



## **Outside the Box list of Older People's Forums May 2015**

Older People's Forums and participation groups in Scotland

### About this list

This list brings together information about forums that give a collective voice for older people in Scotland.

There are 3 types of groups here.

- Independent forums which are accountable to the older people living in that area.
- Groups that are based at a Council or another organisation that operate as independent forums.
- Groups that were set up by a Council to give advice based on the views of older people.

The list has been drawn together by Outside the Box. It links to several projects that we are working on.

**We're Here Too** was a series of events to encourage people to think about how to make sure that older people with higher support needs are included.

There is a report and presentations with useful ideas, practical suggestions and contacts.

[www.otbds.org/werehere](http://www.otbds.org/werehere)

**Wisdom in Practice** supports the development of services led by older people. There are resources for groups led by older people as well as for people working in public services and other organisations who want to work in partnership with older people.

[www.wisdominpractice.org.uk](http://www.wisdominpractice.org.uk)

**Making Choices** and **Over the Fence** are resources for older people to have more choices in the services and other support they get. They show how people can plan for support to keep them well and have a good quality of life.

[www.overthefence.org.uk](http://www.overthefence.org.uk)

[www.otbds.org/makingchoices](http://www.otbds.org/makingchoices)

### **Contact**

Outside the Box, Unit 23, 150 Brand St, Glasgow G51 1DH

0141 419 0541

[admin@otbds.org](mailto:admin@otbds.org)

[www.otbds.org](http://www.otbds.org)

Aberdeen

### ***Grampian Senior Citizens Forum***

#### The Forum

- Campaigns for improvement of quality of life for older people in Grampian.
- Membership open to any organisation representing older people.
- Representing the interests of State Pensioners.

Monthly meeting third Monday of each month except Public holidays at 2pm at the Portland Club, Gallowgate, Aberdeen

#### **Contact**

Chairperson George Thomson  
Tel: (01224) 647493

#### Source-

[http://www.aberdeencity.gov.uk/xcc\\_CommunityDetail.asp?id=806&ind=7&ind2=66](http://www.aberdeencity.gov.uk/xcc_CommunityDetail.asp?id=806&ind=7&ind2=66)

### ***Older People's Working Group***

The Older People's Working Group provides a formal mechanism to ensure that the wide interests of older people are included and addressed in all areas of Corporate and Community Planning in the city.

#### **Contact**

Baldeep McGarry  
Development Officer (Older People)  
email [bmcgarry@aberdeencity.gov.uk](mailto:bmcgarry@aberdeencity.gov.uk)  
Tel: (01224) 523014

[http://www.aberdeencity.gov.uk/council\\_government/equality\\_and\\_diversity/eqd\\_opwg.asp](http://www.aberdeencity.gov.uk/council_government/equality_and_diversity/eqd_opwg.asp)

## **Aberdeenshire**

Aberdeenshire has been building a network of Older People's Forums across the whole of the Shire over the past few years through its 'Your Voice' initiative.

This project, supported until 31st March 2015 through the Aberdeenshire Change Fund, and from 1st April 2015 - 31st March 2016 through the Integrated Care Fund. It is managed by Ed Garrett from Aberdeen Voluntary Action, through his role with the Mearns & Coastal Healthy Living Network (MCHLN).

#### **Contact**

Ed Garrett  
Mearns and Coastal Healthy  
Living Network  
44 High Street  
Laurencekirk  
Aberdeenshire  
AB30 1AB

Tel: **01561 378 130**

Email: [mhln@care4free.net](mailto:mhln@care4free.net)

They have forums in the Mearns, Inverbervie, Portlethen, Inch, Banchory, Huntly, Ellon where Ed Garrett is the contact.

There are also Forums also in Peterhead and Cuminestown where Fiona Ingleby is the contact:

[fiona.ingleby@aberdeenshire.gov.uk](mailto:fiona.ingleby@aberdeenshire.gov.uk).

