

# Salford

LinkAge Plus

## Healthy Hips & Hearts Project

It is a project based on training people to become Mentors to deliver predominantly Chair Based Exercise to then deliver in various locations across Salford in Community Rooms, Day Centres, Residential/Care Homes, Hospital Units and Sheltered Housing Schemes.

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## Objective

To deliver training mentors to engage with as many people as possible across Salford in a meaningful way increase participation, combat isolation, to be inclusive and to encourage socialisation, to then hopefully increase confidence, assist in the prevention of falls and to impact on a persons well being both mentally and physically.

## Activity

HHH is predominantly chair based exercise (Although there are also standing exercises for those able) which has been devised by a Physiotherapist around activities of daily living and it is hoped by encouraging people to participate in this kind of activity they will remain as independent as possible and in many cases we have seen much improvement.

## Achievements against objectives

We have achieved our objectives and more, and it is a very rewarding experience being part of watching people develop dormant skills to become more confident to participate etc.

## Wider achievements

The project has grown extensively over the past couple of years we now offer the training course 4 times per year (prior only twice) and each course is usually fully booked, next availability will be January 09. We also offer workshops covering other topics this was for the Mentors personal development and to offer them further learning opportunities and these are well accepted. For the participants we hold 3 Tea Dances a year and cater for 140 attendees each time.

We also held a Celebration of Cultures Event last year, the aim of which was to encourage people from different communities and cultures to come together and showcase something traditional to their culture and share the experience with others. It was a very successful day and language was not a problem as the day focused on the use of music, which everyone understands. We are holding a second event this year and having the theme as Festivals.

More recently we have developed Dance Drop In's and a Singing Group and both are proving very popular.

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## Resources

We have the input of a Chartered Physiotherapist for our core training and provide the kits that the Mentors will need to deliver their sessions on completion of training. The Workshops/Courses are put in the SCL Calendar which is widely circulated and also on the PCT training index. A circulation of the HHH's Newsletter 4 times per year and we hold Mentor Forums every 6 weeks.

## Key lessons learned

*Quote: 'The realisation that to engage people in a physical activity and to engage with people, you have to be motivated, believe in what you are doing, have passion and make it fun'.*

## Further information

If anyone is interested in attending a session or training, providing they live or work in Salford can contact Denise Shah.

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Ref to website [www.leisureinsalford.info](http://www.leisureinsalford.info)

## Related documents

See website above.

