

# Westhoughton Age Support Project (W.A.S.P.)

## WHAT WE DO

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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 interactions, and to be able to get out and to be with other people.

- Friendship and Companionship for all. A feeling of being valued and welcomed.
- An opportunity of becoming a part of the community and not being an outsider looking in.
- An opportunity to use your experience of loneliness and isolation by helping others.

*We have a full programme of Events, Outings and Activities...*

We hold 2 weekly social events. The first at 'John Holt Centre', Westhoughton on Monday afternoons from 1pm till 4pm mostly for Bingo, Raffle, Dominoes and Refreshments, but mostly to get out of the house and make new friends or meet up with old friends.

The second on Thursday evenings when we meet at the 'Winifred Kettle' Centre, Westhoughton from 6pm to 9pm mostly for Bingo, Raffle and Tea or Coffee.

There are 8 calendar events: including an AGM; an Afternoon Tea, and 4 coach outings to coastal hotels for a 4-course lunch followed by an afternoon's entertainment; those able to do so have the opportunity to take a walk out and get some fresh air. Tea or coffee and biscuits are usually served about 3:30pm then we leave for home around 4:30pm. There is also the November 49-Club Party.

Our biggest undertaking of the year is the organisation of the W.A.S.P. Christmas Party which caters for some 120 people - half of whom are invited OAPs from the wider community - in which we provide a Christmas meal, top quality entertainment and gifts for supporters and senior citizens of the Westhoughton community.

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The W.A.S.P. 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.

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'.

For more information please contact or visit [Westhoughton.net](http://Westhoughton.net).

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