

Ferryhill Community Centre Exercise Class – Social Transport Case Study

Background

The exercise class at Ferryhill community centre is well attended however numbers have reduced in recent months. People find it hard to get to as the centre is at the bottom of a hill and it requires at least one bus to get to.

Many of the attendees are personally mobile but walk slowly and often with walking aids.

Two of the attendees drive others to and from the class but they are less likely to do so in the darker colder months when it is harder to see and roads can be icy. This now applies to those who have to walk far to a bus stop as well. They are anxious that they might fall.

Despite this the attendees have positive attitudes and see the group as a support network for one another.

Assessment

The community centre closes during school holidays so the class is displaced/ postponed until after summer. During this time the attendees can lose their confidence in their driving ability and this would affect the overall attendance to the class.

Conclusion

Through the Social Transport Project fund, Buchan Dial-a-Community bus provide transport for four of the attendees every week. Not all of those who attend the class use the transport as they wish to maintain as much of their independence as they can. They do take comfort in that they can use it in the coming darker months when they do not feel confident in driving and being responsible for others.

Feedback

Very
good.

Feel safer
because the
weather can
make walking
dangerous

It's a boost to
morale.

The driver is nice
and helpful. He
makes sure we are
all safe and get
home ok when we
are dropped off.