

Active Leicester: Braunstone and Rowley Fields

Case Study: Armchair Activities



- Linked to local 'Talk-time' sessions delivered by volunteers enabling older residents to socialise
- Sessions are delivered at a variety of settings, including community centres and sheltered accommodation
- ALBRF staff attend session to deliver a range of activities specifically designed for those less mobile, including boccia seated volleyball.
- Session has engaged with residents aged 50 to 90 years old!

For the past few years, b-inspired have delivered 'Talk-Time' sessions in Braunstone, offering older residents the opportunity to socialise with other residents, as well as engage in activities such as quizzes, bingo and dominoes. Sessions were held in community centres and also within local sheltered accommodation settings, ensuring they were able to engage with those who struggle with transport.

We were very keen to become a part of this session, allowing us to engage with a target demographic and also giving the participants of talk-time a new range of activities to try and take part in.

ALBRF staff would deliver a range of seated activities such as boccia, aerobics and seated-volleyball in the last hour of the session, ensuring that the participants still had time to socialise and take part in the non-active activities that they enjoy doing.



"I have really enjoyed the activities, especially boccia as I am quite good at it! I enjoy coming to Talk-time any way as it gives me a chance to get out of the house and talk to different people and play fun games and these activities have made it even better! I am not very mobile so don't really get to do much sport, so this is perfect for me. The seated volleyball is very tiring but is a lot of fun!" Dotty, local resident

Over the past year, we have been able to engage with just under 60 residents aged between 50 and 90 years old; many of whom have severe health and mobility issues.

Feedback from participants and talk-time staff has been positive, with activities now taking place at all three Talk-Time sessions. Participants have enjoyed the fact that they are still able to socialise and do things like quizzes and bingo, but also now have the opportunity to take part in competitive activities that get them moving; meaning that they have a varied menu of activities at the sessions.



The Talk-Time sessions are now led by local volunteers, with ALBRF staff continuing to provide seated activities. The aim will be to up skill and mentor these volunteers, as well as provide them with access to equipment, to enable us to ensure that the activities are continued within sessions after the life of the project.

"The guys who come to Talk-Time really do appreciate the activities that the team provide and look forward to taking part in them every week. Some of them get really competitive! It's important that older people are able to get out and socialise and do things like this, which is why I help out. I am also learning a lot from the ALBRF staff and have started taking part in some of their other activities as well!" Becky, Talk-Time volunteer & resident