

News release

Tuesday September 27, 2011
For immediate release

Wellbeing, warmth and personal safety on the agenda

Wellbeing, warmth and personal safety are on the agenda at a health and social care event this September.

The event, organised in partnership between the Leicester, Leicestershire and Rutland PCT Cluster, Leicestershire Partnership NHS Trust, The Peepul Centre, BT and the Gujarat Hindu Association, is in support of Older Persons' Month.

Aimed at over 50s but open to everyone, the event aims to raise awareness about wellbeing and the wider issues of health like personal safety, warmth, housing, employment and education.

The main emphasis of this year's event is fun and people can come along and try different activities and get involved on Thursday September 29 at The Peepul Centre, Orchardson Avenue, Leicester, LE4 6DP between 10am and 4pm. Refreshments will also be available.

Rod Moore, deputy director of public health at NHS Leicester City, speaking on behalf of the Leicester, Leicestershire and Rutland PCT Cluster, said: "We have hosted a number of events throughout September which covered health issues that are of concern to older people. These events have given them an opportunity to pick up useful information about improving their health on their doorstep

"This event will offer people a chance to listen to health advice that they can put into action now and in the coming colder months, including tips on eating well, keeping warm and keeping active. They can also take advantage of free blood pressure checks and diabetes testing, or join in as local health trainers demonstrate simple exercises."

Jit Joshi, event organiser on behalf of Leicestershire Partnership NHS Trust, said: "These events aim to boost the health and general wellbeing of residents in Leicester, Leicestershire and Rutland. Getting out and about and meeting new people is of great benefit to people's mental health.

"There will be plenty for people to do and see on the day and there will be lots of giveaways and prizes too."

A guide to what's on as part of Older Persons' Month is available from a range of venues including community centres, GP surgeries, council buildings and libraries across Leicester and Leicestershire. Or to find out more download the booklet from <http://www.communitiesinpartnership.org.uk/olderpersonsmoonth.html> or <http://www.communitiesinpartnership.org.uk/uploads/134e391ba424bed789468985.pdf>

You can also contact the get involved team by emailing getinvolved@leicestercity.nhs.uk

ENDS

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

Local organisation Communities in Partnership (CiP) is overseeing the coordination of all events throughout Older Persons' Month.