

Groups for Older People in Moray

Moray Council's Older People's Development Team support groups for older people across a range of needs.

These groups help older people live as independently as possible and encourage positive citizenship, lifelong learning, increased engagement, resulting in happier, healthier communities.

The team offers low-level support to help bring people together, with the aim of improving their health and wellbeing and combating social isolation.

The team works in partnership with older people and other agencies responding to local needs, in other words taking a 'bottom-up' approach.

This leads to sustainability, with members in control.

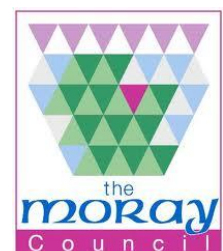
The range of groups includes:

Sheltered Housing Groups – Increases social inclusion by encouraging members to build social networks and develop friendships.

Strength and Balance Groups – Improves physical, social and mental health for older people and people with long term health conditions. Members develop friendship and support networks that have a positive impact on self-confidence, esteem and continued independence.

Coffee and Chat – Develops friendships and builds social networks through socialising over a cuppa.

August 2014



Future developments

The Older People's Development Team respond to needs and demands of local communities, and regularly look at adding and developing the range of groups on offer.

They are currently looking at new:

Men's social groups

Cooking and lunch groups

Coffee and chat groups

Computer buddies courses

BALL Groups

BALL Groups (Be Active Life Long) – Groups that meet in halls across Moray to improve the health and wellbeing among older people by raising activity levels, improving confidence and self esteem and fostering friendships. (See *BALL Groups fact sheet*)

Easy Breathe Groups – Deliver physical activity programmes by trained staff to enable members who have conditions such as COPD to maintain and improve their health. Also enable social interaction.

Men's Shed - Men's Sheds are venues where men meet up to form new friendships and socialise while sharing skills and experiences. (See *Men's Shed fact sheet*)

Computer Courses – A buddy provides one-to-one support on how to use a computer which enables learning and socialising in a safe environment.

Cooking Groups – Improves confidence and skills to prepare healthy, affordable dishes through working with others to prepare and eat a meal.

Find out more

For further information on any of the groups listed in this fact sheet, please contact Irene Weeden, development officer, on 01343 567142.

For further information, contact the Moray Council Adult Community Care Access Care Team on 01343 563999 or email: accesscareteam@moray.gov.uk

To see the full collection of adult community care fact sheets, visit <http://www.moray.gov.uk/communitycare/leaflets/> or call in at any Moray library or access point.