



# Sitting Netball



# Background

- Developed Sitting Netball specifically for care homes
- Piloted with 5 care homes in Brent & Harrow
- 100% of residents felt healthier and happier
- Now expanding to other boroughs

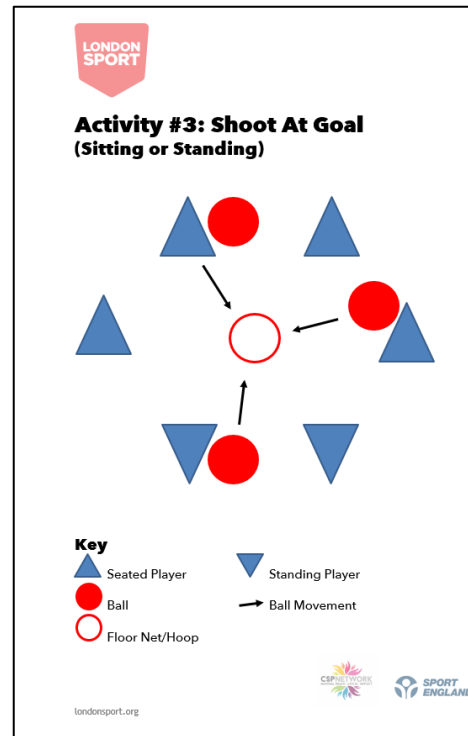


# Sitting Netball in action





# What you get



Activity Co-ordinator training, activity cards and equipment bundle



# Quotes

*"I would say that the sitting netball activity definitely meets the needs of our residents...It also provides mental stimulation and social interaction"*

"The residents felt like they'd had a good work out, their arms were tired but in a good way!"

"The youngest in our group today was 86 and she loved it!"

*"When working in a care home, it's easy to think that we mustn't put too much stress physically or mentally on the residents but we found that physical activities stimulate the brain cells that are thought to be dormant"*



# What next

## January

- Training session for Activity Coordinators.
- Netball activity starts (minimum 8 weeks).

## February

- After 4 weeks, we phone Activity Coordinators.

## March

- After 8-10 weeks, Activity Coordinators come together for debrief meeting.



# Save the best 'til last...

## It's all FREE!\*

Please register your interest on the sign-up sheet or by contacting:

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\*Initially space for 10 care homes