## Angus

### ***Angus Gold 50+ Project***

A participation project working with older people within the Angus Council's Community Learning and Development (CLD) Service.

#### **Contact**

Ann Craig

Angus Gold Area Network & General Information

[craiga@angus.gov.uk](mailto:craiga@angus.gov.uk)

## Argyll and Bute

### ***Oban Seniors Forum***

Meetings are the last Tuesday of each month in Lynn Court. The meetings are a mixture of information sessions, speakers, social and trips and they leave it up to the members to decide what they would like to do.

Ferryfield Road

Connel

OBAN

PA37 1SR

01631 710741

[maggie@argyllvoluntaryaction.org.uk](mailto:maggie@argyllvoluntaryaction.org.uk)

telephone 01631 564839.

Source- <http://getinvolved.org.uk/view/21253-Oban-and-District-Senior-Forum>

### ***South Kintyre Seniors Forum***

The forum raises problems about travel, health provision, home security and safety etc.

#### **Contact**

George McMillan

Telephone: **01586 553267**

Kinloch Hall

Kinloch Road

Campbeltown  
PA28 6DU

Source- <http://www.ageuk.org.uk/scotland/about-us-/local-services-search/groups/south-kintyre-seniors-forum-scotland/>

### ***Grey Matters, Helensburgh***

Grey Matters is a local independent forum for older people to get involved and have a say in community life.

#### **Contact**

Alison and Ava  
Argyll Voluntary Action  
14 Colquhoun Square  
Helensburgh  
01436 671 613

Website- <http://argyllcommunities.org/avahelensburghandlomond/grey-matters/>

## Clackmannanshire

### ***Clackmannanshire Older Adults Forum***

The Forum brings together seniors groups in Clackmannanshire so that they can speak with a strong collective voice and share knowledge and experience. It has a membership of 16 groups, double the number a year ago. On topics from crime to housing it feeds older adults views and experiences into local planning and decision making. Current priorities include transport, with the forum instrumental in establishing Clackmannanshire's first community transport service, and inter-generational activities, with young and older members of the community exchanging skills such as IT and knitting.

Meetings are held on the last Tuesday of the month. (Except December).

#### **Contact**

Flo Mackenzie  
3 Branshill Road  
Sauchie, Alloa  
Clackmannanshire, UK  
FK10 3BN  
Phone 01259721674  
e-mail: [fjm54@aol.com](mailto:fjm54@aol.com)

Signpost, Cooperage Way, Alloa, Fk19 3LP  
Website - Listed under [Clackmannanshirecouncil.org.uk](http://Clackmannanshirecouncil.org.uk) as  
Clackmannanshireolderadultsforum

Source- <http://www.clacks.gov.uk/community/events/?event=1429>

## Dumfries and Galloway

### ***Dumfries and Galloway over 50's Group***

Raises awareness of the issues and needs of older people and lobbies for better representation of older people in the planning of local services

**Contact**

01387 269161 (select option 6)  
Email [alansidaway@hotmail.com](mailto:alansidaway@hotmail.com)

Source- <http://www.ageuk.org.uk/scotland/latest-news/archive/dumfries-and-galloway-phoenix-rises-/>

### **Dundee**

#### ***Celebrate Age Dundee***

CAN Forum started in March 2007 to make sure that agencies and organisations listen to what older people in Dundee have to say. We are working in partnership with agencies such as the NHS, Housing and Social Work to improve older people's services.

We have three working groups:

- Information and Involvement
- Transport
- Health and Social Care

**Contact**

By telephone: 01382 305745.  
By post: Celebrate Age Network Forum.  
c/o Dundee Voluntary Action.  
10 Constitution Rd.  
Dundee.  
DD1 1LL.

Website- <http://dundeeanforum.org.uk/>

### **East Ayrshire**

#### ***South Kilmarnock Elderly Forum***

This group provides a forum to address and campaign on issues that are of concern to the elderly population.

