

# ACTIVE PLUS COMMUNITIES



## Overview

Active Plus Communities (APC) is a 4 year, fully funded project that will encourage and support older people to become active in their communities.

Delivered by military veterans in 20 communities across Cornwall, APC will:

- Utilise the skills and experience of older people and military veterans to make a bigger difference in their communities, creating an environment where everyone can succeed through helping others.
- Give older people a greater voice in shaping and delivering local services
- Bring communities together through a “community exchange”. Organised by older people, the community exchange will promote local services and resources and give everyone a chance to both benefit and contribute.

Older people will join APC through an initial 6 week programme (1day/week) delivered by military veterans that will get them active, encourage friendships, build confidence, support online skills and promote personal safety. Each community group will have a dedicated military veteran mentor for a further 12 months to help organise and deliver their community exchange and support any activities or services that arise from it.

**Benefits for older people:** Older people who are lonely or isolated will become connected and active in their community. This will increase confidence, promote positive health and wellbeing and prevent accidents in the home, helping older people to be independent for longer.

**Benefits for local services:** Healthier, happier, safer, more confident and informed older people will reduce demand for local health and social care services. Service providers will have a means to engage constructively with older people to get feedback and insight on their services with a view to improving effectiveness and efficiency of delivery.

**Benefits for local communities:** Communities will be more cohesive, more informed and will proudly champion the contribution of older people as a key resource for the community as a whole.

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Email Referrals to include participants – Name, Age and Contact Number.

