

“THERE IS NO AGE TO WALK”

BESANÇON

Age-friendly city since 06-2012

Besançon (25)

OBJECTIVES

Favour the solidarity between generations, raise awareness about the necessity to adopt new approaches among the general public in order to create a society adapted to all ages, in all areas of life. Gather generations around a leisure activity adapted to everybody.

PRACTICAL DETAILS

Organise a big intergenerational walk. Offer three paths adapted to the capacities of each. Involve numerous partners in order to guarantee the success of the intergenerational walk and offer activities and provide information at this occasion.



AN INTERGENERATIONAL WALK

Regularly, the Inter-age Mission, the Direction of Life of Districts the House of Older People, the older people's housings, the communal welfare action centre (CCAS) and the associations of walking and hiking gather to organise an intergenerational walk which take place each year in Besançon since 2010. This walk is open to everybody: people living in Besançon or not, young or less young people and older people, inhabitants of a district, people living in older people's housing or retirement home, experienced walker or occasional walker needing

support.

The communication service of the City publishes a flyer to present the walk. This brochure is largely distributed in the houses of districts, in the House of Older People and in the Regional Centre for Information of Young people (CRIJ). It is also distributed by all the partners of the walk, especially the associations of walking and hiking. Moreover, the local press and television are informed and relay information about this walk.

WALKING TOGETHER

The objective of this walk is to favour the solidarity and the cooperation between the generations and to make sure that everybody can participate independently of differences linked to age, handicap or culture. Each year, a new place is chosen to organise the walk. The objective is to offer to the walkers a “new look on their city”. According to the theme, the walk is cut in different times of observation, explanations and demonstration. In order to be accessible to everybody, three different paths are chosen for the walk: a small one adapted to people with difficulties to walk and including animations, stands and exhibitions; an average one of about 3 kilometres and a long one of about 7 kilometres.

All along the paths, the partner associations offer animations and comments about visited sites. This day ends with a convivial time between all the walkers. The security measures



linked to the organisation of this event are a major concern. In order to secure the paths, these latter should include the fewer possible dangers. When people have to cross roads, for example, security measures must be implemented. Securing these dangerous passages is possible thanks to the presence of numerous volunteers.



of beekeepers of the Doubs, etc. These participants change each year according to the place and the theme of the event.

Besides this work with partners, this event breaks down the barriers between the departments by offering a common action of cooperation and friendliness

which put forwards the knowledge and capacities of everybody. The co-construction of this event is the key of the success of this project.

A PARTENARIAL PROJECT

After the choice of the walk's location, several meetings are organised with the partners in order to determine the role of each contributor: accompanying the walkers, being on stands in the place of gathering, managing music and dance before the departure and at the arrival of each walk, participation to the snack at the end of the day, animation and games on the site during the afternoon for people following the small path, etc. Like that, a lot of people are involved in the project: The associations of walking and hiking of the region: to give advice about the adapted paths, to supervise the walks, to spread information towards their members.

The sport university, European Region Action Scheme for the Mobility of University Students (ERASMUS) and the Regional Centre of School and University Works (CROUS): to accompany the students during the three walks, to participate to the animations of music and dance before the departure and at the arrival, to prepare the cakes and drinks necessary to the time of exchange after the walks.

The schools: through the involvement of one or several schools guaranteeing the intergenerational character of the event. For example, in 2016, a high school class organised games and animations for people participating to the small path.

The CRIJ for the information of the young public.

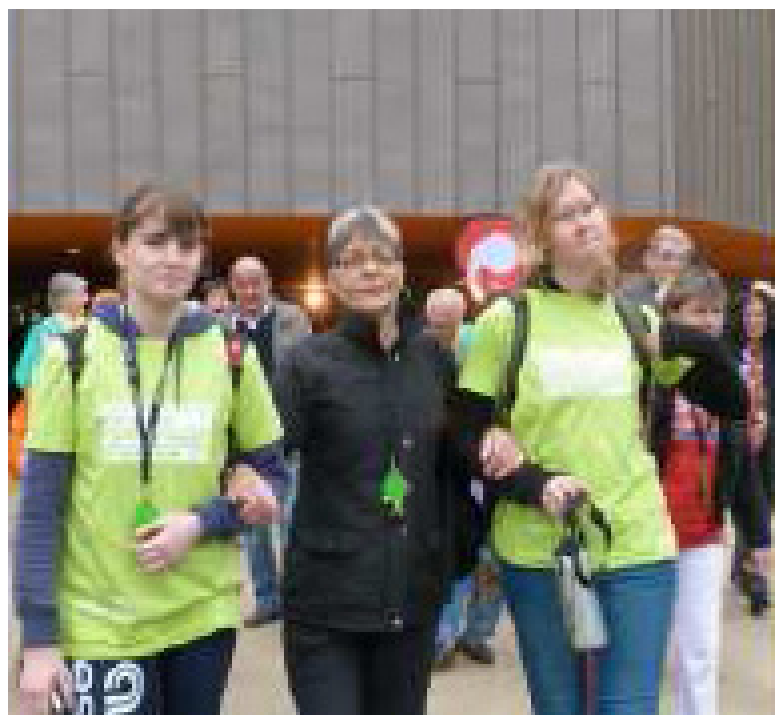
The Older People and Retirees Organisation of Besançon (ORPAB) in particular to inform older and retired people.