**Contact**

East Ayrshire North Communities Federation Ltd are located on 15 Wellington Street, Kilmarnock, KA3 1DW  
Tel: 01563 572712

Source- <http://www.eanfc.co.uk/objectives.php>

## East Dunbartonshire

### ***Age Concern East Dunbartonshire***

We meet on the second Wednesday of every month in the bowling green to raise awareness and discussion about issues which affect older people living in East Dunbartonshire. We invite local speakers and organise activities which interest our members. Come along and make a difference

source- <http://www.ageuk.org.uk/scotland/>

## East Lothian

### ***East Lothian Older People's Forum***

Some of the most vulnerable people in society are helped by community care services organised by the health boards and local authorities. ELCCF gives people a platform to voice their views and ideas on how best these services can be planned and delivered.

#### **Contact**

East Lothian Community Care Forum  
9-11 Lodge Street  
Haddington  
EH41 3DX  
Email : [info@elccf.org](mailto:info@elccf.org)  
Phone: 01620 822 212

Website- <http://www.elccf.org/>

## Edinburgh

### ***A City for All Ages Advisory Group***

The group is linked to the Council. It aims to

- enable involvement of older people in development of Edinburgh plans and strategies
- share information, and to
- encourage older people to take responsibilities in planning their own future.

The Advisory Group includes individual older volunteers who support the above principles and representatives (volunteer or staff) from groups and organisations that represent older people on issues of health, wellbeing and support. Meetings are held in the City Chambers.

#### **Contact**

Glenda M Watt  
Strategy Manager, Health and Social Care

Level 1.8 Waverley Court  
4 East Market Street  
Edinburgh  
EH8 8BG  
**Email:** [glenda.watt@edinburgh.gov.uk](mailto:glenda.watt@edinburgh.gov.uk)  
**Tel:** 0131 469 3806

Source-  
[http://www.edinburgh.gov.uk/info/20215/adult\\_social\\_care\\_and\\_support/627/edinburghs\\_plan\\_for\\_older\\_people](http://www.edinburgh.gov.uk/info/20215/adult_social_care_and_support/627/edinburghs_plan_for_older_people)

### ***Senior Citizens' Forum (Edinburgh West)***

Member of Scottish Seniors Alliance.  
c/o Queensferry Churches Care in the Community  
Edinburgh  
EH30 9PR  
0131 331 1856 / 0131 3312587

### ***North East Edin Elderly Care Action Group (Leith)***

Older people 50+ Group  
**When:** First Wednesday of every month  
**Contact:** Anne Munro on 0131 553 2559  
**Email:** [annemunro@btconnect.com](mailto:annemunro@btconnect.com) or [pilmenyproject@btconnect.com](mailto:pilmenyproject@btconnect.com)

Source: <http://www.pilmenydevelopmentproject.co.uk/olderpeople> (c/o Laura Dunkel, Age Scotland)

### ***Portobello NEECAG Group***

Older people 50+ Group  
**When:** Last Tuesday of every month  
**Contact:** Anne Munro on 0131 553 2559  
**Email:** [annemunro@btconnect.com](mailto:annemunro@btconnect.com) or [pilmenyproject@btconnect.com](mailto:pilmenyproject@btconnect.com)

Source: <http://www.pilmenydevelopmentproject.co.uk/olderpeople> (c/o Laura Dunkel, Age Scotland)

## Falkirk

### ***Make It Happen***

Make It Happen Forum is an independent forum for older people across Falkirk and district. It has a central group which collates issues and concerns raised at local forum meetings in Bonnybridge, Braes, and Grangemouth. They present these issues with a collective voice to the relevant agencies and organisations and work on

creating solutions. Make It Happen Forum is a place where you are heard and your skills are valued.

### **Contact**

email [olderpeoplesforum@btconnect.com](mailto:olderpeoplesforum@btconnect.com) for details of local meetings  
telephone 07511 223067

Website- <http://www.makeithappenforum.org.uk/about-us/>

## Fife

### ***Fife Elderly Forum Executive***

A Voluntary Sector Advice & Information Agency dealing with older peoples issues. We provide information and advice on issues which affect older people and their relatives. We also provide a **professional independent advocacy service** to older people.

