

## Coalfield Area Committee – Strategic Initiative Budget

### Sit “n” “b” Fit

#### **How has the money been spent:**

The funding received has been spent on providing Seated Exercise classes in five sites, Shiney Row, Valley View, Grangewood, Hetton Day Centre and Pavilion. The funding also enabled Sit “n” “b” Fit to employ four Healthy Communities Collaborative volunteers who had already successfully completed their Seated Exercise Training to help deliver these classes. Of the five sites Valley View, Grangewood, Hetton Day Centre and Pavilion are sustained.

Sit “n” “b” Fit arranged for Seated Exercise Training, which has a NVQ Level 2 qualification, for members of staff from the sites and funding was used to provide a Keep Fit Association Trainer and a venue for the training. A member of staff from Valley View and one from Hetton Day Centre have successfully completed their training and will be delivering the Seated Exercise classes at these venues. The trainer from Hetton Day Centre is also delivering for Vocational Services at Washington and John Street, Sunderland. Sit “n” “b” Fit also attended the taster session and the first session of this training and also provided an invigilator for the exam. We have also provided monitoring every three months and had evaluations completed by both class members and managers.

#### **Outcomes of the project:**

In the Coalfield area we have delivered Seated Exercise to 99 people. Initially, it was quite difficult to deliver the classes due to the very hot summer and several homes had illness which meant people from outside could not enter the premises. Despite this, the project has been very successful with most individuals and managers wishing the classes to be sustained as they do not want to lose the level of fitness and confidence already achieved. As already mentioned, evaluation forms were completed by class members and the managers and each class member also completed an Individual Learning Plan over the course of the twenty weeks. In the whole of the City we received only one negative comment, this was from a priest who did not enjoy the music. We have evidence that the project has improved each individual’s well being and fitness. Stamina, strength, suppleness, speed and confidence were all measured by the Individual Learning Plans and in each case there was improvement.

#### **Other funding:**

**Key lessons and issues from the project:**

Meetings have been held with Area Managers with many of the Area Managers wishing to see more training available. Four of the five classes have been sustained and two new trainers are delivering Seated Exercise.

**Future planning:**

As previously mentioned, four classes in the Coalfield area are continuing and will be self funded, two with their own Seated Exercise trainer on staff.