active lifestyles

Step out September

Alternative Activity Pack

This document contains a range of activities for those unable to take part in the organised walks, or who would like to try something different in their home or community.

Introduction

Recent research following the Covid-19 pandemic has shown that a decrease in activity due to shielding and periods of 'lock down' has increased the number of falls and injuries sustained indoors by older adults. There has also been a rise in feelings of isolation and loneliness. We've all heard the saying 'use it or lose it', this research has now shown this to be true.

This pack has been designed to assist staff to inspire their residents to be more active and connected, indoors if needed. Many of the activities contained in the following pages can be completed from a sitting position. All activities, delivered in a Covid-safe manner, will alleviate feelings of isolation, improve physical and mental wellness and reduce the instances of falls.

The Pack

This pack is in divided into three parts:

1. **Be Active Indoors:**
   A variety of activities designed for individuals who find walking a challenge and who can't easily, or lack the confidence, to leave the building.

2. **Connect:**
   A range of ways people can connect with others either from their own home or out in the community.

3. **Engage in Aberdeen:**
   A range of alternative Covid-safe activities which have restarted that people may be interested in attending.

Section 1: Be Active Indoors

The activities listed below are simple and use movements that are largely part of everyday life. As part of your planning process you should carry out a basic risk assessment. This may mean having a few different ways for residents to actively participate (i.e. raising arms rather than standing up etc), depending on their current abilities.

Activities are designed to get residents moving. We need to help them move more and do more for themselves. For example, use the stairs (if able) rather than the lift. So often we perform everyday tasks for them as it makes our day easier BUT the more you do for them now, the more you will HAVE to do for them later.

Some of the following activities will involve throwing or rolling balls, rolled up socks or other items. Encourage more movement, for example assist participants in retrieving their ball rather than getting it for them and get them to reset the skittles. The more they walk and the more they bend their knees, the more they will be able to do.

Lots of the equipment is available to purchase online, however, if you would like to borrow boccia or New Age Kurling equipment to get you started, please contact SWSC@aberdeencity.gov.uk as we have some sets available for short-term loan.

Activities must be risk assessed and we need to remember that each individual participant is capable of different levels of activity. Using risk assessments ensure that proper thought and preparation is given to supporting an individual to enjoy physical activity.

Participants should be reminded that being more active may lead to tired or stiff muscles the following day. If they feel this in their legs, that isn't a bad thing and should be expected, but if it appears to worsen or doesn't go away in a couple of days, they should speak to someone.

NB: Older adults quickly become competitive. Please ensure they don't over do it and injure themselves or others.

Seated Football

Seated football is exactly what it says on the tin. Participants sit in a circle and kick a giant soft ball around the group. This activity works best with a fairly large group so they can be spread out with room to kick the ball to others in the circle.

Aim

This activity generally creates a lot of hilarity whilst exercising the leg muscles. A 10-15-minute session is usually enough to produce results (and tired legs the following day)!

Equipment

Giant football (currently £3 from Sports Direct). This ball is quite soft and should not hurt anyone if they are hit by it
Chairs for each player
Sashes/ tabards

Set up

Place chairs in a circle close enough to each other that the ball can't escape.

Empty chairs can be added if they are heavy enough not to be knocked over (test this, don't guess).

Rules

Basically, there are none – let the fun commence!

Adaptations

Feel free to introduce new aspects such as:

Penalties - Get the ball into the goals (two chairs/ cones).

Accuracy - Pass to a particular person.

Reds v Blues

- Allocate teams, every second person
- Try to keep the ball with your team
- Add up how many passes before the other team get it
- Highest number of 'passes' wins

Living Room Boccia

Aim

Boccia is a target sport, played from a seated position where players try to get their balls (or socks!) closer to the target than their opponent.

Equipment

Lots of pairs of socks. Each pair should be tucked into a ball shape.

Set up

Can be played by one – six players who must always be seated when throwing.

