



In Touch Project

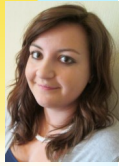
# The In Touch Project Newsletter

Sept 2014

Supporting clubs and activities for older people in Gloucestershire

**Katie Lake**

In Touch Adviser 01452 528491 [katiel@grcc.org.uk](mailto:katiel@grcc.org.uk)



**Hello!**

This summer has been very busy but very exciting! I hope you enjoy reading about the successful 'Ewe Knit One, Pedal One' knitting project for the Tour of Britain. I have included some photos too. A big thank you to everyone who took part!

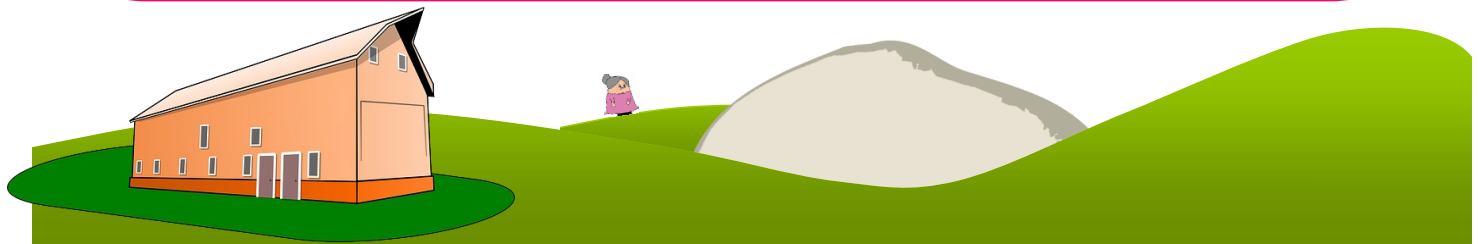
We are just about to start our annual In Touch information events. These are free with free transport so please book your places asap! This year there are lots of activities to try and many agencies to talk to over tea and cake. Please see more information on the page. Best wishes, *Katie*

### What is In Touch?

The aim of GRCC's In Touch Project is to enable older people to access health related and social activities in their communities resulting in greater independence and physical/mental wellbeing.

The Stroud district has a long history of intergenerational work and specialist projects that support older people across the county. Ewe knit one pedal one was In Touch's project to celebrate the Tour of Britain coming to the Stroud district on its way to the stage four end in Bristol. The tour passed through Painswick, Stroud, Nailsworth and Wotton under Edge. Knitters joined us through knitting clubs or as an individual to create colourful T-Shirt bunting to be displayed along the route. The knitted T-shirts represented the cycling shirts of the tour and connected the race with Stroud's wool heritage. Over 412 knitters took part in the project (the oldest being a very spritely 102 years old) they knitted 1407 T-shirts creating over 1/2 kilometre of bunting that took 4000 staples to attach to the bunting tape to display them along the route. The event was a great day not only to see the cycling but an opportunity to see a fantastic community effort to decorate the streets in celebration. **A BIG THANK YOU TO EVERYONE INVOLVED!**

**ewe knit one,  
pedal one**





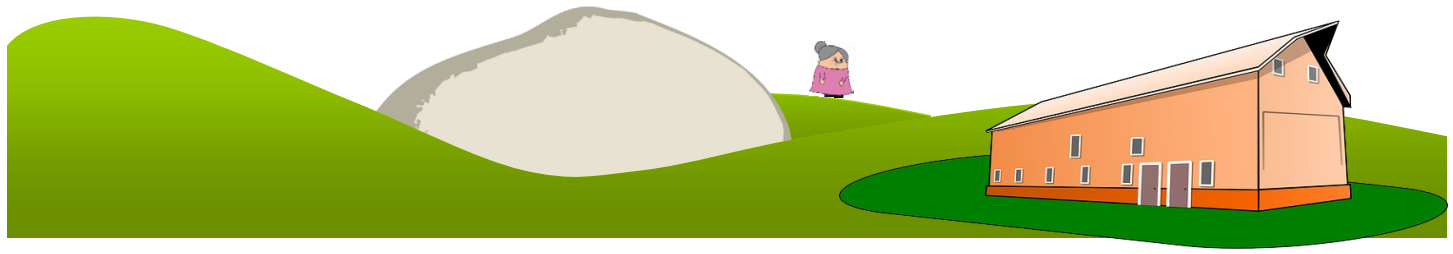
# FREE IN TOUCH ACTIVITY EVENTS!

We are very excited to be holding our annual information events across the county again this year! Please come along as an individual or as your club—we look forward to seeing you!

