

LGA Call for evidence 2014

From: Katie Lake <katiel@grcc.org.uk>
Sent: 01 December 2014 15:16
To: LGA Call for evidence 2014
Subject: Call for Evidence - Ageing Population
Attachments: IT NEWSLETTER Sept pdf v2.pdf

Hello,

Please find information relating to GRCC's In Touch project.

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

It does so, by:

- Providing older people with information, advice and access to health related and social activities in Gloucestershire (existing and new)
- Liaising with and further developing relationships with health and social care professionals providing information and learning relating to the work of the project
- Continuing to hold events relating to health, the transformation of social care and emerging needs of older people
- Remaining visible and engaging in strategic activity to ensure the needs of older people living in the county are considered in the planning process

We run a number of specialist projects and there are a few examples below:

'Ewe Knit One, Pedal One'

On the 10th September 2014, GRCC's In Touch project finalised the specialist 'Ewe Knit One, Pedal One' project. The knitted bunting lined the route in Painswick, Stroud, Nailsworth and Wotton under Edge. All 1,407 were displayed across the 4 areas and it took 4500 staples, 1/2 km of bunting tape and 412 knitters!

This project was great to reduce loneliness and isolation as it still allowed individuals who are unable to get out to social activities, the chance to be part of a big community project. They were then able to see their work on the TV and in the local press.



Remembering Sport at Kingsholm

We have signed a partnership with Gloucester Rugby to host a men's social group once a month. This is to encourage more men to socialise, particularly from the city. It is open to men 50+ who would like to meet over tea and coffee to reminisce about playing/watching/supporting rugby and other sports. It will be held in the old players' lounge where attendees can browse the memorabilia. This is in a bid to reduce loneliness and isolation in men. The first group has been held and 36 people men came along with over half of them not having any other form of social contact during the week.

Train trip

On Thursday 14th August, GRCC's In Touch project took 40 older people on a steam train on the Gloucestershire Warwickshire railway. This was in partnership with the Gloucestershire Village and Community Agents in a joint bid to tackle loneliness and isolation amongst older people. Everyone had a fantastic time and enjoyed the views and the yummy cream tea!



Online Hub Computer Sessions

- GRCC are providing up to 8 hours of FREE computer tuition for Carers over the age of 55. We have a fantastic team of volunteers who can run group sessions in the local community, or come visit people at home to deliver 1-2-1 tuition.
- We can also run group taster sessions for anyone over the age of 50 to reduce digital exclusion across the county.

If you would like any more information on the work we do, please do not hesitate to contact me.

Best wishes,

Katie

Katie Lake
In Touch Adviser

[FREE 50+ In Touch Information and Activity Events!](#)
[Click here to get involved!](#)



GRCC

Professional advice and support for Gloucestershire's communities

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