

THE INDEPENDENT LIVING CENTRE



Semington, near Trowbridge

01380 871007

www.ilc.org.uk



We are pleased to invite you to an online talk on:



Trailblazers Training Together

ILC AGM - Tuesday 24th October, 7pm-8pm

We know that most older people would choose to live in their own homes, with care and support arranged around them. However, we also know that decreased physical fitness and ill-health can lead to loss of strength and mobility and increasing social isolation, posing further risks to health. At the same time we know that digital exclusion reduces people's choices in terms of accessing services and maintaining social connectedness.

The project was funded through the [Ageing Well Service Development Fund](#) and delivered as part of a multi-layered partnership programme run by the [Bristol, North Somerset and South Gloucestershire \(BNSSG\) Clinical Commissioning Group \(CCG\)](#). It was initiated by [Bristol Health Partners with](#) delivery partner [Age UK Bristol](#). Project co-ordination was by Age UK Bristol and Kirsty Brown from [Fitness For Life](#).

This project helped socially isolated older people in their own homes by using telepresence robots to allow volunteers to visit them remotely and help them to do simple exercises to build their strength and confidence with the aim of helping them to get out of the house and resume social contact.

A telepresence robot enables video communication without the client needing to setup any software and the interaction feels as though the volunteer is present with the client. The mobile platform of the robot allows the volunteer to move around with the client, allowing for a more social conversation and general feeling of presence.

Over the course of the project, regular visits from the volunteer were used to allow friendships to be established and through this social connection improve the mental wellbeing of clients.

To book your place on 24th October at 7pm:

Please email welcome.ilc.semington@googlemail.com or phone **01380 871007** and leave a message with your name and email address. We look forward to seeing you all there with us online.

**The Independent Living Centre,
St. George's Road, Semington, BA14 6JQ**

Registered charity number 10000659