

## **Burnham on Sea – Active Living Centre and members of U3A drop-in**

**Ageing well - October 2016 (approx. 20 people)**

### **What helps people age well?**

(Diet)

Don't over eat

13 fruit and vege a day

Chicken/fish diet – no red meat

Wholemeal bread/cereals

Sensible, healthy diet – moderation – don't eat late

(General)

Centralised facilities

Lots of opportunities to volunteer in charity shops

Praise for BOS hospital – good food, lots of clinics, clean, friendly staff

The existence of euthanasia – (very important to this person)

Use a mobile phone only for emergencies or texting

Face to face contact – banking, post office and other services

“Older people mix with older people – they have the same sort of memories”

Triage in GP surgeries to make the most of time with a GP

(Wellbeing and Lifestyle)

Socialise - keeping in with other groups

Keep brain and body active!

A 30 minute walk every day

I want to *feel* well. I'm not worried about looks.

Good genes

Use your mobility or lose it

Meeting friends for coffee

Taking an interest in things – joining clubs (e.g. history, postcards)

Watching 'good' TV

Family – if you see them regularly or for holidays

Socialising, reducing loneliness , if [a person] is bereaved

Having a good wife. Money doesn't matter.

### **What doesn't help people age well?!**

Living on a pension

Lack of buses – frequency and distance of bus stops – a barrier to socialising

Cost of taxis

Lack of time with GP

Noticeable reduction in social services

Worries over losing mobility and concern about access onto buses

“Loneliness for your own age group, which can be across the board.”

“People with dementia should be looked after as a *unit* with their carer.”

Care homes should take people for nights – to help carers get some rest – or take them together.

Badly kept pavements and inconsistent repairs

Cinema and theatre – access is poor for those with mobility problems

Lack of public toilets – pub loos not popular for women

### **What motivates you?**

Observing other people who are *not* ageing well

Having grandchildren – wanting to watch them grow up

Being able to drive (to keep in contact with family)

Having a public swimming pool (which is next to the community centre)

Retirement, following family to the area – whole family moved

Time spent here as a child – helped us settle here in retirement as well

Being with other people helps you go out at night – and things being organised for you in groups

You have to cope and not give up!

**Ends**