

Edinburgh joins European healthy ageing project

Councillor Cammy Day played host to members of an exclusive European project which promotes older people's health who visited Edinburgh this week for the first time since the city joined its ranks.

This year Edinburgh was the only Scottish city to join the [URBACT](#) Healthy Ageing project, which aims to share expertise about schemes aimed at promoting the importance of being healthy in later life.

Health, Social Care and Housing Vice Convener, Councillor Day, presented a Quaich to the mayor of the Italian city of Udine, Furio Honsell, at the City Chambers at the start of the study trip this week.

✘ Edinburgh is well placed to take part thanks to successful projects such as [A City for all Ages](#) and [Live Well in Later Life](#), and is already one of 12 UK cities working with the World Health Organisation's [Age Friendly Cities'](#) network.

The project's leading city is Udine, while other partners are Brighton and Hove, Grand Poitiers in France, and Klaipeda in Lithuania.

Councillor Day said: "This was a great opportunity to share our good practice with fellow members, in particular, the Council's ongoing work into raising awareness of dementia and the support we offer to people living with the condition.

"Promoting healthy and active ageing is an essential part of improving lives for older people. If we improve health and wellbeing, then it's likely that the need for older people to access higher levels of care will be delayed."