. In order to do this Forum members are invited to attend the Friday Club from Friday on 4th March 2022 from 11 am to 1 pm. On 4th March Morning Tea when Shortbread biscuits and Scones will be available. You will be asked about what you want to see going on at Friday Club and wherever possible Access Dorset will look at providing those activities, so come along then and have your say. Friday Clubs will then be run every week from 25th March, and BOP forum meeting will be held once a month, except on Bank Holidays or in exceptional circumstances, so don’t worry if you aren’t able to attend the first club date. During Friday club refreshments and lunches will be available from Access Dorset’s café up until 12.30 pm. In addition, BOP Forum’s regular meetings will continue to be a regular part of the clubs format on a monthly basis.**

**Activities that have already been suggested are gentle exercise classes such as Yoga, gardening, cookery classes and social activities such as card & board games, music and art & crafts. Coming along to consultation on 4th March and/or attend the monthly Forum meetings to enable you to have your say in what’s provided.**

**Numbers inside the Bridge are strictly limited at the moment and people attending activities are asked to wear masks while inside. Numbers are also strictly limited, so if you’d like to attend on 4th March please click on this link and book yourself a place** [50+ Friday Club Consultation Session Tickets, Fri 4 Mar 2022 at 11:00 | Eventbrite](https://www.eventbrite.co.uk/e/50-friday-club-consultation-session-tickets-271115613097?utm_campaign=post_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkNewEmail)

**Don’t worry if you would rather book by alternate means, you can also give Access Dorset a call on 01202 711336 and they will help you book a place.**

**We know that people might be wondering why they’re being asked to wear masks indoors and continue to socially distance when restrictions continue to be relaxed. Access Dorset feel that many of the people that come to the Bridge are vulnerable and many people suffer from auto-immune diseases or other health conditions meaning they aren’t able to have the vaccinations or are particularly vulnerable if they do catch Covid. In order to keep everyone safe Access Dorset are asking people to undertake these additional temporary measures until risks are reduced sufficiently to do without them.**

**We would also like you to welcome this years Trustee members.**

**Pat Lewis – Chair**

**Ted Taylor – Vice Chair**

**Dave Thompson – Treasurer**

**Blair Crawford - Grants**

**Jayne McCann – Secretary**

**Lisa Brooks – Forum Organiser**

**Saroj Ray-Chowdhury – Refreshments Organiser**

