

Indian Senior Citizens Club

Report to accompany accounts from April 2022 to March 2023

The Indian Senior Citizens Club was formed in 2006 with members from the Indian Community. The aim of the club is to bring lonely, elderly community members out of isolation to socialise and integrate with other people and groups on a weekly basis. The club is held from 11.00am until 2.30pm each Monday. During this time a healthy, freshly made light lunch is provided to all members which is very important as many are not able to cook for themselves. Additionally, as no home delivered Indian meal service is available for elderly community members, this weekly light meal and time to interact with others provides a lifeline for the members.

During the weekly club meetings, members participate in a large variety of classes, activities, craft workshops and listen to talks from external advisors. This is to ensure all members participate in some form of physical activity and are provided with advice on health, wellbeing and social services facilities.

The function and format of the club changed in 2020 due to Covid-19 and the introduction of lockdown throughout Northern Ireland. As a result, the club could not physically meet in the Community Centre, and to ensure the safety and well-being of our elderly members, we took the initiative to continue the club activities online. Since April 2022, the Club was allowed to return to face to face meetings and for outdoor activities.

All members were encouraged to meet face to face as this is imperative to members mental wellbeing.

During 2022 and 2023 the members participated in the following activities:

- Senior Citizens Yoga
- Mental well-being workshops
- Armchair exercise classes
- Arts and craft session
- Gardening classes

- Reusing and recycling old fabrics for crafts
- Flower arranging
- Cross Community events
- Outdoor walks and exercise

In line with the above, the importance was placed on members physical, emotional and mental well-being.