

# The Ascot Project

## Improving the Quality of Life of Older People in Ascot

### Ascot's Golden Age: Health, Wealth and Fun after 50

June 2004

The retirement fair steering group has met on a couple of occasions since the April meeting of The Ascot Panel.

The event has been fixed for 25th August at Ascot racecourse, to run from 11am to 3pm. Our thanks go to the racecourse for making a room avail-

able free of charge.

Given the connection with the Olympics this year, the steering group settled upon the following name for the event: *Ascot's Golden Age: Health, Wealth and Fun after 50*.

A wide range of organizations that pro-

vide support and advice to older people are to be invited. The programme will also include messages from the local Falls collaborative, whose primary aim is to reduce the number of falls that older people have.

We very much hope that you will be able to attend.

#### Next meeting

We have not yet fixed a date for the next Panel meeting. In the meantime, please do send any comments or suggestions to Graham Box using the contact details below.

### Survey of the needs of older people

We are very fortunate that five volunteers have agreed to carry out the survey of older people that has been designed as part of The Ascot Project.

This is an important exercise so that we develop a better understanding of the needs of older people within our community.

The survey includes questions on caring, transport, housing,

leisure, social contacts, health and awareness of local support.

Each of the interviewers will try to undertake twenty interviews over the next couple of months. We will also use *Ascot's Golden Age* as an opportunity to get further feedback.

One of our difficulties is to ensure that we get a broad sample of

respondents, including those whose needs are likely to be greatest.

If you, or a friend/family member, would like to take part in the survey, please contact me on 01628 820326 and I will put you in touch with one of the interviewers.

The first results from the survey should be ready by the end of August.

### Laminated cards

The Ascot Project is very grateful to the Fuel Allotment Trust for funding the costs of reproducing the laminated cards.

These contain useful local contact numbers and will now be widely circulated.

Please let me know if you would like some copies to distribute.