

Go for Gold Challenge Scotland Programme Network Learning Events

This year has seen two learning events for the network which focused on two key themes.

The first learning event took place in March and focused on **intergenerational practice**. Supported by Generations Working Together, the learning event explored the potential of Intergenerational Activity which enhances the work of both schools and care homes working together to develop local Go for Gold challenges. Generations Working Together provides information, delivers support and encourages involvement to benefit all of Scotland's generations, by working, learning, volunteering and living together. Some local 2013 challenges have already taken the first steps towards involving schools and more information and guidance can be found at <http://generationsworkingtogether.org>

Our second learning event took place in October and focused on **community engagement**. Helen Ryall, from NHS Health Scotland, delivered an excellent workshop which helped everyone develop a shared understanding of community engagement and how to apply it in the care home sector. An exercise to look at community links showed that care homes resident's community links were much more limited than others not living in a care home and that this could and should be improved. The group explored how to build community engagement into practice and considered some examples of how others have successfully done this. The challenge of 'time' was raised and the belief that community engagement requires a huge investment of time to do it properly. Through discussion, everyone agreed that engaging the community means an improved experience for residents and staff alike and the investment in this way of working is invaluable.

Care ... about swimming!

Over the past few weeks care home residents, supported by trained carers, have been taking part in a national pilot project to support them to go swimming and have the opportunity to enjoy being in the water. The aim of the project is to encourage care homes across Scotland to give their residents the opportunity to be more active in this way and perhaps continue with a much loved hobby.

So far the pilot has been run in Perth and Kinross and West Lothian. Fife is due to run a pilot early in 2014. Up to eight care home residents in each area have chosen to enjoy this experience and the feedback has been incredibly positive from residents, staff and those organising the sessions. Local swim coaches have been supporting the residents in the water, along with their carers. This has been very helpful as the coaches have encouraged the residents to increase the amount of activity they do in the water each week according to their potential and confidence.

Some residents, although swimming was their main hobby, had not been able to go to a swimming pool for about 30 years and were so glad to have the opportunity again. Others found that they had the ability to be much more mobile in the water. Many said they were delighted to have something exciting to chat to their families about. One lady called Nancy said after her first time 'I felt so free in the water and very happy to float with support I cannot wait to come again next week'.

The pilots have been organised through local partnership working with NHS, Local Authority and Leisure Services, supported by the Care Inspectorate and the Go For Gold Challenge Scotland Programme.



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Go FOR Gold Challenge

Issue 2

AUTUMN/WINTER EDITION



Go For Gold Challenge Scotland Programme

Welcome to the second edition of the Go For Gold Challenge Scotland Programme newsletter. A lot has happened since the first edition. This edition will celebrate some of the amazing work that has taken place over the past months across Scotland to support older people to be more active in the care sector. Also, read about a national swimming pilot for people living in care homes, the Go For Gold Transatlantic Games, the Care....about physical activity resource pack and much more...

The Go For Gold Challenge Scotland 2013

This year many more care settings took part in the challenge programme than in 2012 moving towards 2014 and the Commonwealth Games. Care services took part from all over Scotland and the estimate, from the information available, is that double the amount of challenge events took place this year (20 large and 40 small) and of a greater variety. The most exciting news is that approximately 2000

older people across Scotland in the care sector have been supported to be more physically active by training for and taking part in their challenge events this year! We are aware that there may be many more events we do not know about.

The events ranged from small, single care home Highland Games to inter home games challenges for up to 150 older people. Some areas included day services and sheltered housing complexes in their events. Services took part in different challenges including walk with me, hike and bike, pedometer, hunt the haggis, bowling, New Age Curling and even a 'Come Dine With Me' dance event took place.



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Contact us

For more Go for Gold Challenge information:
Bob Laventure, email: B.M.E.Laventure@lboro.ac.uk
Edith Macintosh, email: edith.macintosh@careinspectorate.com

Join us on facebook at
Facebook is <http://www.facebook.com/groups/GorforGoldChallenge/>

The Go for Gold Challenge Scotland 2013 (continued)

In South Lanarkshire 16 day care units and six care homes participated in a range of events. These included Games Challenges and Dance with Me Challenges. Seven units decided to do a Walk with Me challenge. This involved residents, staff and carers wearing pedometers for a five day challenge to see how many steps they could take in that time. The event was a great success with a total of 169 participants walking a total of 2,530,733 steps, which is the equivalent of 1,199 miles! This is the same as walking from Hamilton, in Lanarkshire, to Milan in Italy! The care staff noticed that because of the challenge it encouraged the residents to walk more often and they felt the challenge really supported one gentleman's rehabilitation, after he had returned to the home after a hip fracture, by encouraging his mobility. The service user in the picture is now using the pedometer as a measurement of his daily activity level. One lady said **"We have just walked 500 miles!"** The event was a great success.



