



Falkirk District Older People's Network
Thursday 05 March 2026, 10am – 12pm
1st Falkirk Scout Hall (Pleasance Gardens, Falkirk, FK1 1BG)

Present:

David Paterson (Chairperson)
John McGhee (Treasurer)
Steven Day (Interim Secretary)
Eloise Wilson (Minute taker)
Rachel McRae

NHS Retirement Fellowship
Scottish Seniors Computer Club Falkirk

CVS Falkirk & District
CVS Falkirk & District

Vivienne Malcolm
Jessie-Anne Malcolm
Neil Forsyth
Rebecca Taylor
Carole Anderson
Gillian Gunn
Stefanie Paterson
Julie Hayward
Joe Ryan
James Paterson
Gillian Millar
Robbie Meldrum
Lynette Denovan
Rhona Easton
Harrison Crawford
James Sweeney
Jennifer Kykler
Gina Wily
Justine Nicolson

Solicitors for Older People Scotland
NHS Forth Valley
Police Scotland
Police Scotland
Age Scotland
Strathcarron Hospice
Falkirk Delivers
Bailliefields Community Hub
Scottish Fire Rescue Service
Falkirk Health and Social Care Partnership
Cycling Without Age Scotland
NHS Forth Valley
Falkirk Health and Social Care Partnership
Falkirk Health and Social Care Partnership
Falkirk Foodbank
Breton & Corentin Court Residents' Association
U3A
SDS Forth Valley
Strathcarron Hospice

Apologies:

Cllr Alf Kelly
Gavin Johnstone

Falkirk Council
Falkirk Council



1. Welcome and Introductions

The Chair, David, opened the meeting and welcomed attendees. Thanks were extended to the Scout Hall for kindly hosting the meeting.

David briefly outlined the agenda for the session, noting that the meeting would begin with a presentation and discussion delivered by Doug Anthony (Age Scotland) focusing on healthy ageing and wellbeing. This would be followed by a short break, after which the meeting would reconvene for the Falkirk Older People's Network Annual General Meeting (AGM). The final part of the session would include updates from local services and community organisations.

Attendees were invited to introduce themselves and the organisations they represented.

2. Review of Previous Minutes

Review and approval of the previous meeting's minutes was carried out via email. The minutes were circulated to members on 14/11/2025, with a one-week deadline for any edits or amendments. No changes were received, and the minutes were therefore considered approved.

3. Healthy Ageing and Wellbeing: Doug Anthony (Health and Wellbeing Manager, Age Scotland)

A presentation was delivered by Doug Anthony (Age Scotland), the national charity supporting older people and promoting wellbeing in later life. The session explored themes around ageing well and highlighted research on the relationship between lifestyle, outlook, and longevity. Doug's presentation can be accessed via the [CVS Falkirk & District](#) website (linked for your convenience).

Doug explained the difference between chronological age and biological age, noting that while genetics account for around half of how we age, lifestyle, environment, and behaviour play a significant role in determining overall health and wellbeing. The presentation emphasised that attitudes towards ageing can have a measurable impact on health outcomes, with research suggesting that positive views on ageing may contribute to longer life expectancy.

Participants were encouraged to reflect on what matters most as people grow older, including maintaining a sense of purpose, staying socially connected, and engaging in meaningful activities. Studies were referenced showing that optimism and purpose can positively influence both physical and mental wellbeing.

The session also highlighted the importance of developing small, consistent habits to support healthy ageing. Behavioural psychology suggests that habits are more likely to be sustained when they are simple, achievable, and supported by others. Community groups and local networks were identified as particularly important in supporting healthy behaviours and social engagement.



An interactive “Ageing Well” quiz prompted discussion on topics including nutrition, hydration, physical activity, cognitive health, and stress management. It was noted that maintaining muscle strength through protein intake and regular activity is important as people age, while reduced thirst awareness can increase the risk of dehydration. The concept of “cognitive reserve” was also discussed, highlighting the benefits of lifelong learning, creativity, and mental stimulation.

Guidance from the NHS recommending 150 minutes of moderate activity per week, alongside strength and balance exercises, was referenced. A practical activity called “Body Boosting Bingo” was demonstrated, designed to help older adults build strength and balance through simple, inclusive exercises suitable for group settings.

Doug also highlighted the wide range of resources available from Age Scotland, including later life guides, wellbeing information, and a monthly e-bulletin. These can be accessed on [Age Scotland's website](#). A brief update was also shared regarding research at the University of Stirling relating to smart meters.

Action: Eloise to send out Doug's presentation and other resources to attendees after the meeting.

4. Chair Updates:

David provided some updates he received before the meeting:

- Councillor Alf Kelly sent his regards to OPN members as he could not attend the meeting. He provided an update regarding recent changes to local Housing with Care provision. It was noted that the Housing with Care service at Tygetshaugh Court has now closed. In addition, it was reported that the communal lounges within the Housing with Care complexes at Glenbrae Court and Glenfuir Court are no longer included as part of the formal care provision. Residents have been asked to consider taking on leases and managing these facilities themselves going forward.
- Furthermore, David advised that he had been in contact with Karen Algie (Falkirk Council) to seek further information regarding proposed changes to local authority gardening maintenance services. At the time of the meeting, no further information had been received. David confirmed that he would continue to follow this up and provide an update to members once more detail becomes available.

