Ageing Well Swansea

Connecting People, Building Relationships, Changing Lives.



Swansea's "Ageing Well Engagement Programme" is an initiative devised to combat loneliness and isolation and to positively impact on the physical and mental well-being of the city's senior residents.

By actively seeking input and suggestions from community members, we have tried to ensure that all sessions are not only relevant but also meaningful and enriching for those in attendance.



Started in <u>August 2021</u> under Welsh Government's Age Friendly Wales: Strategy for an Ageing Society. There are 4 main aims which shape our work, these are:

- Enhancing well-being of our older community members
- Improving local services and environments
- Building and retaining people's own capabilities
- Tackling age related poverty



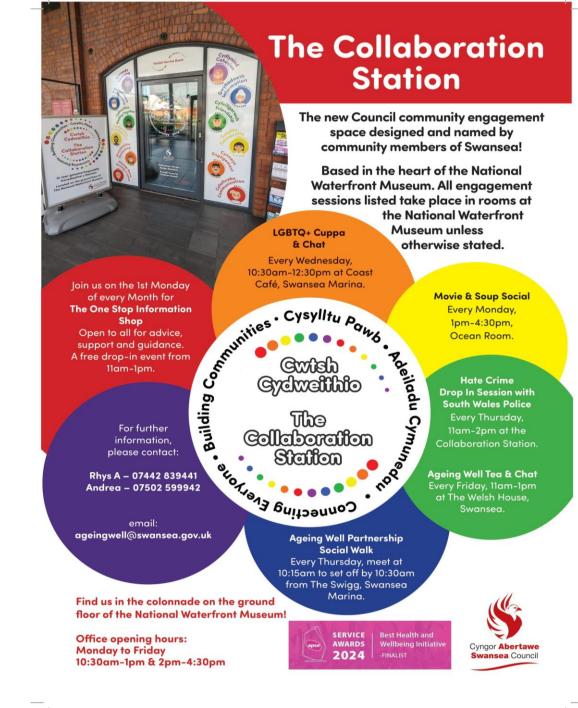
How have we worked towards achieving this?

- Created an Ageing Well Steering Group. Over 80 organisations and charities drawn from private, community and public sectors. Meet bi-monthly to shape our work in the community along with Swansea's goal of becoming a WHO recognised Age Friendly City.
- Working partnerships with a variety of local businesses, organisations and charities. This enables us to offer a varied weekly engagement programme, which supports people to build confidence, make new social connections and engage with community activities, services and projects.



Weekly Engagement Sessions

- Tai Chi
- Reminiscing & Ancestry Tea & Tech
- Cuppa with a Copper
- Tech Tuesday with Gower College
- Dance to Health
- Ageing Well Choir @ Swansea Arena
- Aches & Lanes Bowling
- Disability Social
- Purls of Wisdom Knitting Group
- 60+ Dance
- Upcycling Clothes Group
- Boules on the Beach





Nearly 3000 sign-ups to our weekly newsletter!



700 members in our Ageing Well WhatsApp group!





Swansea Council Sport & Health Team

National Exercise Referral Scheme (NERS)

Individuals who are currently inactive can be referred by a health professional to participate in a short-term supervised programme of physical activity at a local venue.

60+ Active Leisure Scheme (Welsh Gov. & Sport Wales)

- Nordic Walking
- Trampoline Exercise
- Aerobics
- Paddle Boarding
- Mountain Biking
- Rock Climbing
- Pickleball
- Canoeing/Kayaking















Thank you for the opportunity.

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