

SUPER AGERS



Cronfa Iach ac Egniol
Healthy & Active Fund

Support Pack



Cyngor Bwrdeistref Sirol



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What is SUPER AGERS?

- Delivery Of Physical Activity and Wellbeing Opportunities for people over 50
- Delivered Across Bridgend, Rhondda Cynon Taff and Merthyr Tydfil



FEEL GOOD FACTOR



SENSE OF ACHIEVEMENT



INCLUSIVE ENVIRONMENT



ACTIVITIES FOR EVERYONE

Group Expectations

We are agroup,
with an aim of providing our community with cohesion and
a sense of pride.

We aim to achieve this by:

Respectful to all

Encourage Everyone

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As a group, please add additional expectations as and when
you feel suitable.

The Benefits

What does Public Health Wales say?

- Older adults should break up prolonged periods of being sedentary with light activity when physically possible, or at least with standing, as this has distinct health benefits for older people.
- Each week older adults should aim to accumulate at least 150 minutes of moderate intensity aerobic activity, building up gradually from current levels. In short, moving more often can really help.



How exercise makes **YOU** feel...



Write down examples of when you're doing little or no exercise, moderate exercise and vigorous exercise.

Use the example descriptions to help you.

This is personal to you so don't compare yourself to others.



None or very little exercise:

Normal heart rate and feeling relaxed.



Non or little exercise: Walking to the shops, Tai Chi

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Moderate exercise:

Slightly raised heart rate and warmer feeling body temperature.
Still able to talk.



Moderate: Light jogging, Gardening

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Vigorous exercise:

Heart rate raised substantially, with a much greater increase in body temperature.
Find it difficult to speak.



Vigorous: Cycling up a hill, Digging in the Garden

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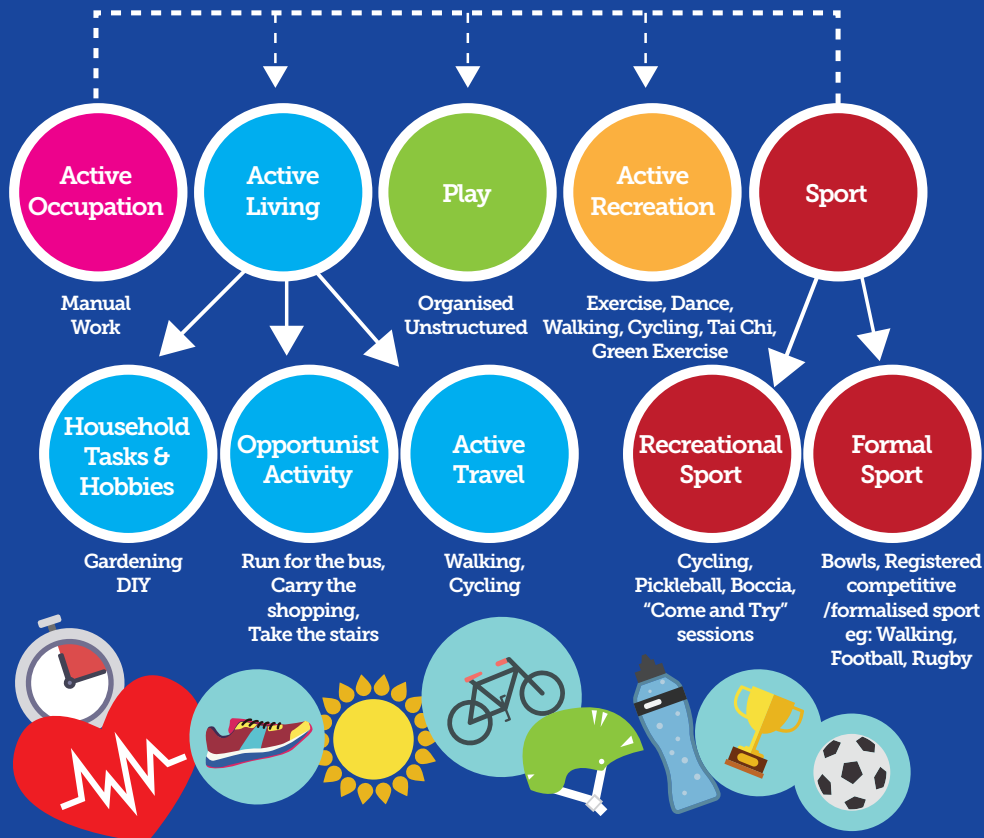
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Public Health Wales Activity Spectrum

Our Journey



The NOW...

The WHERE...

The HOW (How can we get to 'the where')



Pin Badge Challenge



The Benefits of Volunteering



DATE & STAMP		DATE & STAMP	
Participant	Volunteer	Participant	Volunteer
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Congratulations on achieving 10 sessions.
You are a Pin Badge Winner!

FOR YOU

Meet new people, make new friends Improve wellbeing and self-esteem Learn new skills, introduce new challenges and purpose.



FOR YOUR COMMUNITY

Make positive changes Connecting the community, Inspire others.

Possible Volunteer Options

What have I gained from Volunteering?



Help with refreshments



Treasurer



Preparation of equipment



Help with admin



Be-friend new or vulnerable members



Become a leader

How can I help?



Some examples have been given. Please use them if they apply to you

New friendships



Confidence

My Positive Tool Kit

Home Support Pack



What have I learned from my group to help keep me positive?

Phone a friend



Play some music

International Physical Activity Questionnaire

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives.

The questions will ask you about the time you spent being physically active in **the last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and garden work, to get from place to place, and in your spare time for recreation, exercise or sport.



Home Support Pack

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.

Think only about those physical activities that you did for at least 10 minutes at a time.

1 During **the last 7 days**, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

days per week

No vigorous physical activities **Skip to question 3**

2 How much time did you usually spend doing **vigorous** physical activities on one of those days?

hours per day minutes per day

Don't know/Not sure

Home Support Pack

Think about all the **moderate** activities that you did **in the last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Think only about those physical activities that you did for at least 10 minutes at a time.

3 During **the last 7 days**, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

days per week

No moderate physical activities **Skip to question 5**

4 How much time did you usually spend doing **moderate** physical activities on one of those days?

hours per day minutes per day

Don't know/Not sure

Home Support Pack

Think about the time you spent **walking in the last 7 days**. This includes at work and at home, walking to travel from place to place, and any other **walking** that you have done solely for recreation, sport, exercise, or leisure.

5 During **the last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

days per week

No walking **Skip to question 7**

6 How much time did you usually spend **walking** on one of those days?

hours per day minutes per day

Don't know/Not sure

Home Support Pack

The last question is about the time you spent **sitting** on weekdays during **the last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent **sitting** at a desk, visiting friends, reading, or sitting or lying down to watch television.

7 During the **last 7 days**, how much time did you spend **sitting** on a week day?

hours per day

minutes per day

Don't know/Not sure



Here are some statements about **feelings** and **thoughts**.

Please **tick the box** that best describes your **experience** of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					