

Our Project Story

Fitness and Laughter Club



Fitness and laughter club continued to meet on a Monday afternoon throughout the year. Provided social contact for individuals isolated due to physical and/or mental health needs

Additional staff allowed new activities e.g. We had an outing to the cinema- clients chose the film, had cinema to ourselves with afternoon tea in the cinema, supplied by our staff.

Outing to the Creagan Inn for afternoon tea. With additional staff we were able to include one of our regular members who had been admitted to long term residential care. Members wanted to visit local building such as churches. We visited the Congregational church and were made most welcome by the Minister.

Additional staff assisted us in caring for a longer period for a member whose dementia was increasing in severity.

Also allowed us to bring in a new member with considerable health needs plus learning disability.

We organised a Christmas party
Allowed us to safely support members who, over the year, became increasingly frail.



“It makes me look forward to Mondays”

(Referring to helping another club member)

“Makes me feel I have a use again, I can give as well as take”



What were the health benefits?

Increased wellbeing due to increased social interaction and reduced social isolation

Increased mental stimulation

Increased physical activity via chair based exercises.

Were there any unexpected outcomes?

A member who was assessed as needing social stimulation is now planning to give a demonstration/class in card-making to the group, in preparation for Christmas.

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