

PRESS RELEASE

Rushmoor Strategic Partnership 65+ Roadshows



Senior citizens in Aldershot and Farnborough are being invited to swap their old slippers for new, safe ones at two 65-plus roadshows being organised in Rushmoor.

The roadshows will be held at the Farnborough Community Centre on Monday 26th March and at Place Court, Aldershot on Thursday 29th March. Both events will run from 10:30 – 2:30pm and will

include refreshments and a light buffet lunch.

The events, aimed at being social, informative and practical, have been organised by the Rushmoor Strategic Partnership (RSP) as part of its work to promote and support healthy lifestyles and in this case, to reduce the number of falls in the home.

The Partnership has a membership drawn from a range of different organisations across Rushmoor including Rushmoor Borough Council, Rushmoor Healthy Living and Hampshire Primary Care Trust and is working on a number of key projects.

The project to address the issue of accidents in the home, particularly involving older people, came from the RSP's conference last year. Figures from the Hampshire Primary Care Trust show that the highest incidence of hospital admissions from falls in the over 75s is in the Heron Wood ward of Aldershot. The project plans to address this through education, prevention and practical methods.

Studies have shown that one third of people over 65 years old and nearly half of those over 85 fall each year. Badly fitting footwear, especially slippers, is a major cause of falls requiring hospital admission. Through working with Age Concern Hampshire and Hampshire County Council involving their Hampshire-wide slipper exchange event, the Partnership has organised the two 65-plus roadshows.

At the events, senior citizens will be able to get new slippers fitted by footcare specialists in exchange for old ones. There will also be a chance to chat to Rushmoor Council's new Healthy Lifestyles Officer, Louisa Arnold, who will be running a seated exercise demonstration. Representatives from Hampshire Fire and Rescue, Rushmoor Healthy Living, Rushmoor's Handyman Service, local Police Community Support Officers and many others will be on hand to provide general useful advice and support.

Councillor Peter Moyle, Rushmoor Strategic Partnership Chairman and Leader of Rushmoor Council, said, "With more of us living longer, elderly people are increasingly vulnerable to falls at home and possible serious injury. Through initiatives like this we want to raise awareness of simple measures to reduce the risks of falls. We welcome our older Rushmoor residents to come along."

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

- Photo Caption: Bert Hurrell swaps his old potentially dangerous slippers for a new pair
- For further information please contact Annie Denton at Rushmoor Borough Council on 01252 398221 or Tony Docker at Rushmoor Healthy Living on 01252 362661