

COMMUNITY LIVING ASSOCIATION

Moove and Groove

Project Date

November to December 2012

Project Location

Albany

Target Group

People with a disability

Background

After consultation with other community agencies that support people with disabilities, a common need was identified for targeted physical activity classes that were fun, provide a workout and would be exercise friendly (i.e. be able to include those with a disability).

It was decided the program would be supported by staff to encourage participation as this can be a challenge. The main goal was to enhance participants' general health and wellbeing and to engage people with a disability in a community program, potentially reducing the risk of social isolation whilst still enjoying themselves.

Objectives

- Increase the number of people with disabilities engaging in physical activity workshops.
- Provide opportunities for people with disabilities to attend dance classes they otherwise might not be able to afford, or feel supported at.
- Increase the awareness of the need for people with disabilities to have a healthy and active lifestyle.
- Promote physical wellbeing and help prevent chronic illness in people with disabilities, by engaging them in regular, fun physical activities that encourage inclusion.

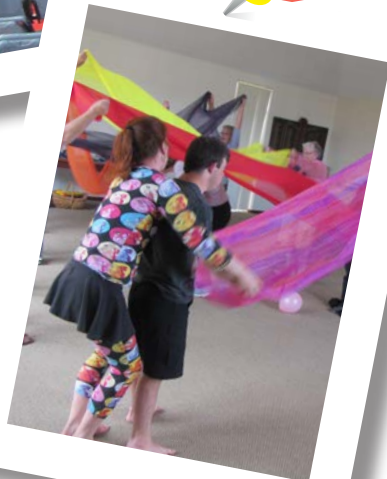
What Happened?

- Flyers were sent to approximately 100 people, including those working with agencies that support people with disabilities, and displayed around the town of Albany.
- Four workshops were held over four weeks at local churches and community halls which were wheelchair friendly.
- Flyers on healthy eating were distributed at workshops to promote good nutrition along with physical activity.
- Dance activities included bootscooting, belly dancing and dance therapy as well as yoga, Pilates and Zumba.

Results

Participants were encouraged to attend classes regularly, become involved in group activities, build friendships, learn new skills, work together as a team to communicate openly and participate safely. This made the experience a really enjoyable way of starting to exercise as they had support of the group, they identified with each other and even though some did not keep up with others in the group, they came together as a whole and supported each other. No one was made to feel left behind and everyone was accepted for the level that they were able to achieve.

Everyone gets together for morning tea afterwards which involves a healthy focus, since the group is aware of the 'Swap It, Don't Stop It' motto. The participants have really welcomed and enjoyed starting to exercise as a group, as long as it was made enjoyable, fun,



Continued overleaf



COMMUNITY LIVING ASSOCIATION

continued



entertaining and without pressure. The ladies have all asked for sessions to continue and have agreed to pay a small fee to ensure that they do so.

Feedback from Participants

“We love the workshops and like to attend each week to see the same people”.

“Our dance teacher makes it easy for us to learn”.

“We want these classes to continue, we don’t want to stop”.

Tips

- Ensure the workshops are structured so everyone feels able to participate and not feel out of their depth.
- Make sure exercise classes don’t feel ‘conventional’ as this can deter some people.
- Ensure classes are fun and engaging to get participants involved and keep them involved.

Where to from here?

We have been offered a further grant due to the success of the workshops. After this grant, the participants are keen to pay a small fee to enable classes to continue. They like to do demonstrations at events to showcase how much they have learnt and recently were asked to do a bootscooting demonstration at the Give It A Go day, and were proud to show what they have achieved.

Participants will also be performing at the International Day For People With Disability event scheduled for December this year, in Albany.

Organisation Contact

Lisa Archibald

Marina Cottage

322-324 Princess Royal Drive

Albany WA 6330

T: 08 9842 3855

E: lisaa@lifeisforliving.org.au

