

Ageing Successfully In Oxfordshire

Please tick one box below to indicate the District/City service you are providing information on. Please complete a separate form for each service.

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|-----------------------------------|-------------------------------------|-----------------|--------------------------|
| Health Promotion | <input type="checkbox"/> | Housing | <input type="checkbox"/> |
| Recreation Activities | <input checked="" type="checkbox"/> | DFGs | <input type="checkbox"/> |
| Volunteering | <input type="checkbox"/> | Information | <input type="checkbox"/> |
| Local Transport | <input type="checkbox"/> | Benefits Advice | <input type="checkbox"/> |
| Support for Older People's Groups | | | <input type="checkbox"/> |

What organisations are your partners in delivery and how?

Age Concern Oxfordshire, as the project is targeted to their population group. We have also linked up with Age Concern Berkshire through accessing Fit as a Fiddle lottery funding to run a series of Nordic walking courses for the 50+ age group.

What are you achieving? What are the outcomes?

We will be delivering a new outdoor activity, Nordic Walking for the 50+ group to engage in. Through the Fit as a Fiddle funding we are able to offer the service free of charge. There will be two 8-week courses in the Cherwell district.

Outcome: to introduce and develop Nordic walking as a viable and sustainable outdoor activity for the 'active ageing'.

What plans do you have to develop the service?

Following the 8 week course we will be providing training to identified volunteers to ensure sustainability. We will also be looking at other ways 'GO Active' can provide suitable activities for the more 'active ageing' that we have identified as a GO Active target group.

What joint initiatives or other improvements would you like to see?

We would like to see the introduction of more moderate intensity exercise for the older generation. Also, initiatives which are appealing to the 50-65 age group who can often be put off 'age focused' activities/projects.

Council: Cherwell District Council

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