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Bolsover Village Games gives tips on..... Introducing alternative low intensity activities to older people in Sheltered Housing

Aim: To get older people in sheltered housing participating in social, low intensity activities

How does it work?

- A session was arranged in the living room with activities such as Skittles, New Age Kurling, Boccia and Hoopla.
- Residents were able to play to their own abilities with activities being played from both seated and standing positions.

What does it take to get started?

- Activity equipment
- Willing and able warden/activity co-ordinator/volunteer to help lead the activity

Benefits:

- Encourages low intensity physical activity within sheltered housing
- Residents don't have to leave the sheltered housing to participate
- Creates a social atmosphere
- Only needs a couple of sessions to mentor leaders and train them in activity

Drawbacks:

- Some equipment can be costly to purchase

For more info email: laura@villagegames.org.uk