This year there will be lots of new activities to try as well as the opportunity to talk to local agencies over a cup of tea and cake.

All of the events are free and we can provide free transport too. Please give me a call on 01452 528491 to book a place and/or transport. All of the events are 10am til 1pm with refreshments.

| Date                               | Venue   |
|------------------------------------|---|
| Tuesday 30 <sup>th</sup> September | RBL Hall, Bourton on the Water (North Cots-           |
| Thursday 9 <sup>th</sup> October   | Forest Hills Golf Club (Coleford)                     |
| Wednesday 22 <sup>nd</sup> October | St Andrew’s Church Hall (Cheltenham)                  |
| Tuesday 4 <sup>th</sup> November   | St George’s Tuffley (Gloucester)                      |
| Tuesday 11 <sup>th</sup> November  | Churchdown Community Association (Tewkesbury Borough) |
| Tuesday 18 <sup>th</sup> November  | Whitminster Village Hall (Stroud District)            |
| Thursday 27 <sup>th</sup> November | Daglingworth Village Hall (South Cotswolds)           |
| Thursday 4 <sup>th</sup> December  | Newent Memorial Hall (Newent)                         |



Is your club doing something exciting or have some good news to share? Give me a call and I will include it in our next newsletter!

Follow us on Twitter! @GRCCOlderPeople

Did you know?  
We have a list of speakers and activities that are great for clubs.

## Gloucestershire Village and Community Agents Awards 2014



Thank you to everyone who came along to the Village and Community Agents 2014 awards. It was a great evening and a big well done to all of the winners!



### Red Cross: Positive Steps

For FREE home safety checks, call 0117 3012601. For more information, please see the leaflet enclosed from the Red Cross.

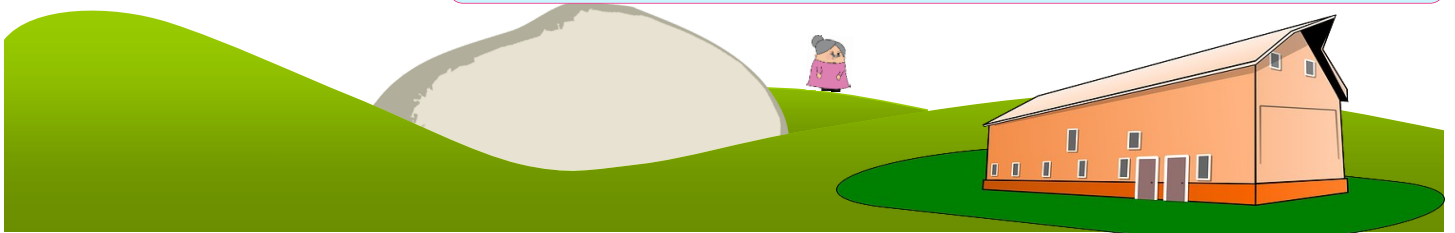


### Remembering Rugby at Kingsholm

Are you male? Are you over 50? Do you LOVE sport?

We have started a partnership with Gloucester Rugby to start a men's social group. This will be once a month with the chance to reminisce about playing/supporting/watching sport. We will also be looking at Gloucester Rugby memorabilia over tea and coffee.

This group is completely free. If you would like to register your interest, please call me on 01452 528491.





# Ageing Well Gloucester Update

## by Margaret Eeles

The members of Ageing Well who meet in the Education Shed at the rear of the Folk Museum have had a busy August. Extra work ensured that our seven foot tall Ant was ready for his debut at the Gloucester Day Parade when he was joined by an equally large papier-mache pig and members of the Group to walk the length of the Gate Streets. Our Ant and Pig caused much amusement to adults and children alike and we received a round of applause as we passed the dais where the Mayor and dignitaries took the salute. Not content with our craft work we also produced some small knitted T shirts and they formed part of the bunting for the Tour of Britain Cycle Race as it passed through Stroud. Our next project is to be a musical or play centred around Adult Health, a light hearted look at the subject with a useful message, so anyone who has a hankering for an acting career look no further, do come and join us. We meet on a Thursday and any information can be obtained by telephoning Anna Gibbins 07824836640.



For free independent, impartial and local

advice on saving energy in the home call the Warm and Well advice line on 0800 500 3076. Please see the leaflet enclosed '39 Steps' to save energy in your home.

### Expert Patients Programme

The Expert Patients Programme (EPP) is a self-management programme for people who are living with a chronic (long-term) condition. Please find a leaflet enclosed for more information.

