

Westhoughton Age Support Project

What we do

The aim of the project is to promote the welfare of the elderly in Westhoughton and surrounding areas by providing opportunities to improve the quality of life and thereby enable people living alone to have regular social interaction. This is delivered by twice weekly social events held in either the John Holt Centre, Birch Avenue, Daisy Hill on Monday afternoons from 1pm to 3-30pm and on Thursday evenings from 6pm to 9pm at the Winifred Kettle Centre on Washacre, Westhoughton.

At these sessions the attendees may, for example, play dominoes, cards or bingo or just have refreshments and conversation. There is no membership fee and all sessions are open to all older people wishing to participate. Additionally every year approximately eight events or trips to various locations are arranged. The outings usually include a four course lunch and some form of entertainment in a seaside resort, so that those wishing to have a walk out may do so. We end the afternoon with tea or coffee and biscuits at 4pm and leave for home at 5pm. These Outings are free to regular attendees of WASP activities but a charge is made for those attending only occasionally.

Every December a Christmas Party is held to which pensioners of Westhoughton are invited. There are usually about 120 plus attending.

In a report published in May 2014, Age UK revealed that one in eight people aged 65 and over feel cut off from society. It is known that isolation leads to depression and other health related issues so it is essential that older people are given the opportunities to mix and participate in the life of the community to prevent the so called 'loneliness of old age'.

The WASP activities provide an important service for the elderly, many of whom would perhaps feel lonely without the opportunity to interact with others at the weekly sessions and during the special events enjoyed throughout the year. The Project is run entirely by volunteers, some of whom give up a great deal of time and often provide things such as stationery, stamps, phone calls or raffle prizes together with use of personal transport to enable the project to function.

About 34 people attend our Thursday evening session at the Winifred Kettle Centre each week. For some it is the highlight of the week and they tell us how much they appreciate the opportunity to get out of the house for a few hours and enjoy a night out with friends.

The Project started in 1982 and has Charity Commission status.

We welcome newcomers to the Project

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