

Mac's Golden Age

What we can offer . . .



www.fenland.gov.uk/goldenage

*Best wishes
Golden Age Team*



Mac's Golden Age
20th Anniversary

Golden Age Partnership Meeting 2023

ageUK Citizens Advice Rural Centres camsight U3A Fenland Community Safety Partnership NEIGHBOURHOOD WATCH
Careline COMMUNITY SERVICE healthwatch Cambridgeshire
LIONS INTERNATIONAL Healthy You Think Communities Team FACT Your Community Transport ROTARY INTERNATIONAL ARMED FORCES COVENANT

Mac's Golden Age



In memory of
Councillor Mac Cotterell MBE
the founder of the
GOLDEN AGE CONCEPT

He will be remembered
for his commitment to
improving the quality of life
for people living in rural areas,
and for his dedication
to supporting older people
in Fenland through the
Golden Age project.

He leaves
a tremendous legacy.



Mac's
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Overview of events 2022

Gorefield, April 22

104 attendees

Whittlesey Big Bash, Jun 22

150-200 attendees

Chatteris, Sep 22

140 attendees

Rosmini Centre, Dec 22

96 attendees

[The International Golden Age Fair 2022 - YouTube](#)

100%

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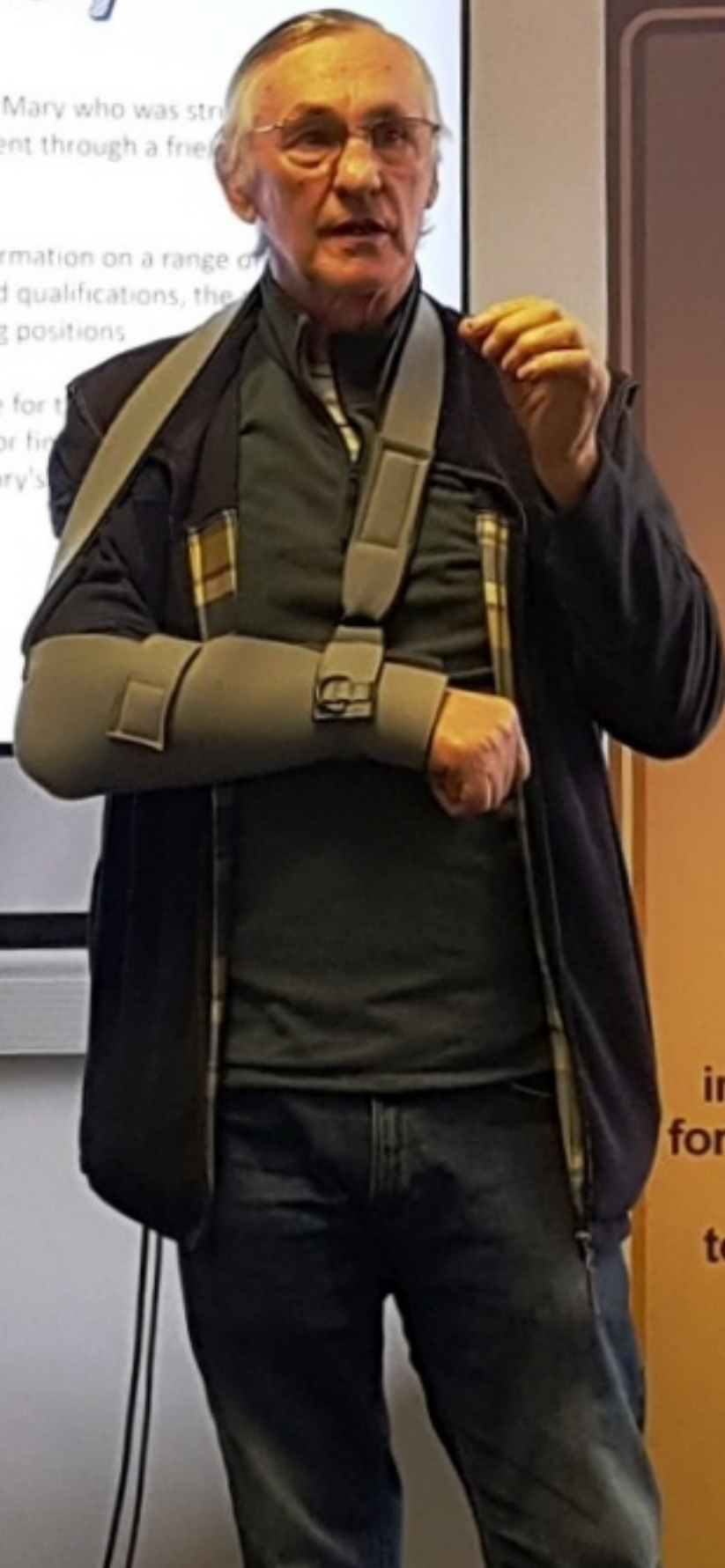
Case Study

At the GoldenAge event in Chatteris, we had the pleasure of meeting a woman named *Mary who was struggling to find work after retiring from her long-time job as a teacher. She had heard about the event through a friend and decided to attend on a whim.