Game 1: Target Throws

- Put a target on the floor, such as a basin or basket
- Take it in turns to throw sock balls as close to the target as possible
- Move the target closer or further from the players for added challenge

Game 2: Through the Gate

- Stand two books up to make a small gate
- Roll your sock ball through the gate
- Make the gate closer or further away from the players for added challenge or make the gate narrower or wider

Game 3: On the Line

- Lay a shoe lace, string or ribbon in a straight line on the floor
- Take it in turns to roll or throw your sock ball as close to the line as possible
- Closest to the line wins
- Move the line closer or further away from the players for added challenge

Game 4: Clear the Circle

- Place a mat or cushion on the floor with some sock balls on it as targets
- Throw or roll your sock ball to try and knock the targets off the mat or cushion
- Extra points of your ball stays on the target

Balloon Tennis

Aim

This game has been played by children for years at parties. It can also be played by older adults whilst sitting! It's simple - you have a balloon and 'bat' it to each other using your hand.

Equipment

Balloons

Chairs in a circle

Set up

Place chairs in a circle close enough that participants can bat the balloon to each other.

Rules

Like playing 'Donkey'.

Adaptations

Feel free to introduce new games such as:

Score – This involves lots of balloons, split group into two 'sides' and see how many balloons they can get behind their opponents.

Age Scotland Body Boosting Bingo

Body Boosting Bingo is the health craze for older people that's sweeping the country. It is all about supporting people to participate in exercise, promoting muscle strength and balance in a fun and lively way.

Body Boosting Bingo is similar to a regular game of bingo, however, each number called relates to an exercise or activity. For example, 'number 10 let's twist again' or 'number eight lift some weights'.

The exercises included in Body Boosting Bingo are based on research with a few fun activities added in that gently encourage people to join in. Within the game, we demonstrate seated and standing versions of each activity and participants can choose which version they wish to join in with.

Visit the Age Scotland website for more information and download all the resources you'll need to get started: www.ageuk.org.uk/scotland

Boccia

To find out more about boccia, how to play and ideas for fun games and activities, you can access a short online module called 'This Is Boccia' created by Scottish Disability Sport https://boccia.scottishdisabilitysport.com/course/2441/

Other Activites

The only limit is imagination. Lot's of fun, laughter and movement can come from creating and playing games together and often you don't need any specialist equipment.

Options include:

- **Parachute games**
- **Skittles**
- **Indoor golf or Curling**
- **Musical or dancing bingo**
- **A true or false quiz where participants stand up for true and sit down for false**

Section 2: Connect

Good relationships are important for your mental wellbeing. Keep connecting with your family, friends or colleagues even though you may not be able to meet in person.

Make time to talk to someone over the phone or video chat, or just send a text or email. Grab yourself a cuppa, make some cake and ask how someone's day was, and really listen when they tell you.

If you can venture further afield, why not visit some of our local cafes in Aberdeen to meet some friends and family for a cuppa and a chin wag. Here are just a few places you could visit:

The Wellbeing Café - Sheddocksley Baptist Church

Eday Walk, AB15 6LN
01224 312538
Open Wednesdays and Thursdays from 11:00am- 3:00pm
Why not come along for some coffee, a cake and a chat!

Airyhall Community Café - Airyhall Community Centre

Countesswells Road, AB15 8AD
01224 498050
Open Wednesday and Thursday from 11:00am- 1:00pm
Come join us for a coffee, cake and welcoming company!

Peggy's Café - Inchgarth Community Centre

Aboyne Place, AB10 7DR
01224 325191
Open Monday to Friday 11:00am-3:00pm
(for indoor seating and food)
and
Monday to Friday 3:00pm-9:00pm
(for coffee, cake, sweets, juices, ice creams, crisps, hot dogs).
The staff at Peggy's café will always greet you with a warm welcome with delicious treats on offer!

Focus on a calm mind

It is important to try to calm your busy mind. Try not to stay glued to the news. Take some time to enjoy the moment and the environment around you and notice something you had not noticed before. Spend time outside in the garden in nature if you can.
Here are a few things you could try at home to help you take notice of you and your surroundings.

