

NESTA

OVER 50 AND  
GOT THE SEED  
OF AN IDEA TO  
HELP PEOPLE  
OLDER THAN YOU?



# INTRODUCING AGE UNLIMITED IN SCOTLAND



Are you over 50 with a seed of an idea for a social or community enterprise that could help the generation above you?

Not all older people enjoy their later years. They may feel lonely, unfulfilled, excluded or bored.

Maybe your idea could help people in their later years (70s, 80s and above) in Scotland to be less socially isolated and as a result to lead healthier and happier lives?

Maybe you have experience as a carer or volunteer with older people and have skills and experience you'd be willing to share?

Maybe you are approaching retirement, are recently retired or have been made redundant and are looking for a new challenge?

If so, we want to hear from you. In return we've got support and funding to make your idea become real.

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## Who would you help?

The Scottish population is getting older and many people in their later years find themselves leading lonely lives. Lives with little social contact, limited ability to get out and about, and few opportunities to play an active role in their communities. Everyone thrives on contact, interaction, stimulation and involvement. And that's where you come in.

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## How do you get involved?

Firstly by being in your 50s and 60s yourself, and secondly by having an idea for a community project or social enterprise: one that could help older people in their 70s, 80s and above in Scotland to lead more fulfilling lives. We want to hear from you if you have an idea (it doesn't have to be fully formed – we'll help you with that).

You also may not yet have an idea, but have good life experience to share with other like-minded people. We are looking for team players who have ideas, experience and determination – plus the time to get involved.

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## Who are we?

We are NESTA – the National Endowment for Science, Technology and the Arts. NESTA is the UK's leading independent expert on innovation. We use our lottery funds to test new ideas through practical programmes like this one. We believe that innovation is critical to solving the big social and economic challenges facing the UK.

But we don't do it alone. We work with public, private and third sector partners – bringing together powerful combinations of people, resources and bright ideas. We think there are good ideas in the community to support older people in later life, and we'd like to hear from people like you.

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## What we will offer?

We will back ideas with funding and support.

We start with a one day workshop in Scotland (see dates and locations on our website) when we bring people like you together with others from across Scotland and work on the ideas collaboratively to make them ambitious, strong and real. Together we will work out the next steps to make your idea a reality and provide support to help you get there.

We will give the best ideas up to £10,000 to test they can work.

We promise you a fulfilling experience where you will meet new people, learn new things and enjoy the experience.

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## What to do now

Fill in our very short application form, telling us more about you and your idea. Please do this by 1st March 2010.

You can get the form here:

- Our website [www.nesta.org.uk/age-unlimited-scotland](http://www.nesta.org.uk/age-unlimited-scotland)  
There's also more info on the website and answers to many of your questions.
- Call **01382 229521** and we will post you a form.
- Email [ageunlimitedinscotland@nesta.org.uk](mailto:ageunlimitedinscotland@nesta.org.uk)