



Smile

SIMPLE • MOVEMENTS • IMPROVE • LIFE • EVERYDAY

Join in and see the benefits of social, friendly and fun exercise at your own pace!

14-16nd March 2018

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Not Everyone finds/views physical activity as FUN!



Our AIM with this presentation is to introduce you to a new low impact and gentle exercise concept that offers a consistent activity and an effective preventative tool to increase levels of physical activity in older adults.

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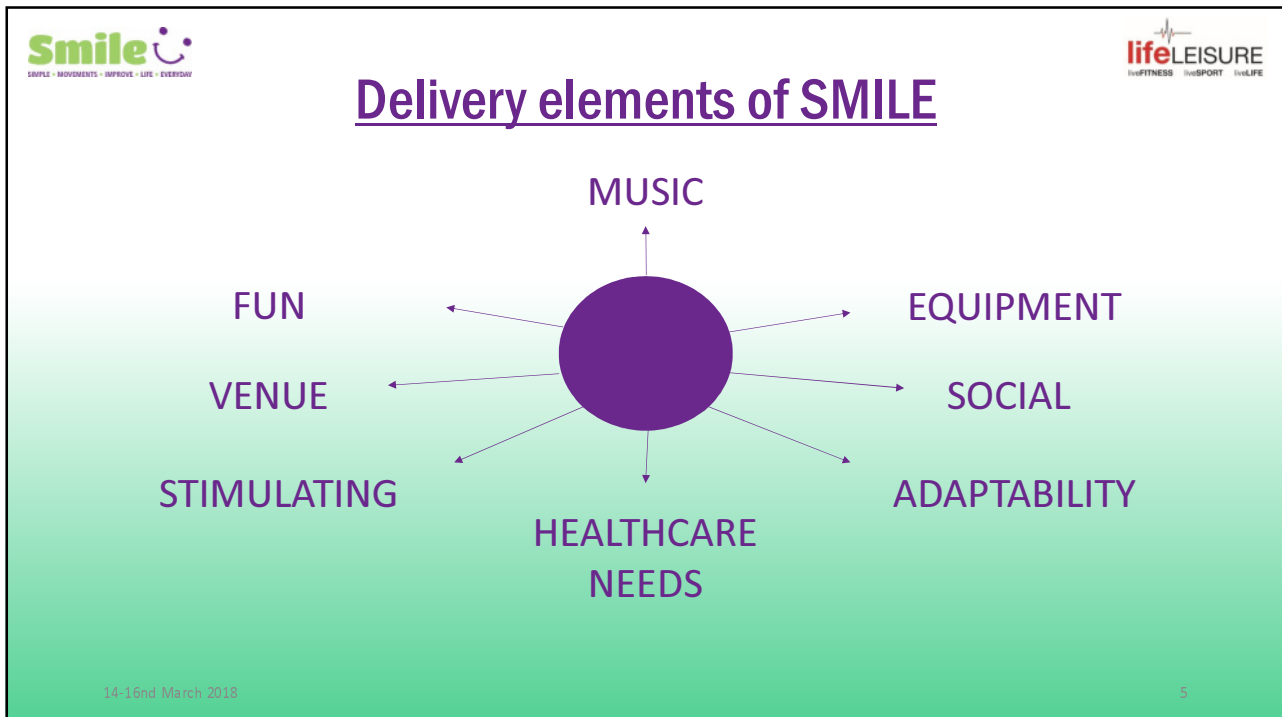
Contents

This PowerPoint aims to talk through:

- SMILE Video
- Delivery Elements
- Current Provision
- Project Benefits
- Sustainability
- SMILE Training and Development
- Programme details
- Training Benefits
- Stay Steady
- Feedback

Introduction - Video





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lifeLEISURE
liveFITNESS liveSPORT liveLIFE

Current Provision

- Additional 50 taster sessions
- 16 weekly sessions (community)
- Eight commissioned sessions - outcomes
- Two privately ran sessions
- Four delivery instructors
- Community and private sessions
- Free session incentives

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Project benefits

- Increase physical activity in inactive people
- Increase social interaction – socially isolated individuals
- Increased engagement with less motivated people
- Create ‘Better Later Life’ – with reduced symptoms of conditions
- Work with community partners – E.g. Adult Social Care, Well-being planning
- Community asset focus – Lead to volunteering, using local venues and more creativity

Sustainability

- Sessions are £3 per visit - income
- Funding opportunities
- Subsidised groups through partner organisations
- Commissioning services
- SMILE Training and Development programme

SMILE Training and Development

- Provide staff members in care, community and residential settings with the necessary skills and training
- Incorporate SMILE activities in every day care tasks and activities.
- Support network over a year and beyond the length of the training.
- Measure outputs – E.g. activity levels, number of falls, mood and sleep, mental well-being. Etc.

Programme details

- SMILE specific training with a low impact physical activity qualification
- Minimum of six hours of shadowing or “team” delivery with a SMILE Mentor
- Quarterly workshops
- SMILE Forum
- SMILE Equipment and Resources pack

Benefits of the programme

- Increase staff training/knowledge – lead to sustainability
- Build a consistent and effective training and delivery model in care homes
- Help prevent instability in people who are at low/mild risk and/or fear of falls
- Offer continuous support to maintain high quality delivery and enjoyable activity

Stay Steady

- Falls prevention program.
- Six month exercise rehabilitation course.
- Six sessions a week.
- Aims - improve stability during standing, walking and other functional movements.
- Develops balance, strengthens the muscles around the hips, knees and ankles, and increases functional flexibility.
- Aimed at people who have fallen, unsteady on their feet or at high risk of a fall.
- Access the service by being referred.
- Anthony.foster@Lifeleisure.net



Feedback



“Thank you for a really lovely session. I thoroughly enjoyed it and hope it becomes a regular activity at my scheme.”



“Excellent choice of music – It was great everyone could join in and enjoy themselves.”

“I was very impressed with the instructor Emma. She was very inclusive and spoke to the group well – excellent!”



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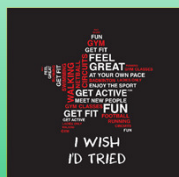
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THANK YOU

<http://www.lifeleisure.net/enterprise/SportsDevEvents-smile>

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