Several associations to run stands on the site: for example, the House of Europe, The French Federation of Hiking, the association

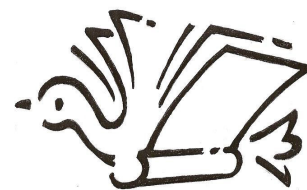
AN ACTION WITH STATURE

The number of participants varies with the weather conditions of the day but each year, the intergenerational walk gathers between 200 and 470 people. Since 2010, the success of this day appreciated by everybody has not been refuted.

This day is the occasion to organise a real time of exchange and sharing between the generations around a recreational activity accessible to everybody. It enables older people to participate actively to this walk as voluntary organisers or participants. It is also, for older people, the occasion to become aware of the fact that a regular and adapted physical activity participates to the improvement of the life quality and enables to keep in touch with others.



BIB A DOM, AN ASSOCIATION BRINGING BOOKS AT HOME



BIB A DOM
Lyon (69)

OBJECTIVES

Help older people who cannot go out (even temporarily) to have access to books and to reading via the service of delivery at home or the reading aloud. Fight against isolation. Enable everybody have access to culture.

PRACTICAL DETAILS

Create a network of volunteers to bring books to people who want it. Enable beneficiaries to have access to books lent by districts libraries.



HOW DOES IT WORK?

The library at home (called the “Bib’ à Dom”) is an association created in 1984. Its goal is to enable people who cannot go out (even temporarily) to have access or to continue to have access to reading and to books.

The Library at Home, partner of the public library in Lyon, is animated only by volunteers.

The main function of the association is to bring books from the public library at home. There are volunteers in the whole city and even outside, who visit people in Lyon and outside.

The association links a person who cannot go out with one or several volunteers. These latter are in charge to bring books and to pay attention to the deadline. The volunteers and the beneficiary decide together the frequency of the visits and the choice of the books. That is clear that the relation between these two people is beyond books.

The library at home also offers reading aloud at home by trained volunteer.

TO MAKE IT KNOWN AND EXCHANGE

To make this service known to people likely to be interested, the library at home takes part in different meetings: reading in districts libraries (during special events).

The library at home takes also part in fairs and exhibitions, as for example during the Blue Week (a week completely dedicated to older people in France), or to exhibitions on how ageing correctly at home.

They took part in a fair called “Fair: how ageing well at home” and Mrs Rivoire, major deputy of Lyon was there too, accompanied by Mr Bel, deputy major in charge people of the third age.

These meetings gather organisations and associations specialized in domestic assistance which are concerned about easiness and enrichment of older people lives, both on the practical and cultural side. These exchanges with the library at home are really profitable.

REGISTRATIONS

Each week, the association registers volunteers. But, currently, its main concern is to convey information to isolated people who would like to get books or to listen aloud readings.

To register as a beneficiary to the service library at home, people have to call the association or to let a message on the answering machine. The beneficiary subscribes to the public library and pays a subscription to the association.

To register as a volunteer, it is necessary to meet the association team. The volunteer signs a charter which is an engagement of respect and discretion in the relation he/she will establish with the visited person.

To get more precise information, you can come to the committee room of the association, call, address an email (bibadomlyon@yahoo.fr) or consult the blog (<http://labibadomlyon.blogspot.com>).



TESTIMONIES

AN OPENING TO NEW HORIZONS (PUBLISHED IN LYON CITOYEN IN 2013)

For five years, Martine brings books to Marcelle and Andrée, aged 93 and 89. “I visit them once a month and bring them 4 or 5 books. With time, I became a source of proposals. Andrée was only reading Georges Simenon. I proposed them to discover Charles Exbrayat. As the time passed, I realised she loved biographies. Thanks to my researches, I think that she read almost all large print books of the public library in Lyon”.

TWO CROSS TESTIMONIES (PUBLISHED IN LE PROGRÈS IN 2014)

“I read more than hundred books each year”.

Monique, 65 years old, former legal expert, and beneficiary from the library at home since 2011: “I read more than hundred books each year. I lend 5 books at a time. I read all kinds of books: historical or political ones, thrillers. I prepare lists to Liliane according to books mentioned by the press. The association is a chance for me”.

“I like the atmosphere of libraries”.

Liliane, former physics teacher, now retiree, is a volunteer to bring books: “I read also a lot and I discover the library at home thanks to the public library. I have free time and coming to bring books is a real pleasure for me because I love the atmosphere of libraries. Monique and I became friends since I come regularly to visit her.