



# Saturday Courses with SASP (Enhanced Access)

A new Saturday community activity model was launched in May 2025.  
2 x 6 week 'Active Ageing' classes took place @ Lifestyle Fitness, managed by SASP.

Targeted Patients were invited via SMS from Langport Surgery.  
One class was seated, one was standing/mat based.  
We were delighted by patient feedback and outcomes, summarised below:

**22** Completers



**100%**



of respondents rated the course as either 'Good' (4/5) or 'Excellent' (5/5)



Number of participants doing less than 30 minutes a week dropped from 36% to just 9%.

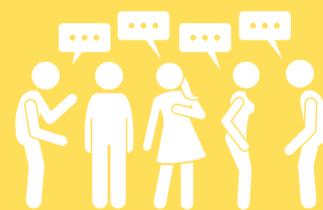


Number of participants achieving over 1.5 hours of activity per week rose from 27% to 46%.

The programme successfully fostered:



Improved Activity Levels



Positive Social Interaction



High Participant Satisfaction



New Confidence in Physical Abilities



# Here's what our participants said...

## **Brenda**

### **Seated and Standing**

The instructor was so enthusiastic, knowledgeable, and encouraging - allowing me to work at my own level

Thanks must go to Langport Surgery for funding it as well as Sharla for her 100% commitment to everyone regardless of their ability. I do hope it can continue.

## **Elaine**

### **Mat Work**

It was set at the right level, more challenging than expected.

## **Julia**

### **Mat Work**

I enjoyed the opportunity to get back to exercising in a gentle way.

## **Wendy**

### **Seated and Standing**

I enjoyed meeting others, as well as being supported in correct movements.

## **Robin**

### **Mat Work**

I was very happy, with the exercises that we did. I do hope the opportunity comes available, for me to continue, doing courses of this nature,

