

Washington 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, Hambleton Road, Knoulberry, Whiteladies, St. Georges and Woodlands. The funding also enabled Sit "n" "b" Fit to employ four Healthy Communities Collaborative volunteers who had successfully completed their Seated Exercise Training to help deliver these classes. Of the five sites Knoulberry and St. Georges are sustained, Whiteladies have shown interest in classes during autumn and winter only, Woodlands had twenty weeks extra but has since closed, Hambleton Road suspended their classes after 16 weeks due to renovations to their properties with a view to resuming classes after work had been completed, unfortunately by the time this occurred the class members did not wish to resume their classes and the remaining four weeks were given to Knoulberry. Hopefully a few class members from Hambleton Road will be joining the classes at Knoulberry. One lady, in particular, no longer needs to use her walking stick as her balance and confidence have improved.

Sit "n" "b" Fit arranged for Seated Exercise Training, which has an NVQ Level 2 qualification, for members of the staff from the sites and funding was used to provide a Keep Fit Association Trainer and a venue for the training. One person has successfully completed her training as a Seated Exercise trainer. 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 have evaluations completed by both class members and managers.

Outcomes of the project:

In the Washington area we have delivered Seated Exercise to 80 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 20 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 Plan 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. Of the five classes two have been sustained and one new trainer is providing Seated Exercise.

Future Planning:

As previously mentioned, two classes in the Washington area are continuing and will be self funded and one Seated Exercise trainer provided.