

## SINFIN AND STENSON FIELDS ASIANS OVER 60 SOCIAL AND WELFARE CLUB

### BACKGROUND

The Asian Community in South Derbyshire is going through a body change. The present day senior citizens of this community grew up in a marvelous joint family system where the younger generation looked after the older one. In majority of cases this is not so anymore. It is very difficult for the older generation to cope with this change. They feel depressed, isolated, uncared for and miserable. This is where we come in. We have a small Club Room but it provides much needed help for this section of Stenson Fields and Sinfín Community. Our membership which is 77 includes many severely disabled persons. At least 50% of the members have complex health problems.

In July this year the Club is going to celebrate its 10<sup>th</sup> anniversary. . Before this Club came into being, the Stenson Fields/Sinfín Asian senior citizens used to sit on benches outside Asda in adverse weather conditions as they had nowhere else to go, they tried to get together in the Sinfín Library but without avail, they were asked to remain 'silent' or leave.

Our Club Room is the only sanctuary in this area for the senior citizens of Asian origin where they can sit, talk, play cards, read newspapers and have a cup of tea. They find friendship with the like-minded people who are going through the similar health/social problems at this stage of life. The members can also join our Healthy Walking Team. There is no other place/community centre/temple in Sinfín or Stenson Fields to cater for their needs. The Club helps them to maintain their dignity, helps to promote well being, prevents social exclusion, create harmony in their homes enabling them to live in many cases with their families when otherwise they would have to seek alternative housing provided by the council or be placed in a home creating a further burden on Council spending.

The Club has given the members a sense of belonging which helps to build healthier and stronger community.

Fit with SDDC Corporate Plans and strategies.

The work of the club addresses many of the strands within the 2011/12 Corporate plan. Contributing directly to opportunities for local people. By providing a safe haven for local community members we are providing both choice and a place where members can be both safe and secure.

As part of the additional development undertaken by the club it also contributes directly to the Healthier, Safer and Vibrant Community Strategy 2009-2029.

It does this by:

1. THE CLUB ROOM at Sinfin Moor Church opens from 1.00 to 5.00 P.M. Monday to Friday. Members can play cards, read Punjabi/English newspapers and have a cup to tea.
2. SUBSIDISED FRIDAY LUNCH is provided every week at 12.00 hrs. in Asda Sinfin Canteen.
3. DAY TRIPS to the seaside or places of interest are arranged for the members who, due to their health problems, would never be able to go anywhere otherwise.
4. FESTIVAL LUNCHESES are also arranged to celebrate Christmas, Vaisakhi (an Indian Festival in April), Indian Independence Day and Diwali (Festival of Lights) to keep the members in touch with their culture.
5. 'HEALTHY WALKING'. The Club has joined 'Walking for Health Scheme' run by 'Get Active in the Forest', supported by trained walk leaders. As part of this the club now has 2 trained walk leaders.
6. Members' blood pressure, cholesterol level and blood sugar is checked periodically. This is a partnership project undertaken by Wilsons of Sinfin Centre. This service was started in January this year.

There are no paid staff, all work is undertaken by volunteers.

The Club promotes its services through the Stenson Fields Primary Community School Notice Board and leaflets/Sikh Temples in Derby, Sinfin Library and Sinfin Moor Social Club.

The Derby City Council after assessing the findings of the consultation into the future funding a voluntary sector organisations has ceased funding most of the groups but has renewed Sinfin & Stenson Fields Asians Over 60's funding for the next three years. Following is the recommendation to the Council Cabinet meeting of 21<sup>st</sup> February, 2012, by the Adults, Health and Housing Department of the Derby City Council:

"The recommendation for Sinfin and Stenson Fields Asians Over 60 Social and Welfare Club is to continue funding the organization at the current level as there is good evidence that this organization provides a valuable service in this part of the city for these citizens including some elderly people with complex needs."