

# At Avenues, we are promoting exercise and active lifestyles.

Avenues has recently been promoting exercise and healthier, more active lifestyles for the people they support.

Research has shown that people with disabilities are often very inactive, which can lead to serious health problems. We all know the importance of leading an active lifestyle in order to stay healthy.

Avenues has produced a toolkit for staff to help them encourage the people we support to get out and about and use local facilities and experience a wide range of activities.



Jayne Kilgallen, Group Deputy Chief Executive, who leads on the sports and active lifestyles work, explained, "Avenues' supports around 850 people with a range of complex and challenging needs, and we are always looking at ways to encourage them to be more active which is part of the support we aim to offer. We have set up our own football team and provide badminton sessions via a qualified badminton coach. We have also recently helped a number of people take part in sailing taster sessions which has led to some of them taking part in a nationally accredited regular sailing program.

Being active doesn't have to be limited to something you do outside either, a number of people have recently enjoyed using the activity computer-based Nintendo Wii fit program which is particularly good for people who are not very mobile".

## Involvement in daily life

The Sports & Active Lifestyles project focusses on getting people moving and enjoying activities that they wouldn't normally think of participating in.

## Promoting the Project

Avenues' recently held its Charity Golf Event for the third year running where the people we support come along and get involved. This day has been a huge success each year and continues to promote the Sports and Active Lifestyles project.

We also held a barn dance last year and the project helped pay for a band and a caller. Steve James, Group Chief Executive said "I thought the barn dance was fantastic - I have never seen so many people dancing!"



## What the project has funded so far:

- A new strip and equipment for Avenues United
- Wii Machines and games
- Sailing Taster Sessions & Courses
  - Golf Lessons
- A band for the barn dance
  - Badminton Equipment
  - Dance Taster Sessions
- An allotment for the people we support

**And more sports and healthy activities to come.....!**

**Would you like to find out more about Sports and Active Lifestyles at Avenues?**

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