

Forth Valley



THE UNIVERSITY OF THE THIRD AGE

Scottish Charitable Incorporated Organisation (SCIO)

Scottish Charity No: SC037928

CULTURAL ACTIVITIES IN CARE HOMES (CACH)

Who are we?

We are a project group within Forth Valley University of the Third Age (U3A), the local U3A branch for retired or semi-retired people in the Forth Valley area. The U3A offers interest groups and activities to stretch the mind or body and opportunities to socialise with like-minded older people. In 2017 the CACH project was awarded Stirlingshire Voluntary Enterprise Inspiring Volunteer Award: *Outstanding Achievement in Health and Wellbeing*.

What are our aims?

The Cultural Activities in Care Homes (CACH) project aims to:

- provide stimulating activities and broaden the range of cultural and leisure opportunities available to residents of care homes for older people;
- enhance the quality of care home residents' lives and encourage their inclusion in meaningful activities;
- promote learning between younger and older generations.

What do we do?

We work with local care homes to arrange events that bring cultural and leisure activities to residents. The events in the homes include:

- Local music, theatre and dance groups
- Performances by local school children
- Forth Valley U3A groups
- Reminiscence and life story sessions

Further information

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Forth Valley U3A: www.forthvalleyu3a.org.uk

Funded by Foundation Scotland



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