

Active Ageing at Somerset Activity and Sports Partnership (SASP)

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Website: www.sasp.co.uk/health

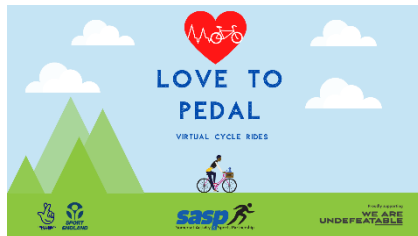
Email: healthenquiries@sasp.co.uk

ProActive: www.proactivesomerset.co.uk

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Indoor Activity

Walk your Way is a short, adaptable walking offer with 10 mapped routes across Somerset. A virtual option is available for those who wish to participate at home through chair or standing marching and watching 10 filmed walks of Somerset.



Love to Pedal is a chair based cycling programme supporting individuals at home or in groups to pedal, chat or watch filmed bike rides of Somerset. Great for upper or lower body movement and can be quite competitive too! Pedal cycles can be loaned for individual use at home for 6 weeks before deciding to purchase if benefitted from and enjoyed.

Stronger4Longer is a SASP campaign aimed at falls prevention for younger older adults aged 50-65 who don't tend to connect with traditional falls prevention messaging. Through this campaign SASP have developed two new resistance band resources called **Move More with Bands**, one in sitting, one in standing that reinforce the message through building strength and balance.



SASP Take Time is a collection of online videos from 2mins while the kettle boils to an hour's full body exercise programme with seated and standing options depending on mobility and confidence.

Outside Activity

Walk your Way can also be enjoyed in person using a mapped booklet of 10 walks in Somerset. All walks are flat, under a mile long, have benches, toilets, parking and are near public transport links.



Somerset Health Walks is a county programme of volunteer led walks in communities, catering for beginners through to more intermediate level walkers and are free of charge.

Move More Together matches volunteers with older adults who need support with accessing movement opportunities, whether this be at home, outside or in community settings. Move More Together has been developed in response to physical and mental health challenges arising from the pandemic.



ProActive is the new physical activity on referral scheme for Somerset, where health and fitness professionals can refer individuals to accredited facilities across the county to participate in prescribed exercise sessions to support a range of health conditions.

Move More and Live Longer Better Workshops

SASP provides online workshops around supporting older adults to move more and live longer better. These are available to workforces and include the importance and benefits of physical activity, types of activity and national guidelines, practical tips and common barriers to staying active, positive conversation skills along with signposting and resources to help someone get started.