Three gratitude's each day

Start each day by listing three things you are thankful for.
Chose different things each day. It can be anything from crisp clean bedding to seeing the sun rise each morning. Just take five minutes to recognise the things you are thankful for, no matter how big or small they may be.

The Countdown Technique

Engage the present moment in three easy steps (counting down from three to one).

3. Take a deep breath, feel the diaphragm move downward with a deep inhalation inwards. Now look around you where you are at that moment. Name three things that you see around you and say them out loud.

2. Next, take another deep breath and allow it to escape slowly, being mindful of the movement of your belly with this breath. Now, again, looking around you, touch two things around you and focus on how each feel. There is no need to verbalise this; the key is to use your sense of touch.

1. Next, take a deep breath and allow your body to feel the sensation of letting go of its tension. Now you're starting to calm and again, notice where you are in your present moment. Using your sense of hearing, listen and identify one sound around you. Just hear it, focus on it for a moment in time.

Random Acts of Kindness

Very simple thoughtful acts are also known to improve positivity. They can be quite spontaneous and will have an immediate effect on both you and those around you. Here are just a few things you could do to share some random acts of kindness.

- Call a friend that you haven't spoken to for a while
- Post a card or letter to someone you are out of touch with
- Send flowers to a friend out of the blue
- Send someone a handwritten thank you note
- Check on someone you know who is going through a tough time
- Be patient and say thank you to someone who has helped you

And remember to be kind to yourself!

- Read more about why it's important to find time for self-care
- Prioritise some 'me' time so you can relax and reflect
- Treat yourself to something small like buying or planting yourself some flowers
- Do something you enjoy like listening to a favourite song or piece of music
- Spend some time in nature, which is good for your wellbeing

For more ideas visit:

www.mentalhealth.org.uk/sites/default/files/50-random-acts-of-kindness.pdf

Section 3: Engage

Many activities and services in Aberdeen have begun to reopen and all have a focus on ensuring customers and visitors are safe. Below are just some of the places you might wish to visit for a Covid-safe experience.

Belmont Filmhouse

Belmont Filmhouse is an independent cinema situated in Aberdeen City Centre, striving to transform lives through watching, making and understanding of films.

View showing times here:
https://www.belmontfilmhouse.com/whats-on

Aberdeen Performing Arts

A wide range of live performances and creative projects are hosted by Aberdeen Performing Arts, from musical theatre to dance, comedy and festivals. The three venues include; High Majesty's Theatre, the Music Hall and the Lemon Tree.

View what's on via the link:
www.aberdeenperformingarts.com/whats-on/

Aberdeen Archives, Gallery and Museums

Plan your visit at Aberdeen Archives, Gallery and Museums which hosts an array from pop-up events, art displays and more!

View what's on via the link:
www.aberdeencity.gov.uk/AAGM

Sport Aberdeen Active Lifestyles Programme

Sport Aberdeen provides inclusive opportunities for everyone to get active and participate in physical activity regardless of whether you are starting out, recovering from injury, living with a long-term health condition or are an older adult.

www.sportaberdeen.co.uk/activities/active-lifestyles

Some other local activities which have restarted are listed below.
Feel free to contact your local community centre to find out what's on:

Venue	Activity	Day/Time	For more information Contact
Inchgarth Community Centre	Peggy's Community Garden	Monday - Friday 11:00 - 15:00	01224 325191
	Stitch 'n' Bitch	Monday 18:00 - 20:00	01224 325191
	Art Class	Monday - Wednesday 13:45 - 15:45	01224 325191
	Arthritis Chair Based Tai Chi	Friday 09.30-10.30	01246 587144
	Chair Based Exercise	Thursday 10:00 -10.45	01224 325191
Adults Art Group	Middlefield Hub	Tuesday 09.30-11.30	
Earth and Worms	107A Hayton Road Tillydrone Aberdeen AB24 2RN	Various	earth.n.worms@gmail.com volunteer.earth.n.worms@gmail.com
Social Walking Groups and Active Lifestyles Programmes	Activities at Sport Aberdeen venues City Wide	Activities take place throughout the week	ActiveLifestyles@sportaberdeen.co.uk 01224 507701