

National Grid to help “Over 50’s Day” go with a swing

Special day helps over 50’s lead a “fuller life”

14 Sep 2015

- More than 30 activities to keep a generation going strong
- Health, lifestyle and learning for the baby boomers.

As people are living far longer and healthier National Grid Hinckley is ensuring more can be done to give baby-boomers a “fuller life”.

National Grid is supporting Age UK and the Green Towers Club in holding a special “Over 50’s Day” on Friday 18 September at the Green Towers Club in Hinckley, Leicestershire.

And to make it go with a swing – and smoothly – seven National Grid volunteers will to help supervise more than 30 engaging activities.

Among the mix there’s something for everyone; those looking to shake a leg can folk dance and later grab a partner for a vintage tea dance.

Anyone wanting to clown around can practise circus skills or they can try their hand at archery or wall climbing.

A Tai Chi class offers something less energetic – as does flower arranging, oil painting and pastel drawing.

Tanya Hutchinson, National Grid organiser, said: “It’s a fantastic effort to put on more than 30 different activities that cover education, well-being and fitness – all key factors not just for the over 50’s but everyone. We’re delighted to be supporting this event and to be providing volunteers to help out on what will be a very busy day.”

The special day also includes a raft of learning opportunities with talks about the nearby Battle of Bosworth – where Richard III was killed in 1485. Also, the role of the Leicestershire Regiment in World War 1.

There’s a talk on Asian Culture and crafts and a Bhangra dance show.

And to make sure everyone is “50’s fighting fit” there’s a health clinic checking blood pressure and cholesterol levels.

The day starts at 10.00am and tickets cost £3.50 (£4.00 on the day). They can be purchased from the Green Towers Club on Richmond Road, Hinckley, Age UK at 56 Castle Street, Hinckley, doctors’ surgeries, health centres and local libraries.

There is a free bus service to Green Towers from Ashby Road Sports Club. And there’s free tea and coffee throughout the day.

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Notes for editors

Notes to Editors:

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National Grid in the UK:

- We own and operate the electricity transmission network in England and Wales, with day-to-day responsibility for balancing supply and demand. We also operate, but do not own, the Scottish networks. Our networks comprise approximately 7,200 kilometres (4,474 miles) of overhead line, 1,500 kilometres (932 miles) of underground cable and 342 substations.
- We own and operate the gas National Transmission System in Great Britain, with day-to-day responsibility for balancing supply and demand. Our network comprises approximately 7,660 kilometres (4,760 miles) of high-pressure pipe and 618 above-ground installations.
- As Great Britain's System Operator (SO) we make sure gas and electricity is transported safely and efficiently from where it is produced to where it is consumed. From April 2019, Electricity System Operator (ESO) is a new standalone business within National Grid, legally separate from all other parts of the National Grid Group. This will provide the right environment to deliver a balanced and impartial ESO that can realise real benefits for consumers as we transition to a more decentralised, decarbonised electricity system.
- Other UK activities mainly relate to businesses operating in competitive markets outside of our core regulated businesses; including interconnectors, gas metering activities and a liquefied natural gas (LNG) importation terminal – all of which are now part of National Grid Ventures. National Grid Property is responsible for the management, clean-up and disposal of surplus sites in the UK. Most of these are former gas works.

Find out more about the energy challenge and how National Grid is helping find solutions to some of the challenges we face at <https://www.nationalgrid.com/group/news>

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