

## **News release**

Thursday September 15, 2011  
For immediate release

### **Residents stay young at heart**

Leicester residents are being invited to find their inner child at an older person's event next week.

Throughout September the Leicester, Leicestershire and Rutland PCT Cluster in partnership with Leicestershire Partnership NHS Trust and local councils is supporting a number of local health and wellbeing events for residents over 50.

There are a whole range of events aimed at older people during the month. These take place across Leicester, Leicestershire & Rutland. They include a number of older person's meetings, leisure, sporting and health promotion activity days.

The Leicester, Leicestershire and Rutland PCT Cluster are encouraging residents to make their way to The Emerald Centre, Gypsy Lane, Leicester on Wednesday September 21, to take part in a range of healthy activities for the over 50s.

Activities will take place between 10am to 4pm. Lunch will be provided, followed by an afternoon of activity including mini golf, bingo, a class on meditation which is beneficial to general health and wellbeing and seated exercise for residents who are less mobile.

Teresa Spilsbury, community health development co-ordinator for the cluster, said: "We hope to give local residents a taster of the activities they can take advantage of in the city and surrounding areas. We recognise that health is not just about physical wellbeing but opportunities to attend social events are also important"

Research has shown doing 30 minutes of moderate exercise a day helps reduce the risk of heart disease and stroke and can help managed conditions such as high blood pressure and diabetes.

A guide to what's on as part of the month is available from a range of venues including community centres, GP surgeries, council buildings and libraries across Leicestershire. Or to find out more information and download the booklet visit:

<http://www.communitiesinpartnership.org.uk/olderpersonsmoonth.html> or  
<http://www.communitiesinpartnership.org.uk/uploads/134e391ba424bed789468985.pdf>.

You can also contact Teresa, event organiser at [Teresa.spilsbury@leicspart.nhs.uk](mailto:Teresa.spilsbury@leicspart.nhs.uk) or on 0116 292 4580 or email the get involved team on [getinvolved@leicestercity.nhs.uk](mailto:getinvolved@leicestercity.nhs.uk).

ENDS

**For interviews or more information please contact senior media officer Caroline Higgs on 0116 295 7663 or [caroline.higgs@lcr.nhs.uk](mailto:caroline.higgs@lcr.nhs.uk) or media officer Liz Thomas on 0116 295 7677 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk)**

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.