

Nottingham



BBC gets the Inside Track on **ExtraCare**

Two couples who are hoping to move in when ExtraCare's retirement village is completed in Nottingham were joined by four residents from Seagrave Court, Strelley, for an activity day in Birmingham which was filmed by a team from BBC East Midlands for their 'Inside Out' programme.

Taking part in a busy programme of activities and interviews at the Ackers Trust Centre, were prospective residents Flo and Norman Knight and Joan and John Ball, and Seagrave's Muriel and Bert Finch and Edith and Les Green.

The BBC staff were particularly interested in how the two couples hoping to move into the village felt about their future retirement lifestyles and aspirations bearing in mind that ExtraCare's villages not only provide security, safety and support, but much, much more.

ExtraCare's Public Relations Manager, Richard Tower was on hand to explain that village residents get involved with people from the wider community by joining classes, and ExtraCare trips which allowed them to get to know each other and take part in a wide range of activities.

Because meetings of prospective residents were held months in advance of a village being built, he said a community developed well ahead of the building, and once it was open, the village would be

buzzing with all age groups including grandchildren and volunteers.

The Charity's Activity Organiser, Stuart Martin, reported that he visited all the Trust's schemes to challenge residents with activities. He found residents were full of enthusiasm and cheered each other on. "They have a go-for-it attitude, which is what ExtraCare is all about," he said.

Certainly at Ackers Trust, the BBC team was able to see that energy and enthusiasm in action. Among the activities were abseiling, tobogganing and canoeing.

When interviewed, Muriel described the day as smashing and said when you go to ExtraCare events you don't get to retire; you do things. "In fact it gives you a thrill to do things you should have done when you were younger," she commented.

Muriel said she had watched her husband blossom since they went to Seagrave Court because he does more things and had made more

friends. He used to be a little bit shy and lacked confidence, but not any more. She added that her children thought she was mad tackling so many challenges. Agreeing, Joan said she didn't think her children believed her when she told them what they had been doing.

because he hadn't much hair his brain had gone as well. How wrong they were.

And Joan recalled that when her father retired, all he did was sit. "I don't know whether he enjoyed it, but it's not my idea of growing old."

“ People think after a certain age you just do nothing but sit back and relax, but people still have a lot of go in them. As long as your mind is active, you can't go wrong.”

John described the villages as unique. He had talked to different people and they were amazed when he told them what they were like. "There should be more of them; every town should have more than one," he said. He went on: "Elderly people have a lot to give, a lot to tell and they need to be valued. They are managing this with this organisation."

John agreed that older people were often stereotyped and discriminated against. People felt

Flo described the day as brilliant. She had never been on a toboggan before and never dreamed she could do it. "People think after a certain age you just do nothing but sit back and relax, but people still have a lot of go in them. As long as your mind is active, you can't go wrong."

The 'Inside Out' feature on Nottingham Retirement Village is being shown on BBC1 (East Midlands) at 7.30pm on September 18th.



Briefing with the BBC



Canoe-time for the team



Flo after her sledging



Muriel on the wall



Flo prepares to abseil



Norman's away

If you'd like to be kept up-to-date with Village developments in your area subscribe to Extralife today - see page 20 for details.

Development News

The outcome of a planning application for the Village should be known during September 2006. If successful, construction on the Village (which has over 300 apartments and bungalows) could begin during 2007. If you would like to register your interest in the scheme please phone **0870 777 4800**.

A £500,000 Village appeal launch is being hosted by The Dutchess of Rutland at Belvoir Castle this month. If you would like to support the appeal to equip social and leisure facilities which will benefit over 500 residents and local older people, please phone ExtraCare's Louise Hadley on **0772 055 3669**.

The £49m Village is a partnership between Nottingham City Council and The ExtraCare Charitable Trust and has received £3m funding support from the Department of Health.