

The Ascot Project

Improving the Quality of Life of Older People in Ascot

Priorities for the next 12 months

The steering group has met three times since the last Newsletter was published.

Encouraged by the success of Ascot's Golden Age (the retirement fair that was attended by 200 people), we have decided to register The Ascot Project as a charity.

Our objectives for the next 12 months include establishing a transport scheme to enable older people to take occasional trips to the shops. We also hope to encourage more older people to take up volunteering opportunities, possibly as part of a Good Neighbours scheme.

We would like to think through these, and other, ideas with The Ascot Panel and have arranged a meeting for the evening of 16th March at the Chandler Centre. This will take place from 7-9pm and we would be delighted if you are able to attend.

March 2005

Are you a carer?

Carers may find it useful to call the Princess Royal Trust for Carers for information about caring and support that is available. Telephone number is: 0118 950 5177

Round-up of activities

We now have a website that describes the activities of The Ascot Project. It is early days but the website contains information about local activities, useful phone numbers and some links to organizations that may be of interest.

We have also piloted the survey of older people that was designed as part of The Ascot Project. Twenty-five people

have been interviewed to date. The survey identified:

- a significant number of older people who do not feel safe outside their own homes
- awareness of local schemes is highly variable
- a need for support with practical tasks
- gardening and walking are most common forms of exercise taken by older people.

The steering group is considering whether to extend the survey and, if so, in what form.

Other potential activities for the next 12 months include (1) an initiative to reduce the number of falls that older people have and (2) using the annual flu jabs as a way to increase awareness of support that is available to older people in the area.

Panel meeting

The agenda for the Panel meeting described above will include:

Transport

Ascot's Golden Age

Volunteering

Formalising The Ascot Project