

## CCD- Elders Empowerment Programme What we did during October – December, 2017



Navaratri Kolu 28/9/17



Navaratri Keep-fit



Navaratri singing

When Sushila asked whether she could do an 8-week course on 'mindfulness' with us the committee decided to accept it. In October EEP usually celebrates International day for Older Persons with a one day celebration. This year with all the EEP members' consent & Sushila's help we organised the 8-week course as our IDOP celebrations. As an added bonus this year, our Ilangai project elders from Chenkalady organised an Exhibition on the achievements of the elders and issued a documentary on 'naattu koothu' as their IDOP celebrations. So, this year IDOP event had become a twin city celebration for EEP. We have also raised about £120/- on that DVD sale.

The mindfulness course started on 21/9/17. The following week there was a break from mindfulness as we celebrated Navaratri with a big gathering. Mrs Kamala Kulaveerasingam celebrated her 75<sup>th</sup> Birthday along with Navaratri.



Deepavali Jodhi meditation



Deepavali keep-fit



Deepavali kolattam

EEP celebrated Deepavali on 19/10/2017. All the festivals that fell in September and October were celebrated in full without disrupting the mindfulness course. Sushila was a true professional in that she incorporated all the different festive themes into her meditation format. 90% of the members thoroughly enjoyed the course. Many felt this was what they needed in their later life. About 5 members celebrated their

birthdays in this 2-month period. They all donated lunch during their birthdays which was a bonus for EEP.



Thankyou Sushila for the wonderful course



Full concentration during course

The course also has full filled our grant needs. Some outsiders came regularly to the course. We have monitored the course with feedback forms at the beginning and at the end of the course. Shushila has also given us some guidelines to continue with meditation when we have time. So that we keep in touch with the technique.



Health navigation training



Philippa Leary

Philippa Leary, Development worker from Kingston voluntary action gave us a presentation on Digital health navigator training on 23/11/2017. It was about how to get health information from NHS Choices website – like exercise videos, health recipes and common health questions, how to make a quick tour of the online directories which can help find health support and she showed a few apps we can download to live a healthy life. Members found it very useful and have asked her to give them further training in the New Year. EEP will end the year with its annual Christmas celebrations inviting guests from other neighbouring boroughs & friends from Kingston. 2018 plan is attached in the Christmas New Year calendar.