



PRESS RELEASE

Rushmoor Strategic Partnership Stay Active & Independent Event

More than one hundred senior citizens in Rushmoor took part in the Rushmoor Strategic Partnership's (RSP) 'Stay Active and Independent' event a social, informative and practical event to help residents keep in good health in later life. The event, which is part of the RSP's 'Accidents in the Home' project, took place at the Connaught Leisure Centre in Aldershot on 7 August.

Visitors to the advice-packed open day were treated to a free anti-slip bath mat courtesy of the Community Innovations Partnership. There was also a free draw offering prizes from generous local sponsors and drawn by Mayor of Rushmoor, Councillor David Welch. Other activities included a 'Spot the Hazards' quiz, demonstrations and taster activities, such as line dancing, Tai Chi, postural stability, New Age Kurling and a short healthy walk.

The winner of the 'Spot the Hazards' quiz was 83-year-old George Paish from Farnborough who was delighted with his daylight reading lamp courtesy of The Outside Clinic. George said: "I really enjoyed the event and took home lots of useful information."

Many exhibitors including partners from Rushmoor Borough Council, the Police, Hampshire Fire & Rescue Service, Rushmoor Healthy Living and Pavilion Housing Association were on hand to offer useful advice and help for pensioners.

Feedback showed that more than 70% of pensioners found the event very useful and very enjoyable and 96% said that they would attend a similar event again. They found the most useful aspects of the event were the opportunity to talk to advisors and being able to take away informative leaflets. The chance to have a go at various activities was also rated very highly.

Keeping both physically and mentally active as people get older helps to reduce the risk of falls, which can often lead to a lack of confidence or even having to move into a care home. Studies have shown that one third of people over 65 years old and nearly half of those over 85 fall each year.

Councillor Peter Moyle, Rushmoor Strategic Partnership Chairman and Leader of Rushmoor Borough Council, said: “Through initiatives like this we want to raise awareness of simple measures to reduce the risks of older people falling. We were delighted with the large numbers who attended and took part in the activities.”

For further information about the Partnership please visit www.rushmoorsp.com