

Hale & District U3A Working with the Local Community

Tens of thousands of people live in Sunrise communities in the UK, USA and Canada. In the UK alone, around 2,400 people call Sunrise their home. Person-centred services, organised around the individual needs of each resident, include: residential care, nursing care and dementia care. Sunrise Senior Living in Hale Barns is situated near to Hale Village in Cheshire, a short distance away from the market town of Altrincham.

Sunrise contacted Hale & District U3A during 2015 to offer a free room for any of its interest groups to use as needed. At the time, U3A Group Leader, Ginny Murray was using a local church hall for her yoga class, which she had to pay for and the change to a smaller, warmer and carpeted room at Sunrise was extremely welcome. Ashleigh Lynch, Activities and Volunteer Coordinator at Sunrise, who is in charge of the arrangements with U3A, is keen to encourage links between Sunrise and the needs of the local community and Ginny has always found her enthusiastic and helpful.



U3A yoga at Sunrise



The residents have sometimes joined in, according to their ability, and Ginny is sure that this involvement is beneficial to both Sunrise residents and to U3A members. By coincidence, the choir that Ginny sings with is giving a concert at Sunrise in July: another example of the variety of interests and entertainment on offer, all of which contributes to maintaining healthy minds and bodies.

More U3A yoga at Sunrise

Lorraine Fitzpatrick, Director of Community Relations at Sunrise, commented:

“Sunrise Senior Living of Hale Barns has greatly enjoyed working with U3A over the past couple of years to support a range of activities at the community.

Sunrise allows various local organisations to make use of our facilities at Hale Barns, but U3A is particularly popular here. Our residents are invited to participate in the classes held at Hale Barns, which include walking, yoga, French and – soon – singing, and several of them take advantage.

It is a true example of a mutually beneficial relationship – long may it continue!”

Text: Ginny Murray and Lorraine Fitzpatrick, edited by Jonathan Smith

Photo: Ashleigh Lynch