

<b>Officer responsible</b> Community Advocate	<b>Author</b> Helen Gallagher, Recreation Co-ordinator
Corporate Plan Output: Board Discretionary Funds	

The purpose of this report is to provide information to Board members on activities supported by the Board from its Discretionary Fund.

The Phillipstown Leisure Club began in November 1998 at the Phillipstown Community Centre, Nursery Road and is modelled on a successful programme run at the Shirley Community Centre. The Leisure Club is open to all older adults in the Hagley/Ferrymead Ward. It is run every Tuesday afternoon during the school term from 1.30 pm to 3.15 pm at a cost of \$3.00 per person per afternoon.

#### **BENEFITS**

The Leisure Club offers many benefits to the community. It provides opportunity for social interaction for older people living in isolation. The Leisure Club gives older people an opportunity to stay in touch with what is happening in their community with a range of visiting speakers and trips to local parks etc. It also gives a voice to the older people in the area where they can talk about issues which are important to them. The recreation activities offered give the participants motivation to learn new skills and a challenge. Using the Phillipstown Community Centre contributes to the Centre being a focal point for the community, giving people a sense of belonging.

#### **STAFF:**

The programme is supervised by Kay Barnett who is experienced in working with older adults. She previously supervised the Shirley Leisure Club. Kay is involved in both planning and delivery of the programme. Kay is supported by the Recreation Adviser, Helen Gallagher.

#### **ACTIVITIES:**

Activities included men's and women's indoor bowls, indoor golf, crafts, baking, visiting speakers and a Christmas lunch.

#### **ADVERTISING:**

The programme is promoted through the Council's Property Unit City Housing division and Phillipstown Community Centre. We also had articles in "Older and Bolder" Magazine and the local community newspaper. A letter box drop was delivered to 500 residents in the Phillipstown area.

#### **PROGRAMME STRUCTURE:**

Activities are targeted at older adults from 60 years upwards. Free transport (if required) is provided for people in the Hagley/Ferrymead Community Board area. The Council's City Housing Unit provides transport for people in its units and the programme supervisor provides transport for all others.

#### **EVALUATION:**

