



JABADAO

Partnerships

Courses you can host in your area, for your staff teams and networks
Sociable Exercise Training and Support

A JABADAO Older People course

Sociable Exercise Training and Support

mobility... confidence... pleasure

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

Sociable Exercise is a new approach to supporting pleasurable movement activities in day centres, residential homes, rehab and sheltered housing settings for frail older people and people with dementia. Exercise by stealth – using spontaneous activities motivated by the pleasure of being together. Largely chair-based, the approach emphasises relationship rather than exercise and, because it is not reliant on memory, is suitable for all older people including those with memory loss and dementia

We offer:

2 hour road show - brief introduction for anyone thinking of hosting training in their area

1 day course - ideas to get you going

2 day follow on - after the one day course, some background on running groupwork, safety and more ideas

5 day course - shorter version of the full course for co-workers

10 day course - full training for staff and volunteers running movement activities. Covers duty of care, theoretical background and ideas for sustainable new opportunities

To discuss hosting any aspect of this training and support for people in your area contact

Linda Neary

tel 0113 236 3344 email linda@jabadao.org



JABADAO

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

JABADAO

The Yard, Viaduct Street, Stanningley, Leeds LS28 6AU

Phone: 0113 236 3311 Email: info@jabadao.org Website: www.jabadao.org

Registered charity no: 701537 VAT registration no: 607 2941 44 Company limited by guarantee no: 2371519