



Fred King (88) playing against Peggy Cole (84) at Olive Mount yesterday

Merseyside's pensioners go head to head in Wii bowling tournament

Elderly residents from sheltered housing schemes across Liverpool and Wirral are going head to head in a virtual Ten Pin Bowling tournament to help them get fit.

The first Wii game was held on Wednesday 22nd June at Olive Mount in Wavertree, where residents, some in their 80s, beat opponents from John Willis House by 3 strikes.

Liverpool based Cosmopolitan Housing Association has been working with Health for Housing to set up the teams and organise a league.

A series of taster sessions were held in the run up to the tournament resulting in the formation of three teams from Olive Mount, Rose Court in Birkenhead and John Willis House in Rock Ferry.

The games aim to help older people get active in a fun and sociable way.

Diane Maddock, Community Development Co-ordinator at Cosmopolitan, said: "Keeping healthy is important during all stages of life. The Wii Bowling is a great way for our residents to stay active whilst having a really enjoyable time."

Amongst the Olive Mount team is resident Peggy Cole, who is 84.

A triumphant Peggy, said: "I think it's great that we can get involved in so much entertainment at Olive Mount Community Centre, I like being part of the wii team and keeping fit, I also take attend the swimming club, it helps after just having a new knee! I feel my life is just beginning!"

John Willis House resident, Fred King, said: "I've always been very active, I used to cycle from Birkenhead to Ellesmere Port every day. I like to keep myself active now and do as much as I can so I really enjoy all the different activities we do and this bowling league is great fun!"

There will be 12 games in total which will be played over the course of the next six months with 30 residents taking part. A trophy presentation evening will be held after the final game in December.