As well as providing this service we also act as a voice on older people's issues, consulting with older people and feeding their concerns and issues to the statutory providers. We represent older people on a number of groups including The Older Peoples Framework Group, The Older Peoples Strategy and Implementation Group, Fife Rights Forum and the Equality Forum.

The website includes information about more localised forums.

### **Contact**

Mr John Mckendrick,  
Co-ordinator,  
Office 1-2, Fraser Buildings,  
Millie Street,  
Kirkcaldy KY1 2NL

Telephone: (01592) 643743  
or Fax (01592) 644998

Email: [info@fife-elderly.org.uk](mailto:info@fife-elderly.org.uk)

Website- <http://www.fife-elderly.org.uk/>

## Highland

### ***Highland Senior Citizens Network***

This is a Highland-wide network of local voices, joined to be representative of the 77,000 people of the Highlands who are over 55.



We aspire to be independent, well-informed and credible; and above all, to truly empower the voices of senior citizens across Highland.

### **Contact**

Highland Senior Citizens Network  
Box 301, 24 Station Square, Inverness, IV1 1LD  
[hscn@hotmail.co.uk](mailto:hscn@hotmail.co.uk)

Website- <http://www.hscn.co.uk/>

## Inverclyde

### ***Inverclyde Elderly Forum***

The Forum campaigns on issues of importance to older people in Inverclyde. It holds monthly open meetings (excepting July) to inform and consult its members on local and national issues, with a different speaker each meeting. All seniors are welcome to open meetings. The Forum's committee of 6 meets twice each month.

### **Contact**

Nell McFadden MBE  
Telephone: **01475 638113**  
Email address: [nell.mcfadden@yourvoice.org.uk](mailto:nell.mcfadden@yourvoice.org.uk)

99 Kirn Drive  
Gourock  
PA19 1EG

Website- <http://www.inverclydeelderlyforum.co.uk/>

## Midlothian

### ***Bonnyrigg and Lasswade Seniors Forum***

Supports a range of social and support activities for older people in the local area. This includes a wide range of affiliated groups where dancing and social events are organised as well as the sharing of useful information. This supports local older citizens to be connected and tackles isolation amongst the elderly population.

### **Contact**

Bonnyrigg & Lasswade Seniors Forum  
Bill Prentice  
Tel: 0131 663 6895  
Email: [billprentice895@btinternet.com](mailto:billprentice895@btinternet.com)

Source- <http://www.ageuk.org.uk/cymru/about-us/local-services-search/groups/bonnyrigg--lasswade-seniors-forum-scotland/>

### ***Gorebridge Over 50s Forum***

The group meet at the Parish Church on the 2nd Tuesday in the month from 1pm. Its a very sociable occasion, get to know others in the Gorebridge community. Chat, support and discuss over tea, coffee and snacks.

Contact- Mary Webb  
01875 825323

Source-

[http://www.gorebridge.org.uk/whats\\_on/community\\_groups/gorebridge\\_over\\_50s/](http://www.gorebridge.org.uk/whats_on/community_groups/gorebridge_over_50s/) (c/o Laura Dunkel, Age Scotland)

## North Ayrshire

### ***The Joint North Ayrshire Elderly Forum***

This forum is linked to the Council.

A meeting of the 8 Elderly forums in North Ayrshire. All forums campaign for better services for Older People. This meeting is open to any older persons groups or individuals. Individual Forums meet in Ardrossan, Saltcoats, Stevenston, Kilwinning, Dalry, Isle of Cumbrae, Isle of Arran.

