



## **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 2015 the CACH project was awarded Stirlingshire Voluntary Enterprise Inspiring Volunteer Awards *Arts and Culture Award*.

### **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**

Please contact Susan on 01786 834535 or email: [cach@forthvalleyu3a.org.uk](mailto:cach@forthvalleyu3a.org.uk)

Forth Valley U3A: [www.forthvalleyu3a.org.uk](http://www.forthvalleyu3a.org.uk)

**Supported by Bank of Scotland Foundation**