

Enhanced Access South Somerset West PCN

Somerset Activity & Sports Partnership (SASP), in partnership with South Somerset West PCN, are delivering free community based physical activity sessions on Saturdays for registered patients.

After successful courses in 4 different areas of South Somerset, it was now time for Crewkerne to host the next set of courses for Enhanced Access.



24

Patients Booked In
9 - Active Ageing Class
15 - Pilates for Beginners



70%



**Overall
Completion**

38%

of participants
increased both:

**Their Activity Levels
Ability to manage Health and Wellbeing**

The remaining 62% maintained in both categories.



I only meet people once a week when I volunteer. This relaxed course has got me out and about, walking around other places as well. I've loved the exercises as well!

-Sarah (Enhanced Access Participant)



The teacher is excellent after years of not exercising she's given me the joy of movement because of weight issues and lack of confidence I feel can do it in a safe and enjoyable way thank you. I would love to continue.

-Helen (Enhanced Access Participant)

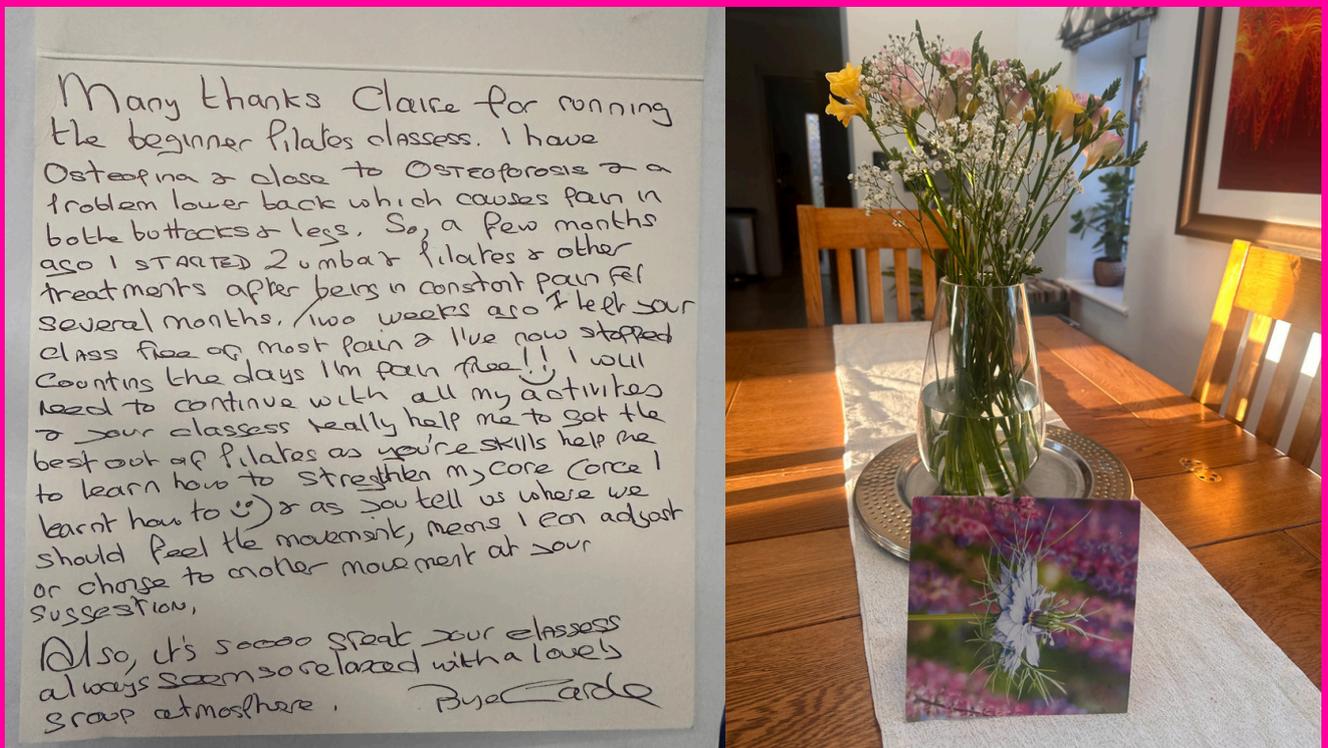
Feedback

-Jan (Enhanced Access Participant)



Getting active again, my physical fitness was declining but many gym sessions are too expensive now I'm retired. Class is run at pace all can cope with, instructor is supportive and encouraging. Relaxed social atmosphere, making new friends.

After the Pilates for Beginners, one participant was nice enough to hand-write her gratitude accompanied with some flowers.



-Jennie (Enhanced Access Participant)



It is perfectly tailored to my need (ie arthritis in certain places) with a choice of alternatives, sensitive facilitation, and with others of similar age/states of mobility.

-Alison (Enhanced Access Participant)



Claire was an excellent course leader, her positive adaptive and encouraging approach was a key factor in the success of our course. Thanks Claire!

Karen shares her story...

Dear Claire,

I am really grateful for the opportunity to have taken part in these six week classes. I always left the lessons feeling toned, with no stiff joints and in a happy and relaxed mood.



The others who attended said how much they looked forward to the classes each week and how they felt they had benefitted from them, like myself. Meeting new people - the other participants - was also a bonus.

Claire you are a fantastic health instructor and coach. Your laugh is infectious and you make your classes fun and enjoyable! You have all the participants best interests at heart; adjusting an exercise multiple times to suit everyone's abilities.

It has been a pleasure to be 'taught' by you.

I would really recommend these exercises classes to anyone who is offered a place and I hope that funding can be found to continue them.

Best wishes and kind regards
Karen



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