



## Walking for Health



The Sport, Play and Arts Service in partnership with a group of dedicated volunteer walk leaders has on offer 60 walks per month in a variety of locations across the East Riding of Yorkshire with walks ranging from 30 minutes upwards. The walks are part of the National Walking for Health programme which is governed by Macmillan Cancer Care and the Ramblers Association.

The walks are free of charge and are for all ages and abilities, aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit.

For more information about the walks please contact Laura Hutchinson on **(01482) 392527** or email [laura.hutchinson@eastriding.gov.uk](mailto:laura.hutchinson@eastriding.gov.uk)

## Activity Groups in the Community



Across the East Riding a number of groups have been set up as part of the 'Let's Get Moving' project and due to their popularity they have been sustained and now run independently with their own equipment.

The groups provide a friendly get together and offer a variety of activities such as boccia (a form of bowls), new age kurling, seated exercise and skittles.

For more information about the groups or to find out the nearest one to you to join please contact Samantha James on **(01482) 392519** or **07881 843197** or email [samantha.james@eastriding.gov.uk](mailto:samantha.james@eastriding.gov.uk)

**Please return your expression of interest form to Sarah Johnson, Community Recreation Officer Sport, Play and Arts Service HF 45 County Hall Beverley HU17 9BA**

East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format. If English is not your first language and you would like a translation of this document into any other language, please telephone (01482) 393939.

# Let's Get Moving East Riding

## Mobile Health Programme



Seated Exercise Sessions



Arts and Crafts

Mature Mayhem



Boccia (soft bowls) and New Age Kurling Competitions



Ping Pong Care Campaign

# 'Let's Get Moving' across the East Riding of Yorkshire!

# Activities which could be offered at your session

# Expression of Interest Form

The Sport, Play and Arts Services' Mobile Health Programme 'Let's Get Moving' which is funded by the Council's Adult Services aims to promote independence, increase activity levels and reduce isolation by offering quality fun informal activity sessions for adults 50+ and adults with a disability across the East Riding of Yorkshire.

The activities are offered to a group a 'one off' taster session (usually 1 hour) and if successful a 6 week block of activities can be offered. All of the sessions are free of charge and all equipment is provided.

Included within the programme is 'Mature Mayhem' which is a fun and creative programme that brings older people together rediscovering their playful nature.

All activity sessions offered are designed to be relaxed and to suit all ability levels and can be tailored to include what activities the group wants from the list provided on the next page.

The sessions are run in a variety of locations such as community/village halls, sheltered housing/independent living schemes and residential/care homes.

So, if your group or village would be interested in booking a 'one off' taster session please complete and return the expression of interest form in this leaflet or for further information contact Sarah Johnson on **(01482) 392526** or email **sarah.johnson@eastriding.gov.uk**

## Exercise Examples

- Gentle seated exercise to music
- New Age Kurling
- Soft Bowls (Boccia) and Skittles
- Walking
- Cycling
- Fun Ball Games e.g. Table Tennis, Sitting Down Volleyball and Tennis
- Fun Target Games
- Fun Golf and Golf Putting

## Arts and Craft Examples

- Biscuit Decorating/Cupcake Making
- Card Making, Painting
- Clay Modelling
- Jewellery Making
- Board Games (Large Print Scrabble/ Pictionary)
- Nails (cut, shape, paint – pamper party!)

## Other Activities

- Fun Quizzes
- Game Shows e.g. Play Your Cards Right!
- Giant Connect 4 and Giant Jenga
- Singalongs
- Stand up Bingo

Name

Group/Village

## Contact Details

Telephone Number

Email Address

Address

Postcode

## Please tick activities interested in for session

Exercise / Activity Examples	<input checked="" type="checkbox"/>	Arts, Crafts and Other Activities	<input checked="" type="checkbox"/>
Seated Exercise	<input type="checkbox"/>	Painting	<input type="checkbox"/>
New Age Kurling	<input type="checkbox"/>	Jewellery Making	<input type="checkbox"/>
Soft Bowls	<input type="checkbox"/>	Card Making	<input type="checkbox"/>
Ball Games	<input type="checkbox"/>	Game Shows	<input type="checkbox"/>
Skittles/ 10 Pin Bowling	<input type="checkbox"/>	Biscuit Decorating/ Cupcake Making	<input type="checkbox"/>
Sitting Volleyball/ Sitting Tennis	<input type="checkbox"/>	Nails (cut, paint – pamper party)	<input type="checkbox"/>
Fun Golf/ Golf Putting	<input type="checkbox"/>	Giant Jenga and Connect 4	<input type="checkbox"/>
Walking	<input type="checkbox"/>	Singalongs	<input type="checkbox"/>
Table Tennis	<input type="checkbox"/>	Clay Modelling	<input type="checkbox"/>
Cycling	<input type="checkbox"/>	Stand up Bingo	<input type="checkbox"/>
Target Games	<input type="checkbox"/>	Fun Quizzes	<input type="checkbox"/>
Frisbee Throwing into Nets	<input type="checkbox"/>	Board Games (large print available)	<input type="checkbox"/>

