

Fit 4 All Community Activity Scheme Update



Eden
District Council



What is Fit 4 All?



- Fit 4 All is a Community Activity Scheme designed to offer a range of gentle activities/exercise to help people become more active in their older years in a friendly, sociable setting in their local community
- Started by EDC as an initiative to allow older, less mobile people to access activity outside of Penrith following the success of the 60+ group started at Penrith Leisure Centre
- Pre Covid, EDC's Leisure & Communities Team were running 2 hour weekly sessions in :
 - Appleby (The Hub)
 - Alston (the Masonic Hall)
 - Kirkoswald (KO Church Institute)
 - Shap (Memorial Hall)



- The locations were chosen after research on local need/filling a gap
- We have an experienced Activator, Roo Bannister who delivers the sessions and have local community champions who help promote the scheme in their area
- Reducing social and rural isolation is just as important as the keeping active side so each of our sessions include tea, coffee and refreshments with the chance to chat and get together with friends old and new
- There is a small charge for attending the sessions on a come as you wish basis





Activities include movement and gentle exercise, sports and games

The sessions are informal allowing people to take part in as much or as little as they like, whilst helping to increase levels of physical activity to help improve health and well-being



Our NHS Partners



We are pleased that our NHS Partners came on board as Fit 4 All fitted in with their aim of working more preventatively

Anna Larden and Rhiannon Douglas are Rehabilitation Assistants who are now working with us and Roo, our Activator on running & developing the scheme

They can also offer links into other NHS services if required



During the Pandemic, Lockdowns, and tiers we've had to look at doing things differently.....

Virtual Exercise Sessions on Zoom!

Run by our Activator Roo for those that can access them:

Every Tuesday & Friday at 11.15am

We welcome people of all ages to join these from across Eden (and beyond!!)

Contact roobannister@outlook.com for an invite link

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Keeping in touch by phone

Sending out exercise sheets by post for people to do at home

Plus some outdoor sessions and walks when regulations allowed



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NHS

Looking ahead to 2021.....



- We'll work within Govt. restrictions to bring back Covid-secure face to face Fit 4 all sessions when allowed/we feel it's safe to do so which we hope will be early 2021- already have thorough risk assessments in place ready to go, we'll start with Kirkoswald & Shap sessions
- We'll continue to offer virtual sessions & remote support
- We'll work with our NHS partners & Roo our Activator who have a wealth of skills & experience to look at developing the scheme further within budgets available

What can the Parishes do?



Spread the word about Fit 4 All and the Virtual Sessions!.....

.....if you know of people in your parish that would benefit from these or the face to face sessions when they get going again, please get in touch with me or Roo

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Email: roo.bannister@eden.gov.uk