

Older Peoples ½ Day Activities Toolkit

Introduction

This purpose of this toolkit is to support associations to provide ½ day activity sessions for older people as a completely separate activity or as an add on to an already existing lunch group or club.

Aim

The aim of this project is to create a friendly atmosphere where older people can spend a ½ day enjoying relevant activities to them. This may be achieved by adding additional hours of activity onto an already established older peoples group.

Objectives

By the end of the project associations would have:

- Written a project and action plan.
- Consulted and looked into producing a programme of activities relevant to the older people you are working with.
- To provide a safe and comfortable environment with access to transport if needed.
- To have obtained all equipment, resources and staff required.
- Identified all appropriate avenues of advertising.
- Will have held the required number of hours of activities in line with Partnership Funding guidelines.
- Will have monitored and evaluated the projects success and look at what changes if any need to take place in order to secure the projects future.

Possible Activities

Lunch Clubs
Film Clubs
Book Swap Sessions
French Conversation
Arts and Crafts
Keep Fit
Ball Room Dancing
Short Matt Bowls
Pamper Party
New Age Bowling
Card Games
Wine Making Club
Intergenerational Projects
Book Club
Speed Dating
Cookery
World War Information Lending

Tea Dances
Friendship Groups
Chair Aerobics
Coach Trips
Quizzes
Talks from Guest Speakers
Silver Surfers Groups
Silver Song Groups
Short Matt Tennis
New Age Kurling
Travel Club
Wine Tasting Club
Wii Gym
Skill Swap
Crafts
Language Classes

Project Plan

Please see below for a draft project plan, this will need to be amended to fit in with your organisation and the activities you are planning.

<u>Activity</u>	<u>Person Responsible</u>	<u>Resource</u>	<u>Timescale</u>
Identify a target group and consult to find out what activities they would enjoy doing.	Centre Manager	Time, staffing.	6 weeks before
Review consultation and any possible and relevant activities.	Centre Manager	Time.	6 weeks before
Develop a programme of activities in order to meet the required hours through the Partnership Funding Scheme.	Centre Manager	Time, resources, staff, volunteers, training.	6 weeks before
Ensure all equipment resources required for chosen activities are obtained.	Centre Manager	Time and cost.	5 weeks before
Ensure all resources and staff are in place for the activity.	Centre Manager	Cost	4 weeks before
Promote activities / group through the relevant advertising avenues.	Centre Manager	Time, cost, resources and volunteers.	4 weeks before
Hold activity session.	Centre Manager	Time, staff, cost and resource.	N/A
Ensure all monitoring and evaluation is complete.	Centre Manager	Time and staff.	N/A
Reflect on activities and look to see what needs to be improved to ensure the sustainability of the project.	Centre Manager	Time	N/A

Once you have identified your group and activities you may come to the conclusion that the association will not be able to provide these activities on their own. In this case it may be appropriate to work in partnership with other organisations other than HCC. This can be a very beneficial way of working and help to ensure the success of the project. Here are some contact details which you may find useful.

<u>Organisation</u>	<u>Contact Details</u>
Age Concern Hampshire	0800 328 7154
Help The Aged	0208 765 7200
Community Action Hampshire	01962 854971
Evolve	http://www.e.volve.org.uk/
Brendon Care Clubs	http://www.brendoncare.org.uk/pages/brendoncare-clubs.aspx