

## NP3. WORKING GROUP FOR OLDER PEOPLE – Jan. 2012

This group was set up in June 2010 in response to £4,500 being available (from B.C.C.'s Social Care Strategy) and to be spent on 'promoting the health and well-being of older people' within this N.P.3 area. After consultation with many older people some clear priorities emerged and a number of initiatives and activities have taken place:

**'Pick me up activities'** - offer help with transport and trips and are especially aimed at those people over 60 who have difficulty using public transport and are perhaps feeling isolated. A number of successful outings took place between June and December 2011, including Puxton Park, Oakham Treasures, a visit to M-Shed and our most recent one in early December to Cadbury Garden Centre. This was a great trip including Christmas shopping, Christmas lunch, lots of fun and altogether a good day out! (See article in latest Bristol Nine magazine).



**Our next trip is planned for Wednesday, March 7<sup>th</sup>** and includes a tour around Clifton and a visit to the Mansion house to enjoy tea and biscuits with the Lady Mayoress and to see some of Bristol's historic treasures. **Contact : Gay Huggins 9685813 + see posters**

**The Walking Group:** Aimed at people over 60, it has been very successful since it was set up last April, with an average of 30 people completing the weekly walk to many different areas.

**Seats:** Our response to those older people who requested more seats has been to encourage more to be installed in various locations within NP3 by B.C.C., N.P., and others.

**Map/Information leaflet:** Yet another spin off was the production of two maps of Westbury-on-Trym and Henleaze, produced by both WOT and also Henleaze Business Associations, funded from an N.P. Well-Being grant. These focused on the available facilities and also businesses, for all residents and visitors, but particularly focusing on information for older people

**Fund raising:** As the above fund is now almost finished, the Older Persons Working Group are looking at ways of seeking more funds in order to be able to continue with our present activities and also explore other ways in which we can help to promote the health and well-being of older People within Henleaze, Stoke, Bishop and Westbury-on-Trym. Any ideas or offers of help are welcomed!

**Database of contacts:** We are continuing to work on increasing our database of those older people who might welcome and benefit from the activities of the Older Persons Working Group. If you know of individuals or groups who may be interested please contact WGOP Committee members: Sue Boyd 9509621 (WoT) Gay Huggins 9685813 or Wendy Hull 9682478 (S.B.) or Val Bishop 9421261 (Henleaze).



**The Celebrating Age Festival 2012 will be taking place 9<sup>th</sup> June to 23<sup>rd</sup> June**

It is tied in to the 'European Year of Active Aging and solidarity between generations'. The overall aim for EY 2012 is to promote active ageing and to do more to mobilise the potential of the rapidly growing population in their late 50s and over, across Europe.

This ties in well with the Olympics, which is also taking place in the UK this year.

With a successful 5 year track record, this Festival for people of 50+ is now firmly on the Bristol calendar for citizens and visitors to enjoy.

This year the Festival is looking to expand out to all Neighbourhood Partnership areas across the city, generating lots of events leading up to the grand Main Event on Saturday 23<sup>rd</sup> June.

Older people from all across the city are contributing ideas to shape the Launch event, neighbourhood activities and the final event. There is a small fund available to support neighbourhood activities and it's hoped local Wellbeing Funds will also support events in their area. What is a taster session today may well become a regular weekly hobby, as people discover new interests and ways of keeping healthy in body and mind.

Helping people to stay active as they get older provides many specific benefits, for example it:

- helps maintain independence
- is a good way of maintaining and increasing social networks
- gets you out and about in the local community
- is an opportunity to learn new skills
- increases energy levels and zest for life

For more information contact Stella Quinlivan on 0117 9145470 or email:

[agefestival@gmail.com](mailto:agefestival@gmail.com)