

# Active Ageing event to be held at Meadowbank

✘ Fitness, wellbeing and friendships in later life are to be encouraged and celebrated at a free event dedicated to Edinburgh's rising number of older adults.

'Active Ageing – 50 Years and Beyond' will be hosted by Edinburgh Leisure at Meadowbank Sports Centre on October 1st, to coincide with the UN International Day for Older Persons.

The city's over 50s are invited to attend and be inspired by the wealth of activities and services supporting fitness, wellbeing and social connections, and enjoy a timelessly popular Tea Dance.

Following the success of the previous year, which welcomed over 400 older adults from across the capital, the 2015 event will offer a wealth of information and advice on staying healthy in later life, as well as showcasing projects aimed at older adults.

Delivered in a partnership between City of Edinburgh Council, Edinburgh Leisure and Pilmeny Development Project, the event will echo the day's ethos of celebrating the achievements and contributions of older adults to society.

The number of people over 50 years of age in Scotland is projected to rise by 28% before 2031.

Edinburgh Leisure is committed to promoting healthy, active living throughout every life stage, and supports this through award winning, free funded programmes including Ageing Well, Active Lives and Healthy Active Minds.

Anita Jefferies, Manager of Ageing Well at Edinburgh Leisure, said: "We are at a significant point in history where, thanks

to the wonders of modern medicine, more people are living longer than ever. Living a healthy, active lifestyle as well as getting out and about to make social connections is vital to enjoying the best possible quality of life throughout later life.

“In Edinburgh, where the number of adults over 50 has risen hugely, we are fortunate to enjoy fantastic leisure facilities offering a variety of activities. In addition, a number of services such as Ageing Well are dedicated to supporting older people to stay active and try exciting new activities with their peers.

“This is all thanks to our fantastic volunteers, who are all older people themselves, which makes Ageing Well unique.

“We all know there are important physical benefits to being active, and our services also help people to enjoy vital social connections and discover new skills and talents, boosting happiness and wellbeing.

“For example, our Photography club is extremely popular, and we have had customers take up activities as diverse as cycling, curling and even learning to swim well into their 80s and 90s.

“This can give people a renewed sense of purpose after retirement as well as the chance to form fabulous new friendships. Whether you’d love to take up a new hobby, make new friends or improve your fitness levels by joining our Health Walks, if you’re over 50 and looking for a new lease of life please come along on Thursday and find out more.”

“Health and Social Care Convener, Ricky Henderson said: “These social activities are a great way of keeping people active. It’s about keeping your fitness going and we have a range of fantastic facilities in the city allowing residents to either keep up a favourite hobby or try something completely new.

“This event is a wonderful opportunity to find out all the options available. Promoting being healthy and active at any age is an essential part of improving lives for Edinburgh’s residents”

Active Ageing – 50 Years and Beyond opens its doors at Meadowbank Sports Centre on Thursday October 1st from 12.30-4pm.

For further information about this event contact 0131 458 2183 or [ageingwell@edinburghleisure.co.uk](mailto:ageingwell@edinburghleisure.co.uk)