



Dear SOPA Members

Please see below information which may be of interest. Please share relevant information with your networks.

SOPA NEWS

Our Scottish Older People's Assembly is taking place at the Perth Concert Hall on the 5th October and Registration is now open via our Eventbrite Link - <https://www.eventbrite.co.uk/e/scottish-older-peoples-assembly-tickets-406240334777>

We would love it if you could join us on the day of the Assembly. We have some very interesting speakers including Professor Russel Griggs OBE, Chair of South of Scotland Enterprise. We will be discussing relevant topics which we would like to hear your views on all impacting greatly on Older People and their lives, their health and their finances.

Please do come along, or please do let your Members know about our event on the 5th of October starting from 10.30am. Everyone is welcome.

As an organisation the Scottish Older People's Assembly is looking for new Members to join our Board.

Role:

Are you passionate about the rights of older people? The Scottish Older People's Assembly is looking for **Trustees** to join its Board.

As a small charity, SOPA's Trustees play a valuable role in supporting the organisation to ensure that the voices of older people are heard by those making decisions that affect them. We're particularly keen to hear from people with skills and experience that can support SOPA's work, including those with experience of **charity finance, IT, legal, fundraising, marketing and social media and charity governance.**

If you are interested in applying, please send a CV and a short supporting statement outlining why you would like to join the Board of SOPA, what you would bring to the Board and how you think you could help us meet our aims as a charity. You should email this to karen@scotopa.org.uk

Or if you would like an informal chat about a Trustee role with our Chair, Diana Findley, Contact Karen on 07808 700453 and she can arrange a conversation with Diana for you.

Member NEWS

ATTAIN (Lifelong Physical Activity Targeting Inequalities) is a new research network formed to extend healthy life expectancy in communities that experience health inequalities, including socially deprived and minority ethnic groups.

The network, with the support of a diverse external advisory group, will create new physical activity interventions with community members whilst fostering collaboration between researchers, community leaders, and health care professionals. ATTAIn will support impactful research to advance knowledge of healthy ageing within these underrepresented groups. You can find out more about the network and sign up to the newsletter here –

www.atainnetwork.org.uk/contact

For more information on ATTAIn you can contact Victoria.Palmer@glasgow.ac.uk

The African and Caribbean Elders in Scotland (ACES) event with "Doors Open Days" is being held on Saturday 24th September 2022. Title "One Life Two Cultures"

ACES will host a live **online** intergenerational event offering a sneak peek at their current oral history project *One Life, Two Cultures*. Members will share their experiences of life in Scotland through personal memories, and recollections of places and events. There will be a break for open discussion, so have some food and a cuppa ready to relax, eat, and chat with other attendees. This sounds like a lovely event.

Here is the Eventbrite link for 24 Sept at 18.00pm until 20.00pm:

<https://onelifetwocultures.eventbrite.co.uk>

NEW Cost-of-Living Grants Fund - Phase 1 applications are open between 1st and 16th September You can read more about the fund [here](#)

In response to the cost-of-living crisis Independent Age are looking to provide **25 grants of £40,000 (£1million total)** to charities and community organisations to get more money into the pockets of older people and help ensure they do not have to choose between buying food to eat and heating their home this winter.

How to apply

The application process will be open from the 1st to the 16th of September, more information and guidance can be found in the grants section of our website

<https://www.independentage.org/community/our-grants-fund/cost-of-living-grants-fund>

If you have a great idea for a project but you are a smaller organisation, and thus ineligible for the current fund, we are considering developing a complementary fund alongside this one. This will be aimed at smaller organisations and provide training and additional materials based on our own information and advice guides, to further build the capacity of community groups. Please read through the information on the website, and If you think this would be of interest to your organisation please do email us at grants@independentage.org as this will help us understand demand and help us shape the programme.

Tom Philips a blogger at Equity Release Warehouse, a blog and website offering tips and advice for seniors trying to save money in retirement.

He has put together a useful and actionable guide titled: 'Tips for Seniors for Surviving the Cost-of-Living Crisis'.

You can read his guide in full here:

<https://www.equityreleasewarehouse.com/guides/tips-survive-cost-living-crisis-seniors/>

Planning with People: Community engagement and participation guidance

Hello.

Did you know that people living in Scotland have the right to get involved in the design and delivery of new health or social care services, and to comment on changes to existing services?

When it comes to designing or making changes to these services, it is important that NHS Boards, Health and Social Care Partnerships, and Local Authorities listen to the views of people who might use them. The process of finding out your views is called 'community engagement'.

In March 2021, the Scottish Government and COSLA published jointly [Planning with People: Community engagement and participation guidance](#). The guidance encourages collaboration between NHS Boards, Integration Joint Boards and Local Authorities. It also explains how people and communities can expect to engage with health and social care providers.

It is important that 'Planning with People' remains relevant, therefore, by sharing your views and opinions, you will help to improve the engagement process by

SERVICE USER QUESTIONNAIRE

providing essential feedback on your personal experiences. To help you do this, we have included an online questionnaire that you can access by clicking on the following link:

We would be grateful if you could complete and submit the questionnaire by **Friday, 30th September 2022**.

The information in this bulletin has been provided by SOPA Members, partners and external organisations, it is circulated for information, SOPA does not endorse content and is not involved in organising partner events.