In October this year the 'Go for Gold' challenge came to Angus in Tayside when NHS Tayside worked in partnership with Angus Council Social Work & Health, Active Schools, Angus Leisure and Voluntary agencies to create an event that provided an opportunity for Angus Care Homes and Angus Schools to be part of the Commonwealth Games Legacy. The event took place in a sports hall in Montrose and the teams were made up of three school pupils and three care home residents. Seventeen care homes and seventeen schools were represented across the teams with around 120 competitors supported by staff, volunteers and high school pupils. The challenges included welly wagging, seated football and wool winding and the teams spent several weeks training together before the event. The day was a great success and people are already asking what will be happening next year! Some sound bites from the day were; **"So lovely to see the smiles and mutual laughter of generations having fun and connecting! Fabulous day!"** and **"You are never too young or too old to have fun, keep active and be part of a team"**.

At Dalvenie Gardens Resource Centre in Aberdeenshire the Dalvenie Golden Games were held which included 24 older people and 6 staff. Everyone took part as a member of a team and the games included skittles, seated netball and 'keepie up' with balloons. One of the contestants said **"the games afternoon was very enjoyable and well organised. I hope it becomes a regular feature"**.



Another extremely successful Go4Gold Games Challenge event took place at Bells Sports Centre in Perth this year. 105 residents competed in teams at indoor Kurling, Beanbag Bucket Basketball, Fishing for Ducks and several other activities. The oldest resident was 101 years of age. The day was opened by the Convenor for Housing and Community Care and the care home residents were piped in proudly displaying their amazing banners they had made. This was followed by a keep fit warm up session and then the competitive activities. The highlights of the afternoon included a tea dance with music provided by the Perth Academy Ceilidh band. The award ceremony followed with each resident receiving a certificate and gold medal. Trophies were presented to the overall winner, best banner, most enthusiastic team, most enthusiastic staff support and best team identity. Key to the success of the event was all the support from volunteers, care home staff and professionals. Care home staff, residents, family and friends begin training early next year for the 2014 event. The P&K Go4Gold has been submitted to the Cosla awards after winning gold in the P&K Council Securing the Futures awards.



Up in Ballashulish in Abbeyfield care home 62 people took part in the Go for Gold Games which included residents, tenants, older people from the lunch club, day care, family members, staff and volunteers to help. The oldest participant was 99 years of age. The activities for the games included floor basketball, quoits and balloon volley ball to name a few. Everyone enjoyed the competition and taking part.



Moving towards 2014

In the summer of 2014, the focus of the Go For Gold Challenge will very much be on assisting care homes to contribute towards the Commonwealth Games celebrations and legacy plan. The Go For Gold Challenge week will begin on Monday 7 July but as before, you may choose to host your event at a time convenient to you and your partners. Whatever your timescale, we'd love to hear about the events you are planning for 2014.

Further information on the Commonwealth Games – Glasgow 2014
<http://www.glasgow2014.com>

Trans-Atlantic Games Glasgow 2014

During 2012/13 the Go For Gold Challenge Scotland programme made links with the Geri- Olympics in West Virginia, USA. The Geri- Olympic Programme is now 25 years old and seeks to engage residents in care homes in annual sports festivals and events similar to those undertaken in Scotland. Planned to coincide with the 2014 Commonwealth Games celebrations the Geri-Olympics team are planning to visit Glasgow to take part in a one day festival event with care home residents from Scotland. The event would involve a games competition and time to spend exchanging other interests.



Care ... about physical activity - Go for Gold Challenge Scotland Good Practice Resource Pack

One of the key aims of the programme this year has been to produce a resource pack to support care homes to promote physical activity. This work is almost at completion and the intention is that it will be formally launched in March 2014. The resource is user friendly and is based on a self-assessment process where care homes can see easily what they are doing well and where improvements can be made. It is formed around three key principles: A. Physical activity participation B. Organisational care home culture and commitment, and C. Community connections and partnerships. One of the key purposes of this resource is to help people consider everyday challenges and move from structured events to include regular physical activity – from one day being special to every day being special! The main resource will include information, guidance and some tools to support improvements. Included in the pack will be a DVD and pocket guide to support implementation, staff training and education. The pocket guide is called Make Every Move Count and is designed as a personal message from an individual about how to support them to be active in a way that matters to them.

An exciting addition to the resource is the development of an APP to support implementation and training. This work will be done in partnership with the SSSC and offers the care sector access to information and training on promoting physical activity on an on-going basis. **Watch this space!!**