



Age UK Wiltshire Fitness and Friendship

We are thrilled that you are considering joining one of our popular Fitness & Friendship clubs and we hope the enclosed information will make that decision an easy one for you.

Before you can join a club we ask that you register with us by completing our registration and consent forms, which help us deliver our service and ensure your safety. Please speak to the club leader if you need help with these.

This pack contains everything you need to register. Please give the 2 documents listed below to the club leader the first time you attend:

- Our club registration form
- Our consent form

Also included in this pack:

- A general leaflet about fitness and friendship (format, what to wear, etc)
- A club flyer with dates of when the club is running
- Contact information

Our dedicated volunteer club leaders have undergone extensive training in L.I.F.E. (Low Impact Functional Exercise) and Emergency First Aid. Please discuss any health issues with them in the first instance.

The Senior Project Worker is Tracey Jones who oversees all the clubs.

If you have ideas, questions or concerns regarding our Fitness & Friendship Clubs please email fitnessandfriendship@ageukwiltshire.org.uk or call 0808 196 2424

**We look forward to seeing you at one of our clubs
in the very near future.**

About Age UK Wiltshire

Age UK Wiltshire is an independent, local charity providing support and services to older people living in Wiltshire and Swindon. We do this by inspiring, supporting and enabling older people, helping them stay safe, make informed choices and be independent yet connected. We choose to be a partner of the national charity, Age UK, however we are responsible for our own funding and set our own priorities.

Our Services

We provide **Information and Advice** to older people, their families and carers on subjects ranging from welfare benefits, health and social care, to housing and general money advice.

As an alternative office to the Department of Work & Pensions we can help with any benefit application relating to older people

The **Wellbeing** service will be offered to people who have been identified as being lonely, isolated, lacking in confidence or requiring support to access community activities

Contact us:

☎ 0808 196 2424

✉ enquires@ageukwiltshire.org.uk

W www.ageukwiltshire.org.uk

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Fitness & Friendship Clubs



A fortnightly social club for older people with an emphasis on keeping active with exercises, games & Tai Chi—seated or standing - to maintain flexibility, strength and balance & including light refreshments.

What is a Fitness & Friendship Club all about?

We all recognise general health and wellbeing can make a big difference to our quality of life, whatever age we are. Eating well and being active are important, as is meeting up with other people for motivation and support.

How can we do this?

Age UK Wiltshire is supported by Sport England to offer these sessions which can help older people maintain their independence and improve their general health and wellbeing. Included in our clubs are gentle chair-based activities plus lots of time to chat, have a cuppa and socialise.

The activities will help improve strength, balance, flexibility and energy levels so that you can carry on doing the things you enjoy as well as your activities of daily living. In addition, the social aspect of the clubs will help reduce the feelings of social isolation and improve mental health—it is well documented that physical activity and social interaction can have a very beneficial effect on a person's general wellbeing.

All the activities can be enjoyed by anyone, including those with limited mobility and balance problems as they can be performed either seated or standing.

Following the fun, safe and beneficial exercise section is time for refreshments, socialising and the opportunity to play games such as quoits, kurling or safe darts. Most sessions will then conclude with gentle Tai Chi which, again, can be done either seated or standing.

At the sessions

Please wear loose comfortable clothing and soft shoes or trainers.

When attending for the first time, we will need to ask you for some information about your current health to make sure we are aware of anything that is relevant and to receive your consent to keep your personal details. This takes a few minutes at the start of your first session and all the information that you provide will be held confidentially and not shared with any third party.

There is a small charge per week to cover room hire, equipment and other costs which can be paid on the day.

As we gain experience together, sessions can be varied and tailored to meet the needs of club members.

Please remember, this is all about improving and maintaining your health and making friends!



