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# IT'S THE AGE OF INSPIRATION!

ANNOUNCING A NEW AND EXCITING SOCIAL ENTERPRISE TO  
IMPROVE THE HEALTH AND WELLBEING OF OLDER PEOPLE



PHOTOGRAPH: Maureen Fazal and Paula Gamester, founders of the Age of Inspiration

Paula Gamester and Maureen Fazal are inviting individuals over the age of 50 to join them at two events they are organising on Wednesday 16th May at Evermoor Hub Digmoor Skelmersdale 1pm till 3.30pm and Tanhouse Community Centre Thursday 24th May 1pm till 3.30pm.

The event is free to attend thanks to 'Building Better Opportunities' (BBO) programme funding from the European Social Fund, the National Lottery through the Big Lottery Fund, and Lancashire County Council.

*Paula explains "The ambition for Age of Inspiration is to "IGNITE", "INSPIRE" and "CONNECT" our older people to the things that keep them well.*



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*We have an amazing afternoon in store for those attending, we will be using humour and laughter as a mechanism to turn your bad days into good days" and have enlisted the help of local entertainers Paul McCoy and Dave Ashley. This is going to be an afternoon of inspiration, fun and laughter."*

Paula and Maureen firmly believe that there are assets and gifts out there in communities, and our job as good servants and as good leaders is to recognise those gifts in others, and help them put those gifts into action.

Communities have never been built upon their deficiencies. Building communities has always depended on mobilising the capacity and assets of people and place.

Liz Tapner, CEO of Selnet who leads the Building Better Opportunities in Lancashire, said "We are delighted to partner with two of Lancashire's leading social innovators on this fantastic initiative and to celebrate the value of the contribution our older residents make."

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*There is so much we as an older generation can do to have a rich, fulfilled and active older life – Maureen Fazal*

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At the events we will provide opportunities for participants to unlock:

- The passions and interests that give them energy for change
- The networks and connections including friendships and neighbourliness

We will also invite and have representatives of local community and voluntary associations as well as having representatives from the public, private and third sector organisations that are available to support them.

Well-Being is an integral part of the event programme, we passionately believe that if you're not "Strong" and "Resilient" you cannot move forward. The New Economics Foundation Five Ways to Wellbeing, a set of evidence based practical things that participants can do to help stay



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**strong and resilient**

underpins the whole event. These are: CONNECT, BE ACTIVE, TAKE NOTICE, KEEP LEARNING AND GIVE.

## Contacts

**Age of Inspiration initiative:** Contact Paula or Maureen on 01695 550772.

**Selnet or Building Better Opportunities:** For queries about contact 01772 200690 or visit [www.selnet-uk.com/bbo](http://www.selnet-uk.com/bbo) .

## Editors' Notes

### **Building Better Opportunities**

*The Building Better Opportunities (BBO) programme is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund. A BBO project, the 'Age of Opportunity', has received £2.9m of funding from the Big Lottery Fund and the European Social Fund as part of the 2014-2020 European Structural and Investment Funds Growth Programme in England.*

*The Department for Work and Pensions is the Managing Authority for the England European Social Fund programme. Established by the European Union, the European Social Fund helps local areas stimulate their economic development by investing in projects which will support skills development, employment and job creation, social inclusion and local community regenerations. For more information visit <https://www.gov.uk/european-growth-funding>.*

*The Big Lottery Fund is the largest funder of community activity in the UK. It puts people in the lead to improve their lives and communities, often through small, local projects.*

*It is responsible for giving out 40% of the money raised by National Lottery players for good causes. Every year it invests over £650 million and awards around 12,000 grants across the UK for health, education, environment and charitable purposes.*

*Since June 2004 it has awarded over £8 billion to projects that change the lives of millions of people.*

### **Selnet**

- *Selnet is the Social Enterprise Network for Lancashire. For over 10 years we have supported social enterprises across Lancashire, Blackpool and Blackburn with Darwen to connect, develop and grow.*



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- *Selnet Ltd (Social*

*Enterprise Lancashire Network) is the lead partner, co-ordinating 60 plus agencies to work across the Building Better Opportunities programmes across Lancashire.*

- *Selnet Ltd is the lead body representing social enterprise in the Lancashire sub-region, enabling social enterprises across Lancashire, Blackpool and Blackburn with Darwen to access support and resources to aid their business development and growth. Visit [www.selnet-uk.com](http://www.selnet-uk.com)*

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