

## **Appendix 6:**

### **Sinfin & Stenson Fields Asian Over 60s Social and Welfare Club**

#### **Overview Report 2021-22**

The club currently has 120 members and more waiting to join in the future. The club has worked to increase the number of female members which has resulted in a significant increase. There are now 70 male and 50 female members.

Membership includes people with disabilities and complex health problems. The Asian community in South Derbyshire is going through a change. Senior citizens of this community grew up in a joint family system where younger family looked after the older ones. In most cases this is not so anymore and it is difficult for the older generation in the community to cope with this change. They feel depressed, isolated, uncared for and miserable. This is where the Asian Over 60s club provide services for their wellbeing and happy living. The club helps them to maintain their dignity, helps to promote wellbeing and helps to prevent social exclusion and create harmony. The Club has given the members a sense of belonging which helps to build a healthier and stronger community.

The Club provides culturally suitable facilities for recreation and leisure-time activities for Asian over 60s

It promotes the development of a support network and helps to reduce isolation faced by Asian over 60s due to a lack of appropriate linguistic and cultural services. The club helps to promote involvement in the provision and evaluation of appropriate services and resources in the area. It also provides an information resource for the Asian community and social activities.

Currently the following activities are taking place on regular basis:

The Club meets at Sinfin Moor Church and is open from 1.00 to 5.00 pm Monday to Friday. Members play cards, read Punjabi/English newspapers and enjoy a midday cup of tea daily.

Subsidised Friday lunch is provided every week in Asda Sinfin Canteen. Day trips to the seaside or places of interest are organised for the members who, due to their health problems would never be able to go anywhere otherwise. Festival celebrations and lunches for Christmas, Vaisakhi, Indian Independence Day and Diwali take place.

Members can take part in a regular walk every Wednesday as part of The Walking for Health scheme supported by trained walk leaders. The club now has two of its own members trained as walk leaders. In addition, every Tuesday there is a chair exercise class run by a qualified health coach. This is well attended with members enjoying its benefits for good health. Many other events and activities are arranged for members wellbeing, such as health checks, information and support around disability issues, pension related information etc.