

Review: Iver & Stoke Poges Dementia Friendly Gentle Exercise Class

Session Details:

Wednesdays 11:00am - 12:00 noon

Venue: Stoke Poges Village Centre, 129 Rogers Lane, SL2 4LP

Thursdays 9.45am - 10.45am

Venue: Evreham Sports Centre, Swallow Street, SLO OHS

Start date:

Wednesday 29th June 2022 Stoke Poges

Thursday 30th June 2022 Iver

Aim:

The Dementia Friendly Gentle Exercise Class is a weekly class that will offer a progressive fitness development routine over the 6 month period, aiming to encourage people into exercise to aid falls prevention and support those at risk or suffering from dementia.

Attendance:

Iver

Total Attendees	Average Attendance per week	Attendees with Dementia	Attendees from Iver
23	11	9	18

Stoke Poges

Total Attendees	Average Attendance per week	Attendees with Dementia	Attendees from Stoke Poges / Beeches
22	10	6	15

Both sessions have provided support in an area that was lacking before it's implementation. Links have been made with local social prescribers as well as the Memory Café in Denham. The sessions are also included in the activity finder service with the Alzheimer's Society. The aim of the sessions were to also help build an aspect of social cohesion which has also been achieved; in particular at Iver where the participants had a Christmas part on Thursday 15th December. For both sessions, the participants stay for teas & coffees afterwards. The aim is to continue with the classes into the New Year with a charge added to the cost of the class.

Quotes from participants:

"I very much enjoy the classes and intend to return in the New Year. They have been a real boon. It's surprising how effective chair exercise is and the classes are an inspiration to 'keep moving' even when seated or even busy in the kitchen!"

Pictures:

Iver



Stoke Poges

