



O4O : Older People for Older People
Independent living • active communities • flexible services

Greenland



O4O in Greenland is based in the capital city, Nuuk. In order to identify the needs of older people, and explain the **O4O** concept, the Project Manager and Project Worker travelled extensively in order to hold citizen meetings in remote communities across Greenland. Most of the meetings were well attended, with groups of volunteers and prime movers who would help to establish

O4Os, coming forward. **O4O** was also promoted in newspapers and on the radio which generated excellent responses. The Project team helped a number of communities to secure funding from the Inuuneritta Puljen Foundation. This enabled the communities to purchase starter packs of materials for various new **O4O**-generated activities, and to rent premises.





O4O : Older People for Older People
Independent living • active communities • holistic services

Paamiut

O4O established four groups in Paamiut: a needlework group; visiting friends group; Nintendo Wii for men; and, a reading aloud group. The project team obtained funding to secure accommodation and to purchase needlework kits, painting materials and a Nintendo Wii console. The activities take place in both the newly rented meeting place and the homes of older people who are unable to attend. The Nintendo Wii activity also takes place weekly, in an Old People's Home. The various groups have plans to cook together and the Old People's Home will provide transport to enable people who are infirm to join the communal meals as a means of combating loneliness and isolation.



Kuummiut

O4O set up three groups in Kuummiut, with twelve members. These groups have developed a range of community activities including needlework, handicrafts, and dancing. **O4O** helped the groups to secure funding enabling them to purchase starter packs of needlework and painting materials, and to reach an agreement on renting the community hall – all of which will help secure the future of the groups.



O4O : Older People for Older People
Independent living • active communities • flexible services



Kulusuk

Five O4Os have been established in Kulusuk. They all stem from a 'visiting friends' group which aimed to cultivate greater social interaction through social activities within the community. The O4Os are needlework, handicraft, painting, visiting friends, and, reading aloud groups which also hold joint monthly meetings to share in singing, movement and games activities. O4O also helped to secure funding for starter packs of materials, identified future funding needs, and is working with the Kulusuk community to develop a funding application for the purchase of gymnastic equipment.



Ittoqqortoormiit

The five O4Os established in Ittoqqortoormiit all stem from an established group involved with the village Activity Centre. These O4Os have twenty-nine members who desperately needed a place to meet. Aided by the O4O project team the community was able to reach agreement with the municipality to utilise the Umimmak (youth club) and now uses the building as a meeting place and for a range of activities including: needlework, Nintendo Wii, painting classes, games and singing. Various talks are also organised. The O4O project team secured funding for the groups to purchase starter packs of needlework and painting materials, a Nintendo Wii console, TV and DVD player. There are plans to organise other activities, including a visiting scheme for those who cannot attend the meeting place, and to set up a community cafe. Income generated by the cafe will be used to fund further activities.



O4O : Older People for Older People
Independent living • active communities • holistic services



Arsuk

There are two O4O groups, with five members, up and running in Arsuk. The needlework group brings older people together to participate in this traditional craft whilst those unable to attend group meeting are offered home visits. This enables isolated older people to enjoy a traditional, cultural pastime in the company of others. The visiting group also makes social visits to other older people in the village and in the commune for the elderly. Plans are afoot for a stone polishing group and a cooking group that will cook food for older people to eat together in the community hall, and also deliver meals to those unable to participate. The O4O project team helped the community to secure funding for the purchase of needlework starter packs.

The Future

To help sustain these O4Os the project team has arranged for key volunteers to receive training in how to maintain motivation levels amongst O4O members, and in how to apply for funding. This training also provides opportunities for volunteers from the different villages to get to know each another, exchange experiences and ideas, and to develop a forum for mutual support into the future. Each of the groups is aware of their shared responsibility for sustaining their activities and has agreed to meet at least once every two weeks.