Action: A follow-up meeting on gardening maintenance support, arranged by CVS Falkirk and the OPN Chairs, was cancelled due to no expressions of interest from members. Eloise will follow up with organisations including Royal Voluntary Service and Volunteering Matters, who had previously indicated interest but were unable to attend, to explore potential involvement in providing similar support.

5. Falkirk Older People's Network Annual General Meeting (AGM) proceedings:



David confirmed that the AGM was being held as part of the meeting and noted the importance of this process in ensuring the ongoing governance of the Older People's Network. The AGM was quorate.

The Chair advised that he had been unable to locate a copy of the 2025 AGM minutes. However, David confirmed that the minutes of the previous AGM were approved.

David expressed thanks to CVS Falkirk & District for their continued support to the network. He reflected on the work undertaken by the OPN over the past year, including responding to relevant consultations and maintaining engagement with developments such as the National Care Service.

Meetings held in August and November had been well attended. A notable highlight of the year was the Older People's Day event, which attracted participation from more than 27 organisations and welcomed over 170 attendees. The event offered advice, information, and access to support services and received coverage in the Falkirk Herald as well as within Forth Valley Royal Hospital.

Members were encouraged to continue supporting the network and to encourage new organisations and individuals to join.

8. Financial Report:

The network's financial statement was presented. The opening balance at the start of 2025 was **£1,331.91**. Total expenditure during the year amounted to **£339.39**. The remaining balance of **£994** will be carried forward and is considered sufficient to support planning for the next Older People's Day event.

The accounts were submitted to and approved by Maggie Brean, Chair of the Calendar Park Tenants Association.

9. Election of Trustees:

The membership approved the reappointment of existing trustees. It was noted that there are currently vacancies within the trustee group, and members were encouraged to consider volunteering for these roles. Interested individuals were invited to contact Eloise for further information (Eloise.wilson@cvsfalkirk.org.uk).

Steve confirmed that he was happy to continue in his representative role as OPN Secretary until a replacement is identified in the coming months. CVS Falkirk & District will continue to support the OPN by taking minutes and facilitating meetings until a stronger board is established.

10. Falkirk HSCP Strategic Planning Update:

James Paterson (Falkirk Health and Social Care Partnership) provided an update on the development of the organisation's new strategic plan.



The plan will be developed in three phases. The first phase, taking place over the summer, will focus on gathering feedback through engagement activities, reviewing existing policy, and analysing

available data. Community engagement sessions will be arranged to ensure that local views are captured.

The second phase, scheduled for the autumn, will involve sharing a draft version of the strategic plan and holding further community events to gather feedback.

The final phase will take place during winter 2026/27, when the plan will be finalised. James highlighted the importance of transparency throughout the process. Updates will be shared through an e-bulletin and a monthly newsletter.

Members were encouraged to participate in the engagement opportunities, including the [Participate Plus+ consultation](#) which is open for responses until **22 March 2026**.

11. Community Activities and Events

OPN attendees were invited to share information about their activities and events:

- Julie Hayward (Bailliefields Community Hub) shared information about several ongoing community activities. These include a dementia support group held on the last Monday of each month and physical activity sessions at Bailliefields coordinated by sports coach Anne Braudhurst. Regular activities include a social café on Tuesdays from 12pm to 2pm, a walking cricket group and indoor virtual reality session from 1pm to 2:30pm on Tuesdays, and a weekly Paracise class held on Tuesday afternoons at a cost of £3 per session. For more information, please contact Julie.hayward@bailliefields.onmicrosoft.com
- Members were advised that Power of Attorney Day is a national initiative led by Carers UK (Scotland) and Phoenix Group (Standard Life) to raise awareness of the importance of having a Power of Attorney in place. The date of the event is confirmed as Wednesday 22 April 2026. Solicitors for Older People Scotland will host a drop-in session at the [Later Life Information Centre, 25 Newmarket Street, Falkirk](#), from 10:00 to 15:00. Attendees will be able to receive advice, information, and assistance to determine eligibility for Legal Aid to prepare a PoA free of charge. For more information, please contact vm@caesar-howie.co.uk
- Lynette Denovan (Falkirk HSCP) highlighted the Living Well Falkirk website and encouraged staff and community partners to use the resource for information on equipment and support services. The contact email for enquiries is livingwellequipment@falkirk.gov.uk
- PC Neil Forsyth (Crime Prevention Officer, Police Scotland) is available to provide advice and support on crime prevention and related issues. He can be contacted at the Forth Valley



Division, Randolphfield Police Office, Randolphfield, Stirling FK8 2HD, by mobile on 07790 546164 or via email at Neil.Forsyth@scotland.police.uk

12. Closing Remarks:

David closed the meeting by reiterating the importance of the Older People's Network and its role in representing the interests of older adults across Falkirk. He emphasised the value of continued collaboration between community organisations, public services, and volunteers.

Members were thanked for their participation and support, and the Chair noted the importance of continuing the network's work over the coming year, particularly in supporting community engagement initiatives such as Older People's Day.

Date of Next Meetings; 10am – 12pm on:

- Thursday 11th June 2026
- Thursday 3rd September 2026
- Thursday 3rd December 2026

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