Club	Venue	Time	Contact
Amesbury	The Community Room, Bowman Centre, Shears Drive, Amesbury, SP4 7XT	Wednesday 2pm—4pm	Tracey Jones 07754 612569
Calne	Beversbrook Sports Facility, Beversbrook Road, Calne, SN11 9FL	Thursday 2pm—4pm	Tracey Jones 07754 612569
Chippenham	Kingsley Road Community Hall, Kingsley Road, Chippenham, SN14 0AS	Wednesday 2pm—4pm	Tracey Jones 07754 612569
Corsham	St Aldhelms Church Hall, Pickwick Road, Corsham, SN13 9BS	Thursday 2pm—4pm	Tracey Jones 07754 612569
Devizes	Nursted Community Centre, Nursted Road, Devizes, SN10 3AF	Wednesday 2pm—4pm	Tracey Jones 07754 612569
Ludgershall	Scout Hall, Crown Lane, Ludgershall, SP11 9SP	Thursday 2pm—4pm	Tracey Jones 07754 612569

Club	Venue	Time	Contact
Melksham	Bowerhill Village Hall, Halifax Road, Bowerhill, Melksham, SN12 6YH	Thursday 2pm—4pm	Tracey Jones 07754 612569
Royal Wootton Bassett	Memorial Hall, Station Road, Royal Wootton Bassett, SN4 8EN	Thursday 2pm—4pm	Tracey Jones 07754 612569
Swindon	Central Community Centre, Emlyn Square, Swindon, SN1 5BP	Tuesday 2pm—4pm	Tracey Jones 07754 612569
Trowbridge	St James Church Hall, Union St, Trowbridge, BA14 8RU	Tuesday 2pm—4pm	Tracey Jones 07754 612569
Warminster	Civic Centre, Warminster, BA12 8LB	Tuesday 2pm—4pm	Tracey Jones 07754 612569

Fitness & Friendship Covid19 Standard Operating Procedure Update July 2021

Health & Safety law require organisations to complete H&S risk assessments and provide employees and members of the public participating in their services, with procedures to follow to ensure that health & safety risks identified are minimised. The H&S risk assessment will include a Covid19 H&S risk assessment.

In addition to following the procedure as detailed below, members are encouraged to have the Covid19 vaccination when offered and undertake regular lateral flow tests as necessary.

Coronavirus Covid19 remains a very real risk and although legal restrictions have changed, Age UK Wiltshire staff, volunteers and members are encouraged to continue to social distance, wash hands frequently and continue to wear a face covering in crowded spaces.

Fitness & Friendship considerations

A Fitness & Friendship Club will only open in the following circumstances:

- Clubs follow government guidelines
- Staff, volunteers and members have been issued with a copy of the Standard Operating Procedure.
- Staff ensure that volunteer Club Leaders and volunteer helpers adhere to procedures at all times.
- A copy of the registration form showing attendees at sessions will be sent by email/phone immediately after the session to the senior project worker and AUKW Business Support Team
- Staff/volunteer and member health status will be ascertained before each session.

Member health status

On arrival for the session members will be asked the following information:

- General health questions/any changes to health since the last session
- Whether they have any of the Covid19 symptoms
 - High temperature
 - New persistent cough
 - Loss or change to smell and/or taste

This information will be recorded on the AUKW database system so that in the event of a member contracting the virus, AUKW will be able to assist in the Track & Trace system required by law.

Covid 19 Guidance

- Staff, volunteers and members must wash their hands/use hand sanitiser on arrival at the club session.
- Members are encouraged to continue to wear a face covering on arrival, during registration and at other times except whilst seated during the session (when wearing a face covering is optional).
- Members are encouraged to continue to social distance when possible
- Read and follow the signage within each venue especially relating to entry and exit.

Equipment

- Each member will be issued with a theraband and will be responsible for bringing it to subsequent sessions.
- Members will be able to participate in group games where some equipment may be shared. Members will be asked to wash their hands and use the hand sanitiser provided before taking part. Members can opt out of group games if they so choose, and another activity will be offered.

Kitchen and refreshments

Age UK Wiltshire will follow the guidelines of the Fitness & Friendship venue and members will be notified if refreshments cannot be offered.

End of session

- Wash/sanitise your hands before leaving the venue
- Maintain a 2 metre social distance where possible
- Inform the Club Leader immediately if feeling unwell
- Wash hands immediately on arrival home and wash the face covering worn if not disposable (place disposable face masks in the bin)