

## Sociable Exercise (1 day)

*"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.

### About Sociable Exercise

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 include simple, practical activities, ideas for ways to use colourful, tactile props that motivate, and ways to incorporate a variety of music. The approach on offer is based in spontaneous movement and doesn't rely on memory - it is 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 Service Framework to provide older people with opportunities for physical activity.

### 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 colleagues.

### 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 whole day.

**What to wear**

Come ready to move - loose, comfortable trousers for preference.

**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.

**To book**

To book a place contact **Pat Pickavance tel 0113 236 3318 email [pat@jabadao.org](mailto:pat@jabadao.org)**

To discuss hosting the Sociable Exercise course in your area contact **Linda Neary tel 0113 236 3344 email [linda@jabadao.org](mailto: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](http://www.jabadao.org)

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