

## TACKLING THE CHALLENGES OF KEEPING IN TOUCH WITH OUR MEMBERS

Hello everyone. In the last newsletter I asked Scotland Branch members five questions and I would like to thank those who took the time to reply. The following is a precis of the responses. Branch officers will study them and report back in the summer newsletter.

**Wilson Macdonald**

### 1. What would make you get involved in CSPA activities?

Three members said they would like a local group, with three giving their location. Most responses, however, mentioned infirmity as the reason for not being involved.

### We will take time to study your responses to our five membership questions

### 2. What information would you like to see in the Scotland newsletter and *The Pensioner* magazine?

Almost exclusively the responses were: pension matters, updates on new travel insurance, letters from members and relevant financial information.

## Statement from the Branch Chair



### 3. Would you be interested in attending a meeting if you were able to travel to it or alternatively attend virtually?

Five respondents said they were interested in attending. Two members said yes to Zoom/Microsoft Teams.

### 4. Do you find the Scotland Branch newsletter interesting and informative?

Only one member did not find the newsletter interesting.

### 5. Do you think the CSPA is still relevant to you today?

All respondents said yes.

## Scotland Branch 2024 AGM

This important event will now be held on **Thursday 25 April** in the **Maldron Hotel, 50 Renfrew Street, Glasgow G2 3BW** – a 10-minute walk from both Central and Queen Street train stations.

The AGM will commence at 11.30am and a buffet lunch will be provided. For catering purposes, please contact Michael

Kirby (details at the bottom of this page) if you would like to attend by 4 April. He can also advise those who require disabled access.

Full details have also been placed in *The Pensioner*.

CSPA General Secretary Sally Tsoukaris has kindly accepted our invitation to be our guest speaker. Jillian Merchant from Thompsons

Solicitors will give information on additional legal advice to be offered to members. And Nicky Kidd from BC Technologies has also accepted our invitation to attend and will be available to advise members on IT issues.

Members are reminded that we now have a new branch website: [www.cspascotland.org.uk](http://www.cspascotland.org.uk)



# Venue for members meetings

We have negotiated a favourable room hire arrangement for meetings in The Griffin public house, 266 Bath Street, Glasgow. The meetings begin at 1.30pm and can be accessed through the bar or via a door on Elmbank Street. Members wishing to use the pub's facilities are free to do so before or after the meetings

Our guest speaker, Ann Walsh from Scottish Older People's Assembly, attended our 1 February meeting and gave an interesting and informative speech about u3a. There are more than 1,000 u3as

**At our 1 February meeting SOPA's Ann Walsh gave an interesting talk about u3a**

across the UK, where at low cost you can continue your creative, learning or social interests with others in a friendly atmosphere.

To find out more or to join a group, telephone 020 8466 6139 or email [info@u3a.org.uk](mailto:info@u3a.org.uk)

## Members meetings: dates for your diary

- Thursday 2 May
- Thursday 12 September
- Thursday 7 November
- Christmas Lunch 12 December, Maldron Hotel, Glasgow

## Free legal advice service

It has been some time since this important service was advertised. Free initial legal advice is one of the benefits available to Scotland Branch members. For further information and assistance, please email [Thompsons Solicitors at advicecentre@thompsons-scotland.co.uk](mailto:advicecentre@thompsons-scotland.co.uk) or telephone 0800 801 299.

Consultation is for a maximum of 30 minutes, and members will be required to provide their membership number prior to advice.

As there is a now a new national membership database, please contact Michael Kirby, who can verify your up-to-date membership number - contact details listed at the bottom of this newsletter.

## Summer outing: Wednesday 12 June

The Newton Mearns community Wee Red Bus will leave the King's Theatre, Glasgow, at 11am to visit the Kelpies (pictured), Callendar House and the Falkirk Wheel, before travelling back to Glasgow. Book early as the Wee Red Bus has a capacity of 13 passengers and the driver, so it's first come, first served. Contact Michael Kirby by phone or email - details at the bottom of this page - by 25 April, which is the date of the branch AGM. There will be a £10 charge per member for coach hire, and members will pay for their own snacks/meals.



# Scottish Older People's Assembly (SOPA)

The SOPA 2024 AGM was held on 29 January in the Mackintosh at the Willow Tea Rooms in Sauchiehall Street, Glasgow. The branch membership secretary and administrator attended this event.

All attendees introduced themselves and read the minutes of the AGM of 6 December 2022, held

in Edinburgh via Zoom. The trustees' report was issued and the vice-chair gave an overview of SOPA's work during 2021/22 as detailed in the trustees report.

The annual accounts for 2021/22 were issued by SOPA's financial examiner and approved by the trustees on November 2022.

The results of the election of trustees were approved, with all officers willing to serve another year.

An interesting and comprehensive presentation explained in great detail, with computer slides, SOPA's three-year plan (2024-27) including an impact assessment plan, with organised working groups.

This focused on our individual journeys, with memory and fitness activities for all ages – such as grandparents working with the younger generation, hobbies or interests, and outdoor activities.

Examples are given of local groups and organisations you can join to stay as physically and mentally active as possible and avoid loneliness and isolation.

More information can be found on the website [www.scotopa.org.uk](http://www.scotopa.org.uk)



**SOPA's three-year plan puts a focus on physical and mental fitness**

## Specsavers home visits

### Eye care at home

If you, or someone you know, cannot leave home unaccompanied due to a physical or mental illness or disability, there's good news. Specsavers can visit you. Their team of experienced mobile opticians can provide a free NHS-funded eye test – subject to you meeting the qualifying criteria – all from the comfort of your own home.

To find out if you qualify or to book a home visit, telephone 0800 198 1135 or look online at [specsavers.co.uk/home-eye-tests](http://specsavers.co.uk/home-eye-tests).



# Helping Isobel Mair School

CSPA branch officers have for several years now been using tablets for our meetings to save on printing and carrying documents. When it was time to replace the old tablets, it was decided it would be better to donate them to a worthy cause rather than throw them away.

Michael Kirby, membership secretary, suggested Isobel Mair School, which was agreed by all branch officers.

This school has a holistic approach to the education of pupils who have a wide range of additional support needs. The new school in Newton Mearns opened in 2012 and is home to pupils aged 10 to 18 years, with three teaching areas and a hydrotherapy pool, sensory room and art and leisure facilities.

Eight tablets and cases were handed to the deputy head of the school by Michael Kirby.

## SPECIAL NOTICE Stay in touch

Apologies to any Scotland Branch members who have not received previous copies of the branch newsletter or *The Pensioner* magazine. Members reading this notice who know of anyone in this position, please ask them to contact either Michael Kirby or CSPA head office on 020 868 8418 to report it, giving your name, address and, if known, your membership number.

Scotland Branch officers are not responsible for the distribution listings taken from the national database.



## Keeping your details up to date

Membership Secretary Michael Kirby (details at the bottom of this page) is the man to contact if you need to make any changes to your personal data held on the Scotland

Branch section of the CSPA database – change of address, email or phone number, or any other membership matter with which you require assistance.



## SP Energy Networks Priority Services Register

In the event of a power cut, our teams work around the clock to restore your electricity as quickly as possible.

**To enquire about being placed on this register – phone 0330 1010 167**

Any feedback regarding this newsletter would be very much appreciated.



**Remember: do not leave *The Pensioner* magazine in doctors' or dentists' surgeries or any public places as it contains names and addresses of Alliance officers.**

The CSPA is committed to ensuring that your information and privacy are protected.