

**Working Group for Older People -
N.P. Report September 2013**

The Working Group for Older People aims to promote the health, well-being and quality of life for older people within this N.P.3 area.

To date the WGOP has organised a number of initiatives including '**Pick Me Up Activities**' which focus on those older people who have mobility problems, are housebound or have difficulty using public transport. Our last trip to Tyntesfield on May 7th was a great success and we are planning a Christmas trip in early December.

However, as has already been highlighted, as a group undertaking a variety of activities, we do need to consider the matter of **Public Liability Insurance**. Since B.C.C. has now confirmed that it's insurance is limited to B.C.C. activities and those activities where a B.C.C. member is present, we are exploring possible options to cover WGOP activities.

North Bristol Festival of Age July 1st 2013 - 'A day out to remember'

The day focussed on local activities for older people. The aim of the day was to give people information and advice and help them to be aware of support services available to them and also activities and groups within our own area that are healthy, interesting and fun, easy to get to and where they can build up a network of friends.

The event was opened by the Mayor of Bristol, George Ferguson and attended by 400-500 people. Over thirty organisations were represented and there was a programme of activities taking place throughout the day.

There was a real buzz in the air as people joined in with taster sessions of Ping Pong, New Age Kurling, Zumba Gold or the craft sessions. Others enjoyed the Soloman Theatre Company's performances of two plays which were funny but with a serious message on scams. Many of those attending the day were able to find out about a variety of organisations offering support Services available to them such as help with transport (including an electric bicycle!) and the local Reminiscence club for people who have Dementia. Others found out about community groups such as U3A and their family history group, the local Walking group or local I.T. and adult education classes.

There was also an opportunity to sit down for a chat and enjoy tea, coffee, sandwiches and cakes in the 'café'. A Dial-a-Ride bus was also available to help with transport.

The WGOP would like to give our thanks to all those individuals and organisations who supported the event in so many ways - funding - monetary and 'in kind' from N.P Wellbeing Grants (from N.P.3 and 2 neighbouring N.P. areas), Celebrating Age Bristol, LinkAge, Costco and Waitrose, and also to all those people who helped on the day - our BCC Area organiser Andrew McGrath and B.C.C. community worker and all the students from Badminton School.

Altogether the day was voted a great success by all participants and everyone wants to know when it will be happening again!

Lots of positive comments 'Brilliant event, please can it become an annual fixture! Thanks to everyone who has work so hard - congratulations!' - Sally P.

'This was a fantastic day of real enjoyment thanks to the planning and hard work of the organisers. I've had such a happy time. So much to see' - Cynthia A.

'A lovely and informative event' - Danielle

There are also some other very positive outcomes from this that are being followed up including the setting up of three new groups and further progress with developing a **Leaflet/Web site information** setting out the activities available for those people over 60 in this NP3 area. Anyone who has information about any local groups or activities please let us know as soon as possible to (Sue Boyd Tel. 9509621).

Sue Boyd on behalf of the WGOP Committee