

# Slough Senior Citizen Group

## **User Forum Meeting**

### **6.10.2016**

User Forums will be an opportunity for the users of the services of Slough Seniors to get involved in our planning and decision making process. It will represent the interests of all users of the services of the Group. It will help the group to communicate our plans and programmes and information about our events, targets we are setting and work we do to achieve these targets.

We would like to develop a system which, in due course of time may develop as market place for ideas on all issues concerning elderly community. These forums will be helpful to offer ideas about well being of the older people.

We will have User Forum Meetings quarterly.

# Slough Senior Citizen Group

Please give assessment 1 to 10 (1 lowest score and 10 the highest) about Slough Senior Citizens Group activities.

**Weekly activities**

Physical exercise sessions

**Yoga**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Keep Fit**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Monthly activities**

**Subsidise Lunch**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Coffee Morning**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Singing Group**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Annual activities**

**Day trips**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Open Days-Focusing on a health subject**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

**Charity Activities- Donation to Slough Food bank and Diabetes UK**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

Please let us know if you would like us to support any other charities

.....

**Special programmes- International Older People's Day 2014, Falls Prevention Awareness workshops,**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Further comments.....

Please let us know if you have other suggestions about any other topic

.....