

Being active

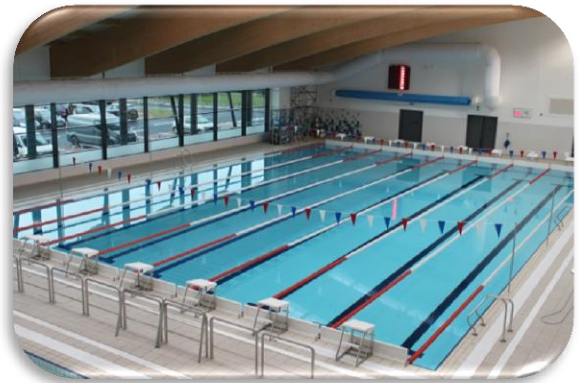
The following case studies describe how our Community Connectors are supporting people to keep active

Nathan, Community Connector

Swimming

"I support a swimming session at Aberavon Leisure & Fitness Centre. I currently support two individuals at the centre and we are also joined by other people who attend with their social care personal assistants.

The aim of the session is to encourage individuals to exercise, have fun and enjoy the social interaction with others in the group and the public.



A positive outcome I have noticed amongst the people who attend the session is an increase in fitness levels and self confidence in and around the water. Individuals are now able to swim further than they could before, which is a great achievement."

Andrew, Community Connector

Armchair Aerobics

"I support service users to access an armchair aerobics class at Taibach Resource Centre which is run by an experienced qualified fitness instructor. The class provides an opportunity for people of all ages and abilities to enjoy some gentle exercise that they may not otherwise be able to get.

The class includes a variety of different stretches and exercises which can be tailored to the needs and abilities of individuals. The class is aimed at improving people's health and wellbeing along with improving self-confidence and having fun.

The class is constantly growing and becoming more popular. We have had individuals who were very reluctant to try the class at first due to their mobility issues. However, after trying the session, their confidence has grown significantly and they now look forward to the classes every week. "