#### **Contact**

John Macdonald  
Capacity Building Team  
North Ayrshire Council  
Bridgeway House Irvine  
KA12 8BD

Phone- 01294 324 970  
Fax 01294 324 964  
Email : [jmacdonald@north-ayrshire.gov.uk](mailto:jmacdonald@north-ayrshire.gov.uk)

<http://www.northayrshire.gov.uk/na/cgroups.nsf/index/E1FB84F66F761B0F8025768D0035890B?OpenDocument>

## North Lanarkshire

### ***Voice of Experience***

The Voice of Experience Forum is an independent recognised charity working throughout North Lanarkshire to ensure that older people's voices are being heard. Voice of Experience Forum work in partnership with a number of organisations such as North Lanarkshire Council, NHS Lanarkshire, The Pension Service, Age Concern Scotland etc to ensure that the views and opinions of older people in North Lanarkshire are being heard.

The Voice of Experience Forum are always keen to hear the views and opinions of older people so if you or your organisation would like to meet with the Development Worker this can be arranged at any time.

**Contact**

Sheena McDonald  
sheena@voef.org.uk  
Maureen McCarthy  
voef@btconnect.com)

Voice of Experience Forum, 71 Graham Street, Airdrie, North Lanarkshire ML6 6DE  
Tel 01236 758855/750849

Website- <http://www.voef.org.uk/>

## Orkney

People in Orkney have had their first meeting via Age Concern Orkney prior to an open to the public 'Have Your Say' forum and they hope to encourage older folk in Orkney to form their own forum with as much help as they can get. They have plans to link with a national forum.

**Contact-** Mike Lynch

Email: [mlynch1953@btinternet.com](mailto:mlynch1953@btinternet.com)

## Renfrewshire

Seniors' forums provide information, advice and support to elderly people to help them with problems of exclusion, isolation and poverty.

There are 11 forums in Renfrewshire and information about when and where they meet is shown below.(Via the link)

<http://www.renfrewshire.gov.uk/webcontent/home/services/social+care+and+health/services+for+older+people/sw-jm-seniors-forums>

**Contact**

Carolyn Russell  
Community Link Officer  
Renfrewshire Council  
Renfrewshire House  
Social Work, 3rd Floor  
Cotton Street  
Paisley PA 1 1WD  
Tel 0141 618 5598

## Scottish Borders

***Borders Elder Voice***

The aim is to give older people a voice, encourage us to work in partnership and to empower us to influence policy decisions which affect us.  
If you are interested in becoming a free member of Elder Voice or would like further information, please contact our membership secretary.

**Contact**

Phone: 01896 668601

E-mail: [info@eldervoice.org.uk](mailto:info@eldervoice.org.uk)

Website- [www.eldervoice.org.uk](http://www.eldervoice.org.uk)

## South Lanarkshire

### ***Seniors Together***

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

Associates and partners working together include:

- South Lanarkshire Council
- South Lanarkshire Leisure and Culture
- NHS Lanarkshire
- Police Scotland
- Department for Work and Pensions
- Her Majesty's Revenue and Customs
- Age Scotland
- Lightburn Elderly Association Project (LEAP)
- most importantly, older people themselves

All of our associates have signed our Older People's Assembly Charter which commits them to keeping older people informed about their rights, policies and services.

**Contact**

Council Offices

Floor 7

Almada Street

Hamilton

ML3 0AA

Phone: 01698 454105

[christine.calder@southlanarkshire.gov.uk](mailto:christine.calder@southlanarkshire.gov.uk)

## South Ayrshire

### ***South Ayrshire Seniors Forum***

We exist to support and represent the population of senior citizens in South Ayrshire, especially in relation to their welfare and well-being, as they live, work, retire and enjoy life in Ayr and the surrounding area.

We believe that amongst all those people aged over fifty in South Ayrshire there are many who are willing to make valuable contributions to the quality of life of their communities, benefiting others as well as themselves - bringing a wealth of experience and knowledge, awareness of issues or concerns, often identifying specific needs, frequently getting involved and participating in purposeful and sociable activities.

