



Welcome to the Bury Older People's Network

Below is brief information that explains about the Network and what you can expect as a valued member of the group. Please see the attached document showing the terms of reference.

Do contact us to find out more and for details of the next meeting. You are welcome to attend your first meeting without making any commitment. We are a friendly group and look forward to meeting new people.

Contact: 0161 518 5550 or admin@buryvcfa.org.uk for more details.

Purpose Our aim is to promote a positive attitude towards ageing so that everyone can participate as fully as possible in activities and decision-making

Members of the Network have said ***"the network provides a voice for older people within the local community, empowering them to share what matters and enabling them to enjoy life"***.

To Promote:

- Voices for older people
- Enjoyment of life
- Enabling people (older adults/ ageing individuals) to live well
- To do rather than be done to!

Membership We want the Network to grow and develop into a diverse group of people from different communities across the borough. People aged 50+, their families, Carers and advocates are welcome to join. Membership also includes representatives from voluntary organisations, community groups, statutory departments and anyone who has an interest in upholding the right of older people to have equal opportunities in their lives.

Senior leads from Health, Social Care and other organisations are invited to join specific meetings relevant to the theme for the month. Colleagues from organisations may request to join a meeting if they have something specific to add to the agenda.

Meetings At present, the meetings usually occur on the second Wednesday of each month at the Bury Unitarian Church from 11am to 12:30pm, followed by a cold buffet lunch until 1:30pm (refreshments and lunch are complimentary). No meetings take place during August and December. However, all these details are subject to change, for example, the meeting in June this year was replaced by a larger event on a different day.

Guidelines for smooth running meetings

- **We acknowledge and respect** what others have to say. No one group or person is more important than another. Everyone has the right to contribute, and we believe everyone has a contribution to make (where necessary any support or help needed is given).
- We understand that we should not dominate a meeting with what we want to say. Good communication is as much about listening well.
- **Honesty** - discussions are approached with honesty; this includes addressing any challenges or difficulties that may arise.

And finally, we hold reasonably informal, friendly meetings, we often have a good laugh, and we have a pleasant social hour for lunch. So why not try us out, find a way to express an old interest or discover a new interest and make some new friends.

Joanna Mawdsley

BOPN Chair