

Ageing Well Swansea

Connecting People, Building Relationships, Changing Lives.



Cyngor **Abertawe**
Swansea Council

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.



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Started in August 2021 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*



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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.*



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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*



The Collaboration Station

The new Council community engagement space designed and named by community members of Swansea!

Based in the heart of the National Waterfront Museum. All engagement sessions listed take place in rooms at the National Waterfront Museum unless otherwise stated.

Join us on the 1st Monday of every Month for The One Stop Information Shop
Open to all for advice, support and guidance.
A free drop-in event from 11am-1pm.

LGBTQ+ Cuppa & Chat
Every Wednesday, 10:30am-12:30pm at Coast Café, Swansea Marina.

Movie & Soup Social
Every Monday, 1pm-4:30pm, Ocean Room.

Hate Crime Drop In Session with South Wales Police
Every Thursday, 11am-2pm at the Collaboration Station.

Ageing Well Tea & Chat
Every Friday, 11am-1pm at The Welsh House, Swansea.

Ageing Well Partnership Social Walk
Every Thursday, meet at 10:15am to set off by 10:30am from The Swigg, Swansea Marina.

For further information, please contact:
Rhys A – 07442 839441
Andrea – 07502 599942
email: ageingwell@swansea.gov.uk

Find us in the colonnade on the ground floor of the National Waterfront Museum!

Office opening hours:
Monday to Friday
10:30am-1pm & 2pm-4:30pm

Cwtsh Cydweithio
The Collaboration Station
Connecting Everyone • Building Communities • Cysylltu Pawb • Adeiladu Cymunedau

SERVICE AWARDS 2024
Best Health and Wellbeing Initiative - FINALIST

Cyngor Abertawe Swansea Council



Nearly 3000 sign-ups to our weekly newsletter!



700 members in our Ageing Well WhatsApp group!



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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*



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Thank you for the opportunity.

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