



## Press release

Ref: GCH

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### GCH customers celebrate UK Older People's Day

Gloucester City Homes is inviting people to celebrate UK Older People's Day, by taking part in special events at sheltered schemes across the city.

The second UK Older People's Day falls on October 1<sup>st</sup>. The day celebrates later life and the huge contribution older people make to their local community. Everyone has a parent or grandparent, colleague or friend who they look to for advice and to learn from. This year Older People's Day is about bringing older and younger people together to create better understanding and respect.

Gloucester City Homes has a fantastic programme of events lined up for October 1<sup>st</sup> and the following days. Any member of the local community is welcome to attend the events and should call GCH on 0800 408 2000 to book a place.

When	Time	Where	What's on
30 <sup>th</sup> September	10.30am	<b>Halford House</b> <b>Podsmead</b>	Armchair yoga/keep fit
1 <sup>st</sup> October	10.30am	<b>Clapham Court</b> Kingsholm	Cavendish Care demonstration
	2.30pm	<b>Dickens Close</b> White City	Beetle Drive
	3.00pm	<b>St James Close</b> Quedgeley	Cream Tea/raffle
	7.00pm	<b>Halford House</b> Podsmead	Darts v Sherborne House

<b>When</b>	<b>Time</b>	<b>Where</b>	<b>What's on</b>
2 <sup>nd</sup> October	12.00pm	<b>Oliver Close</b> Tuffley	Lunch with bingo and raffle
3 <sup>rd</sup> October	10.00am onwards	<b>Charter Court</b> Victoria Street	Cake competition/bingo Afternoon tea
	10.30am	<b>Clapham Court</b> Kingsholm	Cake making demonstration
	12.30pm	<b>Badger Vale Court</b> Podsmead	Make and take afternoon
	1.00pm	<b>Clapham Court</b> Kingsholm	Wii exercise session with Sherborne House residents
	6.00pm	<b>Nightingale House</b> Abbeydale	Quiz evening with Young Gloucestershire
6 <sup>th</sup> October	10.00am	<b>Broom House</b> Robinswood	Coffee morning

For further information about UK Older People's Day events in Gloucester and other Gloucester City Homes events please contact Customer Services on 0800 408 2000 or visit [www.gloscityhomes.co.uk](http://www.gloscityhomes.co.uk)

For further information about UK Older People's Day, visit [www.direct.gov.uk/fullloflife](http://www.direct.gov.uk/fullloflife)

**ENDS**

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