

In Touch  
Project

# GRCC's In Touch Project

**Katie Lake**  
In Touch Project Manager



# What is the In Touch project?

- \* In Touch supports all health and social activities for people over the age of 50 who live in Gloucestershire. This is to improve health and wellbeing and reduce loneliness and isolation.
- \* Sits in GRCC's older peoples department which also includes the Gloucestershire Village and Community Agents and our countywide befriending service, Friends for You.
- \* Funded by Gloucestershire County Council and has been managed by GRCC for the past 12 years.

- \* Start ups
- \* Constitutions
- \* Funding
- \* Publicity
- \* Committee advice
- \* Introducing new activities
- \* Food hygiene
- \* Insurance
- \* Closures
- \* Intergenerational
- \* Healthy lifestyles

# Working with Local Authorities

- \* Intelligence
- \* Spreading of information
- \* Support for projects
- \* Influencing strategic planning
- \* Partnership groups and boards
- \* Targeting specific need for individual localities

ELWE KNIT ONE,  
PEDAL ONE







**1407 knitted t shirts**

**½ km of bunting**

**412 knitters**

**Approximately 4000 staples**

**Oldest known knitter: 102**





















*“Thank you for running your knitting project. I gave up knitting years ago and swore I would never take it up again.*

*However, when I saw the little t-shirts I had to get back in to it. I went along to the local knitting group and got started. It was amazing how fast it can come back to you!*

*I now attend the group regularly and knitted myself a cardigan on a recent holiday!”*



# Remembering Sport at Kingsholm

Come and join us for the first time to the new men's 50+ social group at Kingsholm Stadium. Talk about watching/playing/supporting sport with other men from around the county with refreshments.

**Where: Gloucester Rugby Club**

**Time: 10.30-12noon**

**Date: Tuesday 25th November**

**This social group is free.**



To register your interest and for more information, please contact Katie Lake, In Touch Adviser. [katiel@grcc.org.uk](mailto:katiel@grcc.org.uk)  
01452 528491

This group is being run in partnership with Gloucester Rugby.



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- \* Gloucester Rugby
- \* Stroud District Council
- \* Gloucestershire Care Services (NHS)
- \* Westonbirt Arboretum
- \* The Furniture Recycling Project
- \* GAVCA
- \* Gloucestershire Police
- \* Gloucestershire Fire and Rescue
- \* Forest of Dean District Council
- \* Cheltenham Borough Homes
- \* Cheltenham Borough Council
- \* Gloucester City Council
- \* Tewkesbury Borough Council
- \* Cotswold District Council
- \* Gloucester Cathedral
- \* FVAF
- \* Gloucestershire County Council and Public Health

\* Website: [www.grcc.org.uk](http://www.grcc.org.uk)

\* Twitter: @GRCCOlderPeople

\* Facebook: [www.facebook.com/grccolderpeople](http://www.facebook.com/grccolderpeople)

\* Telephone: 01452 528491

\* Email: [katiel@grcc.org.uk](mailto:katiel@grcc.org.uk)

\* Village and Community Agent Cost/Benefit Analysis:  
<http://www.grcc.org.uk/downloads/gloucestershire-village--community-agents-cost-benefit-analysis-2014.pdf>