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**Contacts:** Communications Team – 01977 724654/5

### Wii like to keep fit!

Elderly residents at a local care home have been swinging their way into modern times by learning to use the latest computer technology to stay fit and active – and rediscover old competitive streaks!

Residents at Wakefield and District Housing's (WDH) Croftlands Independent Living Scheme in Ossett were given a tutorial on how to play golf, tennis and ten pin bowling on the popular Nintendo Wii console.

IT staff from WDH visited the scheme on Wednesday 10 February to show the residents how to operate the console, its menu system and help to master the remote control actions.

Croftlands resident Jessie Whitehead proves you are never too old to enjoy computer games. Now at the tender age of 88, Mrs Whitehead got into the swing of things when she was shown how to bowl on the Wii.

"I found it very interesting," says Mrs Whitehead. "My grandson has one so I was already familiar with the concept, only now I understand how to switch it on and off and what the buttons do on the remote control.

"I think it's great – it's good exercise and it's entertaining. I think it's a lot of fun when there are two or more of you playing... it keeps things competitive and interesting!"

Eric Walker, also 88, has been living at Croftlands for ten years and says he never thought technology could allow him to enjoy such fun interaction with his fellow residents.

"It was a bit difficult at first," admits Eric, "but after a few instructions and a bit of time I was able to operate the remote control quite well. I found golf the easiest to use – I used to play real golf when I was younger.

"Learning to use the Wii was a great experience. I like to stay active and this is a great way to keep myself entertained. I can even show other people how to switch it on and start the games."

Eric is already an avid user of technology at Croftlands, and he was one of the first to learn how to use a PC when it was first introduced at the scheme.

"I like to use technology where I can. My two sons live in Birmingham and on the Isle of Wight so I want to stay in touch and share photographs with them."

WDH plans to give further IT lessons to other Independent Living Schemes across the district in the coming months.

**ENDS**





## Notes To News Editors

1. Photo caption: Croftlands residents Jessie Whitehead and Eric Walker rediscover their competitiveness after learning how to use the Wii at WDH's latest IT training session.
2. WDH was established in April 2005 and became the largest single transfer housing organisation in the country when it took ownership of homes from Wakefield Council. It manages 31,000 properties occupied by 100,000 tenants and has a workforce of over 1,400 people, making it one of the largest local employers. WDH became the first housing organisation in the north, and the third in the UK to achieve the top rating of three stars from the Audit Commission in October 2007. The rating was awarded in particular for WDH's progress in delivering major repairs, the range of ways tenants can access services, and the high standards of customer care. WDH were also commended for their clear focus on delivering value for money services, catering for vulnerable people and impacting on the regeneration of the area.
3. WDH has been awarded Silver Band status by Sustainable Homes Index For Tomorrow (SHIFT), which recognises housing organisations' environmental sustainability and commitment to preventing climate change.

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