

# HOW TO USE FUNDING TO BRING MOVEMENT OPPORTUNITIES INTO YOUR GROUP SESSIONS

## Get Outside

Inspire your group to try more outdoor activity using the Get Outside website. Gardening, water sports, park yoga, fishing and Nordic walking are some examples of activities that funding could be used to set up tasters or buy equipment for and seek transport with. equipment for.

[www.getoutsideinsomerset.co.uk](http://www.getoutsideinsomerset.co.uk)



## Using an Instructor

If a more structured exercise class is preferred, Fitness Instructors may be able to come and deliver taster sessions or an 8-12 week course for you. Somerset Activity & Sports Partnership (SASP) has access to Instructors county wide and can help them to connect with you.

## Keep It Social

We know that social connectedness is one of the most important motivators for movement amongst older adults. Consider building in refreshments and opportunities for chat before, during or after your movement sessions.

## Activity Equipment Purchase

Purchasing simple pieces of equipment can support groups to be more active. Parachutes, boccia sets, kurling, indoor archery, pedal exercisers, balls, bean bags, targets, indoor unihoc, pop up nets and rackets are all great examples of kit that can help to bring some fun to sessions and can be adaptable and inclusive too.

Digital cameras are also a great tool for walking and photography based activities and challenges and create useful distractions for those less motivated to exercise. Photographs can be submitted to the SASP Somerset Photo Challenge for that added incentive...

[sasp.co.uk/somerset-photo-competition](http://sasp.co.uk/somerset-photo-competition)

## Online Programmes

Smart TVs and projectors connected to laptops in communal spaces can be a great tool for accessing free online activities that can support your members to move more as a group. The internet can be used to download videos on YouTube for example.

Here are some examples of SASP programmes that can be viewed online:

### LOVE TO PEDAL



Purchase sets of pedal exercisers and cycle along to filmed cycle rides across Somerset.

[www.sasp.co.uk/lovetopedal](http://www.sasp.co.uk/lovetopedal)

### Walk YOUR Way

Take your group on a virtual walk across the county with 10 filmed walks. March from the chair or stand up and march as you take in some picturesque areas of Somerset. Once practised, why not use transport to visit some of the locations in person? All routes are flat, wheelchair accessible, feature benches throughout, and have toilets and car parking.

[www.sasp.co.uk/walk-your-way](http://www.sasp.co.uk/walk-your-way)



SASP Take Time exercise videos are available for all, seated and standing versions help people to find the right level whilst having shorter and longer options depending on the time available.

[www.sasp.co.uk/exercise-videos](http://www.sasp.co.uk/exercise-videos)

## Key Health Messages

Be Active – Build Strength – Minimise sitting – Improve balance – have fun!

## More information

For more information or guidance, please email [iclarke@sasp.co.uk](mailto:iclarke@sasp.co.uk) or call SASP on: 01823 653990