Mary had the opportunity to speak with one of our advisors who provided her with information on a range of services and job opportunities available to her in the local area. After discussing her interests and qualifications, the advisor was able to connect Mary with a local organisation offering part-time volunteer teaching positions.

Following her successful job placement, Mary reached out to us to express her gratitude for the support provided at the Golden Age event. She mentioned that she had felt unsure about her prospects for finding work in her age, but the event had given her hope and direction. We were thrilled to hear about Mary's success and the opportunity to provide assistance to older individuals like her.

Tom Heffer Marketing and Partnerships Lead – Cambridgeshire Skills



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On-going Sessions & Events:



Pre-Fit

Building strength, balance, stamina and suppleness for increased confidence to become more active.

Pre-Fit (L4)

Wisbech
March
Doddington
Chatteris
(Non-chair based)



Strength & Balance

Building strength and balance for increased confidence to become more active.

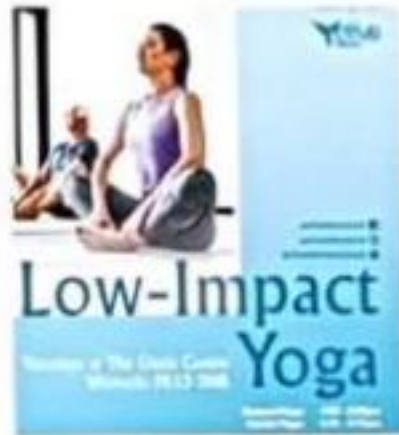
Strength & Balance (L3)

Wisbech
Doddington
(some chair based)



Forever Fit Wisbech

- Community session, run by volunteers
- Social session
- Multi-activities
- Inclusive activities
- Hot drink included



Yoga

- Gentle yoga (Wisbech)
- Daytime yoga (Wisbech)
- Evening yoga (Wimblington)

Yoga can be done in a chair

Sessions & Events - COMING SOON



Tea dances in each town?
Fun & social community event

Love to Move – Dementia friendly activity
Looking for instructors

Pre-Fit & Strength & Balance in Whittlesey

NEW Ramblers Wellbeing Walks –

- March & Whittlesey
- Looking for volunteer walk leaders
- Walk leader course coming up in Chatteris & Whittlesey

Active @ Home Booklets - Posted booklets of exercises

Wisbech Mindful Wellbeing Walk

Walk Leader Training Course

March Riverside Wellbeing Walk

Whittlesey Wellbeing Walk

Ramblers Wellbeing Walks - FREE!

- Wisbech & March already established
- Walks for everyone, variable pace, routes designed around terrain & accessibility (where possible)
- Looking for more walk leaders across the district!

Other provision & signposting...
Get in touch!

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CAMBRIDGESHIRE POLICE SHRIEVALTY TRUST

'Keeping People Safe In Their own Homes'

Registered Charity established 1999 by the then High Sheriff
& Chief Constable

THE BOBBY



SUPPORTING ELDERLY VICTIMS OF CRIME AND VICTIMS OF DOMESTIC ABUSE

Installing home security such as alarms & locks to indoor and outdoor areas.

Preventative security advice for the home and when away from the home, personal safety & scam awareness.

Covering all of Cambridgeshire & Peterborough

37,000+ home visited to date

Part funded by the Police Crime Commissioner and various small grants, donations & fundraising

Address
the
issues

Flexibility &
Availability

Provide
Reassurance

On going support

Empowerment

Identify &
understand the
needs

Reactive &
Proactive

Tailored
Solutions

Reduce
victimisation less
than 1%

Give
peace of
mind

Positive
partnerships
with other
agencies

HOW WE HELP TO IMPROVE LIVES

Mac's
Golden Age

20th Anniversary

Tommy Kelly
Armed Forces Covenant Officer
Cambridgeshire CC and Peterborough CC



...g support the Armed Forces Community, Colleagues and Partners from Public, Private Voluntary and Charity Sectors

...ting the Armed Forces Action Plan and Cambridgeshire's and Peterborough's Armed Forces Covenant Boards

...g the Armed Forces Covenant and providing awareness of the AF Community & the disadvantages they face

...identify disadvantages and implement strategies to remove or mitigate



Age

offer ...

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Age