

## **APPENDIX 3**

### **REPORT – HARROW OVER 50 CLUB**

The Harrow Over 50 Club was established in 2007 for the older residents of Harrow and surrounding areas. There are currently 60 members, predominately Asian. The main aim of the Club is to provide a social forum for the older residents of Harrow, many of whom feel isolated and lonely, to meet in an informal and welcoming environment so that they can socialise, exchange views and share their problems and worries. It also aims to assist in areas of health and welfare.

The Club holds monthly meetings in Pinner Hill Community Centre to help promote and foster educational, cultural and physical activities. Seminars are arranged with guest speakers to explain and guide the members about healthy life style and medical issues. The Club states that it carries out home visits to provide comfort and consolations to families suffering illness, tragedies and bereavement. It also helps members keep abreast of national and local issues by providing its members with local newspapers, journals and magazines and also assists the members to keep abreast of technological developments via regular seminars in the use of IT. The Club holds Keep Fit classes and runs an annual day trip to a place of interest for which a small charge is made.

The Club aims to contribute to a “Safer Harrow” by providing a secure and welcoming forum whereby the older residents of Harrow can meet to discuss issues of personal safety and fear of crime, as well as health and welfare issues.

The Club also aims to contribute to the “Stronger Communities in Harrow” priority by organising various community functions, including cultural, social and musical events which they believe generate and encourage a sense of belonging to Harrow.

As well as regular seminars on health issues the Club states that it runs weekly Yoga classes and actively encourages members to take regular exercise.

Harrow Over 50 Club received funding of £2,000 from the Main Grants Programme in 2008/09. This grant was for the hiring of Pinner Hill Community Centre for the monthly meetings, fees for experts for the information seminars, Keep Fit Instructor, home support visits, provision of journals and the printing of newsletters and local advertising materials.