**Contact**

137 Main Street, Ayr, KA8 8BX  
Office: 01292 286815 | Mobile: 07925 013354

Website- <http://www.sasf.co.uk>

## Stirling

### ***Older People's Reference Group***

The group is organised and serviced by the Council.

The aim of the Older People's Reference Group is to work for the improved quality of life of the older people in the Stirling area and to promote and maintain the achievements of older people and ensure all issues affecting older people are discussed and the appropriate actions taken. Membership of the OPRG is open to anyone living in the Stirling Council area that is over the age of 50.

The group's main areas of activity currently are Older People's Care, Housing and Community Safety.

The OPRG meet 4 times per year at the Council chambers in Old Viewforth and we welcome new members.

**Contact**

Clerk to the Group: Claire McDonald  
Committee Support  
All meetings take place at 1pm in the Chambers  
Old Viewforth  
Stirling Council

[email:](mailto:mcdonaldc@stirling.gov.uk) mcdonaldc@stirling.gov.uk  
call 01786 233077.

Source- <http://my.stirling.gov.uk/services/community-life-and-leisure/your-community/your-community-community-planning/community-planning-area-community-planning/community-planning-forums/older-peoples-reference-group?theme=MyStirling>

## West Lothian

### ***Senior People's Forum***

West Lothian Senior People's Forum is a Council-based group. It provides an opportunity for the Council and local senior people to act in partnership in reviewing and addressing future challenges.

West Lothian Senior People's Forum was launched in November 2009 with over 50 older people from throughout West Lothian in attendance. The purpose of the forum is to provide an opportunity for the Council and local senior people to act in partnership in reviewing and addressing future challenges. Senior people and organisations which have an interest or who represent senior people are invited to attend and contribute to the discussions.

**Contact**

[seniorpeoplesforum@westlothian.gov.uk](mailto:seniorpeoplesforum@westlothian.gov.uk)

Website: <http://www.westlothianhchcp.org.uk/seniorpeoplesforum>

## West Dunbartonshire

### ***Clydebank Seniors Forum***

(Approx 130 members) You must live in Clydebank Area/ surrounding areas; Old Kilpatrick, Duntocher, Hardgate, Faifley, Drumry, Linnvale, Whitecrook - G81 or G60 code numbers.

The above Forum meets every second Wednesday of the month in Dalmuir CE Centre, Duntocher Road, Dalmuir, Clydebank  
10 am - 12 noon - committee members can be contacted then.

We are a campaigning group and have many interesting speakers at our meetings. We also organise outings and social events.  
Chairperson is Rhona Young

**Contact**

Mary McAleer, Secretary - 0141 585 1375  
1 Hornbeam Drive, Parkhall, Clydebank G81 3PA

## National Bodies

### ***Scottish Older People's Assembly***

The Assembly is a national independent voice of older people.

<http://www.scotopa.org.uk>

### ***Scottish Pensioners Forum***

To advance pensioners' rights and welfare and to educate and unite Scottish pensioners, in order to present a collective voice to Government and other authorities, on matters affecting retired people.

#### **Contact**

333 Woodlands Road, Glasgow. G3 6NG

Telephone: 0141 337 8113(Direct)

Fax: 0141 337 8101

Website: [www.scottishpensioners.org.uk](http://www.scottishpensioners.org.uk)

### ***Scottish Dementia Working Group***

The Scottish Dementia Working Group is a national campaigning group run by people with dementia. It is an independent voice of people with dementia, based within Alzheimer Scotland

#### **Contact**

Scottish Dementia Working Group ☐

Hampden Stadium, ☐ Letherby Drive, ☐ Glasgow, ☐ G42 9BA

Phone 0141 418 3939 ☐

Email [sdwg@alzscot.org](mailto:sdwg@alzscot.org) ☐

Twitter@S\_D\_W\_G

<http://www.sdwg.org.uk>

### ***Age Scotland***

<http://www.ageuk.org.uk/scotland/about-us/our-work/community-services/how-we-work-locally/>