



## **Sixth Inter-Island Public Health Forum**

Les Côtills Christian Centre, Cambridge Park Guernsey

Wednesday, 17th October - Saturday, 20th October 2001

### **Over 50s Activity in Jersey - Choice Enough?**

**Ms Mary Dupoy, Health Promotion Officer for Older People**

Jersey has introduced and developed a broad range of activities for older people, both physical and (more recently) social. The programme provides a wide choice for the individual; is low-cost and aims to be mainly self-funding; involves constructive and effective partnerships with other States? departments, as well as the private and voluntary sectors; recognises all levels of need within the 50+ age groups; has good support from the media, in information-giving and promotion.

A great deal has been achieved so far, without great cost to Health and Social Services and Sport, Leisure and Recreation. There is room for further expansion and development, particularly in areas of social need and for the Portuguese members of the community.

The programme is a successful means of not only getting people active, but many of the separate groups also provide a social network for participants, if they so wish.

In general, there is approval of Health Promotion's encouragement of older people to incorporate physical and social activity into their lifestyles in later years, and to have a positive attitude towards maintaining their health and independence.