

“Thank you for pulling together a very interesting display. Ashamed to say having lived in Falkirk for 20 years I know very little of its history. So thank you!”
Comment from Visitors Book

PARTICIPATION



Keeping children and families active in the school holidays

For staff in the Trust the holiday periods don't mean rest and relaxation! Along with the increased visitors to our world renowned 5 star visitor attractions - The Kelpies and Callendar House, our staff are often busier than ever during the school holidays. Many of our teams increase focus during this time on providing opportunities for families and children to enjoy. Over the years, the holiday programme has grown and now covers a huge range of activities running each

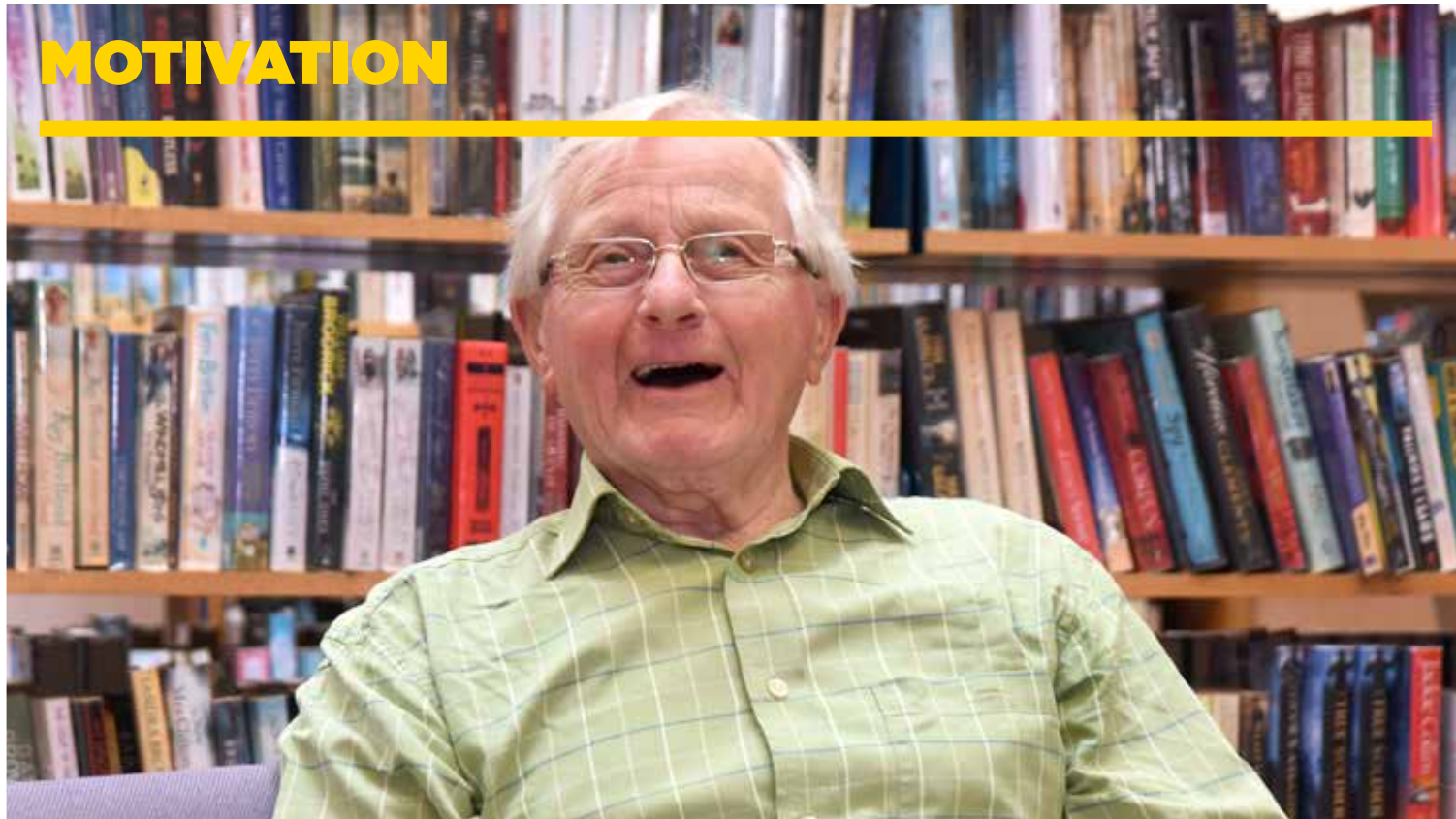
Easter and summer. Along with being an important source of income the holiday programme plays a number of important roles for the Trust. The programme is designed with participation in mind to enhance and encourage healthier, more active, richer lives for the people of Falkirk. It also gives us lots of opportunities to introduce new participants to the range of services that we offer.

