

# Be Active Life Long (BALL) Groups

**Be Active Life Long (BALL) Groups in Moray offer the opportunity for older people to remain active in their communities.**

BALL groups operate all over Moray, each offering support in local communities, and encouraging the over 60s to keep active, connected and involved.

They are user-led groups for older people of all abilities that meet in community venues and have a small charge towards the cost of hall hire and refreshments.

Attending the groups can have a positive impact on physical, emotional and mental health and helps reduce social isolation.

**BALL Groups aim to:**

Provide opportunities and choice for older adults in Moray;

Improve confidence, self-esteem and mental health;

Engage older people in the planning and running of their groups;

Improve quality of life by increased mobility;

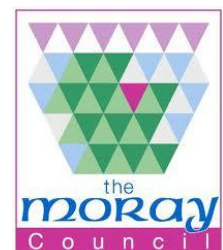
Improve physical health in general;

Develop sustainable programmes;

Support lifelong learning

Promote good health and access to information and foster companionship.

August 2014



## BALL Groups

A BALL management group oversees the development and relationships between all groups.

There are currently BALL groups in:

Hopeman	Lossiemouth	Elgin
Buckpool	Lhanbryde	Keith
Spey Bay	Tomintoul	Rothies
Burghead	Aberlour	Buckie
Dufftown	Cullen	Forres
New Elgin	Findochty	Bishopmill

### ***Comments from BALL group members:***

*“It’s the highlight of the week for me. Going to the BALL group really gives me something to look forward to.”*

*“I don’t know what I’d do without it – I have made so many great friends and we always have fun.”*

### **Find out more**

For further information and to find out contact details for Moray’s BALL groups, contact the Community Wellbeing Development Team, Health & Social Care Moray on 01343 563510 or email [CWDevelopmentTeam@moray.gov.uk](mailto:CWDevelopmentTeam@moray.gov.uk)

**For further information, contact the Moray Council Adult Community Care Access Care Team on 01343 563999 or email: [accesscareteam@moray.gov.uk](mailto:accesscareteam@moray.gov.uk)**

**To see the full collection of adult community care factsheets, visit <http://www.moray.gov.uk/communitycare/leaflets/> or call in at any Moray library or access point.**