



Making Banbury a great place to grow old

Your easy steps to joining the Age Friendly Banbury Pledge

- Nominate your age-friendly champion.
- Get them to have a chat with Bee Myson, Age Friendly Banbury Coordinator 07500285909 bee@oxfordshire.org.
- Sign up for monthly Age-Friendly Banbury updates.
- Look at your business / organisation through the age-friendly 'lens' using the [Pledge checklist](#) and make any reasonable improvements that you can. This is not necessarily asking you to make expensive or intrusive alterations to your property or premises - it is about fostering an attitude of hospitality and welcome. Take into account challenges people may experience with mobility, sensory or cognitive difficulties, or lack of confidence or stamina. These may be addressed in a variety of ways, the most important one of which is to be aware and supportive.
- Ask for help or support from our partners with training, information, or anything you need to make your organisation more age friendly.
- Display your AFB flower decal in the window to show everyone that you are an age-friendly organisation.
- Ask your visitors how you are doing, and how you can improve. Celebrate your achievements.
- Spread the word to other organisations. Link to us on Facebook: <https://www.facebook.com/AgeFriendlyBanbury> or Twitter: <https://twitter.com/hashtag/AgeFriendlyBanbury>
- Enjoy the more positive environment you are helping to create.

