



Boston Big Local

Health Trainer Stay Active programmes for the elderly 2015-2017

Quarterly report

Planning of programme

- Appointment of lead health trainer to deliver programmes
- Structure of programme – suitable activities
- Sourcing suitable venues
- Design promotion material
- Prep of paperwork – signing in sheets, evaluation forms etc
- Contacting partners who are to be involved in delivery and organising available dates and times
- Promotion of programme
- Meeting dates for review of programme

Development

Darren Chilvers has been appointed as lead health trainer on the project. Darren has worked as a health trainer for LCVS for over 7 years and has gained several qualifications including Level 3 Health Trainer City & Guilds, Level 3 Nutrition, Level 2 Care and Management of Diabetes and Level 2 Gym Instructor qualification

Promotion

A poster was designed and the programme was promoted

- via partners, at networking events
- through health trainer contacts, through current clients and clients on waiting list
- via Boston Borough Council and Age UK websites
- LCVS website and news links.
- a press release was placed in the local paper
- distribution of posters within BBL area

Times and venue

Friday was deemed to be a suitable day with limited activities currently taking place in the area. Feedback from previous programmes was that morning was preferred to afternoon to attend activities.

Sourcing a venue within the BBL area was challenging as sufficient space was needed to carry out activities. A room at Age UK was booked but the location was changed after week two to the Centenary Church where the room was larger, able to accommodate more people and offered more scope for choice of activities.

Delivery**Week 1**

10am-11am – Seated exercise class

11am-12pm – Health walk to Central Park and advice from health trainer on using the outdoor gym equipment.

Week 2

10am-11am – Tai Chi class

11am-12pm – Talk from Lincolnshire Credit Union and Lincolnshire CVS on what volunteering is all about and opportunities that are available.

Week 3

10am-11am – Indoor Kurling – kit was rented from LSP for the event.

11am-12pm – Talk from Age UK and Lincolnshire Police

Week 4

10am-11am – Country Dancing

11am-12noon – Walking Football

Numbers attending

The overall number attending the course was 13. The gender split was 10 female and 3 male. All but 1 was over the age of 50.

Week 1 and 3 had the most attendees. At week 4 several participants chose not to take part in the second part of the session which was walking football.

Feedback

The following comments have been taken from evaluation forms which participants were asked to complete each week.

Question

What did you like most from today's session?

Answers

"The companionship"

"Tai Chi – found it really relaxing"

"Meeting people"

"Age UK talk"

"Advice from the health trainer"

"Seated exercise – would like to do this each week"

Question

Would you take up any of the activities you took part in?

Answers

"Yes will continue with seated exercise"

"Possibly – going along to the Age UK hub to try activities"

"perhaps – Tai Chi"

"yes – seated exercise"

Question

What local information did you gain from today's session?

Answers

"people like to do these things but find it difficult to attend"

"Availability of the park equipment and how to use it"

"Learned about volunteering"

"Didn't know anything about Credit Union"

Only 2 people responded to the question “Was there anything we could have done better?” both answered “No”

Following on

Individuals mentioned that the programmes should be ran throughout the year rather than just during the summer months with activities that could be done indoors or where the weather permits outside such as health walks. Leading on from this the next programme will be delivered toward the end of November.

Other venues such as the Geoff Moulder gym have been looked at for delivery.

Although people were interested in the talks that were delivered they expressed a preferred interest in taking part in activities. With this in mind we will keep talks to a maximum of 15 minutes and ensure that leaflets and contact information is available if further information is needed.

We will also encourage more participants to complete evaluation forms to gain further feedback.