



**Report for Amesbury Area Board, Health and Well Being Group,
On the Older Adults outing to Heale Gardens
Thursday 28th July 2016**

The original brief from the Health and Wellbeing Group, Amesbury Area Board, was to take a group of older and/or vulnerable adults to the Durrington Leisure Centre. The idea was to attend on a Thursday around 1pm so that the group would be able to see the swimming pool along with other activities and speak with members of an adult swimming group, to see if this was something they would like to do going forward.

A great deal of effort was made to encourage older adults to consider this event, but the uptake was such that we made the decision to change the venue on this occasion for the demographic we were aiming to assist in our efforts to combat social isolation within the community.

Farleys Malone Community negotiated a reduced fee for Heale Gardens for those participating in the event, and the Area Board funded the transport for 18 people including myself and an FMC volunteer to make this trip.

The criteria we used (as there was a great deal of interest in this trip) was that the event should benefit those who would not normally be able to visit this venue, as there is no accessible public transport to it, the cost of a taxi would make the visit prohibitive and those attending could not make the journey independently themselves. The benefit of going as a group and meeting people that they hadn't met before, and some that they already knew, was also of huge benefit to those whose confidence levels were very low.

This event was a huge success, and all who attended thoroughly enjoyed themselves. We collected everyone from their homes, and some attendees saw parts of the Amesbury Area that they have never seen before! Those who could walk through the gardens and then joined those who could only manage a short distance for tea and cake, before we started our journey back home.

On the return journey, we discussed the internet and benefits of face time and skype for those whose families lived too far away for them to visit frequently, and a demonstration of FaceTime to Bangalore in India to Andy Tidd whilst on the minibus was thoroughly enjoyed by all!

Comments made during the trip include:-

"I really enjoyed today. It makes all the difference being able to go out somewhere different"

"Enjoyed our outing, well organised, Thank you."

"A very good visit with plenty to see and most enjoyable! More please!"

"A good organised trip, enjoyed by us both, look forward to the next one"

"Went to and saw places for the first time 10/10 thank you, would like to go again"



All participants were aware that the trip was made possible by the generosity of the Area Board, who funded the transport entirely. This included a 22 seater minibuss and a driver for the afternoon. On average including the entrance fee and tea with a piece of cake, the outing cost each person no more than £6.00.

However, the cost of the minibuss with a paid driver does make further outings cost prohibitive, so future events will need to be planned and costed carefully, with volunteer drivers and Wiltshire Council minibusses.

Jan Tidd
Older Persons Champion Amesbury Area Board
Community Consultant, Farleys Malone Community.

This report is intended for participants of the Amesbury Area Board Health and Wellbeing Group only. This report is not suitable for wider publication, without agreed amendment by the author