With more people than ever thinking about the importance of health and well-being, the holiday activity programme plays an important part in our role to support them. Ranging from the simple, but vitally important, extra social opportunities that they offer to helping keep young minds engaged during the holidays, the programme is also carefully planned to offer lots of different choices. Free of charge elements are an important part of the offer, and we also make sure

that there are activities which can be enjoyed individually, with a group or as a family.

Almost every part of the Trust, from sports camps, to our parks through to libraries, takes part in the holiday activity programme in one shape or another so the chances are that if you've visited one of our venues during these periods you will have taken part in the extra opportunities we offer.

MOTIVATION



Experiencing the ‘feel-good factor’

The Libraries’ Care Words Project has developed successfully over the past year. Aiming to bring together older people in care settings (both day care and residential) for reading and reminiscence sessions, led by dedicated trained volunteers, which encourage people to participate in conversations where they can share and reminisce about their lives and interests.

We have created a variety of resources such as books, texts, poetry, music, objects and images which are used to engage people in these get-togethers. Importantly we are starting to see the benefits to participants, which include; improving mood and well-being, encouraging laughter, empowering people to take part in reading aloud for others and ultimately bringing people together.

During 2018/19 we recruited and trained 23 volunteers

to deliver the Care Words experience. The volunteers have now carried out over 40 sessions in 10 care homes across the area and have reached 140 people.

The Care Words volunteers are a new face and a new voice which can be a stimulation in itself. The volunteers bring their knowledge, skills and talents to the group and use these in different ways to interact and engage with the elderly people they work with.

The volunteers are also developing ways to enhance the experience as they form positive relationships with the service users which enables them to tailor the sessions to the needs and likes of the group.

Feedback from Care Words volunteers has been positive too with many of them leading on the design and content of the project. They mostly work in pairs and they themselves have made new friendships with

WE WANT TO MOTIVATE PEOPLE TO DO MORE, TRY SOMETHING NEW AND GET INVOLVED IN CULTURE AND SPORT

other like-minded people. They are also enjoying bringing a smile to the faces of the older people they are visiting. Through our specially designed training they are learning about the needs of older people and about living well with dementia. Recent responses tell us they are experiencing the “feel-good factor” by helping others in the wider community.

We are continually advertising for more volunteers to allow us to expand our reach across the Falkirk area enabling us to involve more care homes and service users.

MOTIVATION



“Part of our session stressed the importance of exercise and I am fortunate to be benefitting from Active Forth classes. I can honestly say that it has turned my life around. I am motivated and keen to be as fully active as I can so it’s a most enjoyable experience.”

Feedback from Active Forth participant

Supporting people into physical activity

Through our Active Forth initiative we are working ever closer with NHS services to identify and support those who would most benefit from physical activity. The Active Forth Co-ordinator now chairs a newly established physical activity and exercise referral steering group with NHS practitioners including senior health promotion officers, the Forth Valley Weight Management Service lead, Fracture Liaison Practitioner and Advanced Physiotherapy Practitioner.

To help motivate people to take part, the group are keen to ensure that activities are designed to be as supportive as possible and enjoyable.

Progress included the introduction of two new low impact exercise classes at Grangemouth Sports Complex for the Grangemouth GP cluster

physios to refer people at risk of developing arthritis, cardiac and diabetes directly into. This saves them seeing a physio or GP when what they need is simple exercise to get them more mobile and active. Our Active Forth team was identified as the best service in Falkirk to deliver this.

The NHS Fracture Liaison service now gives talks in our gyms on bone health to patients who have been diagnosed with Osteopenia and Osteoporosis. Our referral instructors also give a short presentation on physical activity and bone health and how our gyms and classes will help their bone health. This is well received and many patients go on to join our gym and classes. A joined up approach with other NHS services such as Pulmonary Rehabilitation, Physiotherapy

and Dietician is leading to some patient care taking place within our venues. This helps break down barriers and encourages people to become comfortable taking exercise as well as giving them the best care during and after their rehab and diagnosis.

Our staff have recently been trained in exercise for people with Parkinson’s, Multiple Sclerosis and who have had strokes by leading experts in these fields who also refer people on to us. This means staff are now even more skilled at giving excellent service to these condition groups. We are also training gym instructors on their Level 3 in Exercise Referral which will up-skill them and allow more people with medical conditions to be supported in our gyms.

The Active Forth programme has been recognised as having best practice and research methods and the Co-ordinator has presented at national conferences such as the SPARC (Scottish Physical Activity Research Connections) conference at Edinburgh University, National Exercise Referral Learning Exchange, National Hip Fracture conferences and Active Scotland in front of the Chief Medical Officer for NHS Forth Valley. We are also delighted that **sportscotland** are using our research template to help their national programmes.

Active Forth is also part of an NHS Forth Valley Falls Prevention working group to prevent falls. Fire and paramedic services, GPs, physios, social work and rehab services are all involved throughout Falkirk.