

Courses you can host in your area, for your staff teams and networks

Sociable Exercise

"mobility... confidence... pleasure"

Overview

Sociable Exercise is a new approach to supporting appropriate movement activities in day centres, residential homes, rehab and sheltered housing settings for frail older people and people with dementia - using spontaneous activities, motivated by the pleasure of being together, to get all-important exercise done by stealth. The approach on offer is based in spontaneous movement and doesn't rely on memory – making it uniquely useful, therefore, for people with dementia. The day will include some theory to underpin the practice and will support the requirements of the National Strategic Framework to provide older people with opportunities for physical activity.

About Sociable Exercise

We offer this course in a variety of formats to suit differing needs:

- 2 hour road show
Designed for organisations considering hosting/running this course for staff in their area or network. Includes a short introduction designed to attract support for a future course. This includes a presentation, handouts, flyers and a demonstration practical session introducing the approach. (This can include older people if appropriate.)
- 1 day course
This one-day course offers ideas for movement activities that encourage physically frail older people, and people with dementia, to remain as physically mobile and confident as possible. The day will introduce simple, practical activities, ideas for ways to use colourful, tactile props that motivate, and ways to incorporate a variety of music. See JABADAO website for full one-day course outline.
- 2 day follow on
The two-day follow on introduces more practical ideas plus the importance of observation as the basis for a person-centred approach

5 and 10 day courses

The five and ten courses offer the complete approach in a different format:

- 5 days for co-leaders, working alongside a professional
- 10 days for group leaders
- how to place a duty of care at the centre of your work, ensuring that all participants are safe (both physically and emotionally) as they engage in appropriate physical activity
- use simple observation techniques as the foundations of a fully person-centred approach
- identify different ways of supporting movement to suit each person
- facilitate movement activities using structures that support spontaneous, sociable

- interaction
- facilitate movement activities using a more structured exercise approach
- facilitate movement activities specifically to build postural stability

The course will enable you to

- understand the benefits of a truly enjoyable approach to movement activities in your workplace, and be able to articulate these to others
- feel more confident about running physical activities
- start to offer accessible practical activities to older people

Style of the course

Practical work. Small and large group discussion. Printed handouts.

The course is essentially practical. Participants will try out a range of movement activities for themselves and be encouraged (in small groups, and whole group discussion) to reflect upon the experience. There will be opportunities to share ideas and approaches between participants as well as with the tutor.

Printed handouts will be provided as memory aids, and to help participants to share what they have done with course group.

Who the course is for

All those involved in supporting physically frail older people - health and social care workers, volunteers, sheltered housing staff, leisure workers and community projects.

Attendance and certificate

A certificate of attendance is given to those completing the course.

Tutors

All training courses are run by experienced movement practitioners who ground their teaching in practical work with the appropriate client group. Courses combine theory and practice in seeking to give teachers, health and social care workers, as well as parents and families, new understanding that will enable them to integrate movement more fully into their ongoing activities.

What to wear

Participants need to come ready to move - loose, comfortable trousers for preference.

Hosting this course in your area

To discuss hosting the Sociable Exercise course in your area contact **Linda Neary tel 0113 236 3344 email linda@jabadao.org**

About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit www.jabadao.org

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