

Slough Senior Citizens Group

Celebrating 10 Years
January 2006 – January 2016

January 2016 sees Slough Senior Citizens Group complete its decade long journey in the service of the elderly community. Slough Seniors was launched on the **19th January 2006** at a well-attended event at Brook House in the presence of the then Mayor Cllr Latif Khan.

Healthy Living for Senior Citizens

Over the last ten years the group has pursued **Healthy Living for Senior Citizens** which has become its "*raison d'être*". Its workshops and seminars on health related issues by eminent health professionals proved quite popular. These included: Prevention of Stroke and Healthy Ageing, both by Dr Bhaskar Mandal, Consultant Physician at Ashford Hospital, Loneliness by Dr Phillip Brooks from Berkshire East PCT, Diabetes and Healthy Eating by Dr Kesar Sadra from Manor Park Surgery and Move More and Eat Less by Dr Jim O'Donnell, Chair of the Slough CCG.

Day Trips & Events

The group has organised visits to the House of Commons, daytrips to Bournemouth, Bath, Margate, Eastbourne and Wittering. Its trips to Barry Island and Clacton-On-Sea were very also well received.

Several of its programmes including International Older People's Day on 1st October 2014 and Falls Awareness for 5 weeks during July 2015 were quite successful and have since been followed by organisations in Slough.

Awards

During this period the group has received a number of awards, the highlight being the **Slough Voluntary Sector Awards 2013 "Group of the Year Award" 1st place.**

Acknowledgements

The group has been exceptionally fortunate in receiving guidance from a galaxy of eminent Chairpersons including, Cllr Christine Small, Cllr May Dodds and Cllr Mewa Mann who presently chairs the group. Our thanks to them and other members of the Executive Committee.

On this occasion we would like to acknowledge the support that the group has received from several individuals and institutions; foremost being SCVS: Mary Byrne, Lorna Allen, Jesal Dhokia and Ramesh Kukar. The group is very grateful to Ray Emmans from the Berkshire Community Foundation, Alison Woods from Age UK, and Natalie Griffiths from the People's Health Trust for its funding support.

2016 - Our Anniversary Year

We propose to organise a number of Events, Open Days, User Forum, Workshops and Day Trips during our tenth anniversary year alongside our weekly keep fit and yoga programmes.

We look forward to the continued support from all our members, health professionals and well-wishers throughout the year and beyond.

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