NEW DAY OPPORTUNITY PROGRAMME LAUNCHES FOR OLDER PEOPLE

Friday 31 August, 2018

Social Care in Action (SCiA) a successful, not-for-profit group of social enterprises focused on health and wellbeing, is proud to announce a working partnership with AFC Totton which will see the launch on September 5th of a new day service provision focused on healthy living and active lifestyle through recreational opportunities and low impact sport.

The programme will be delivered by AFC Totton's community arm, Stags in the Community, who have worked closely with SCiA in the past year on other programmes, including the Pie Friday Community lunch which sees 30+ people from across Southampton venture out to the Testwood Community Stadium once per month for lunch prepared by AFC Totton's legendary Roly Poly Goalie, Wayne Shaw.

This new service will be piloted from September to December with those coming along taking part in some different activities each day that are designed to be inclusive and accessible for everyone while also demonstrating the value and ease of low impact recreational exercise on body, mind and soul.

Alison Fisher, Day Opportunities Manager at SCiA said: "Our aim is to support older people to remain active and independent, and this pilot will provide multiple activities, in a social setting. It's not just about providing health-related activities; it's also tackling social isolation which can be a particular cause of poor health among vulnerable communities. "

AFC Totton Chaplain, and Stags in the Community Director, Simon Young, explains further:

"Earlier in the year, we set up a day where people who are predominantly isolated, marginalised or excluded within their own neighbourhoods could come and have a go at a number of different sports. The day included indoor games such as table tennis, boccia, beanbag basketball and even a simple game of catch with a tennis ball. Outdoors, despite the rain, the bikes were a huge success and so the whole day inspired us to look together at new means, innovative means, of providing new opportunities."

"AFC Totton is committed to not only the community but to being alongside the best of providers, and with SCiA we certainly have a group that is as dedicated to first class provision as we are. Above all, it's about having some fun, and there will certainly be a lot of laughs along the way."

Including lunch and transport, a place costs £50. To request further information, or to book a place please call Alison Fisher on 023 8036 6663 or email hello@scagroup.co.uk

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Scan Me:

Company Contact:

Social Care in Action

T. 023 8036 6663
E. wendy.lee@sciagroup.co.uk
W. https://sciagroup.co.uk

Additional Contact(s):
Wendy Lee: 023 8051 6028

View Online