



# What is Active Sandwell?

The overall aim is to improve the quality of life for older people in Sandwell through a more active lifestyle.

This will be achieved by establishing a community based multi-intervention physical activity programme.

Active Sandwell targets those hard to reach groups who do not normally take part in physical activity or sport. These are:

- Older people 60+ and frail elderly
- Elders from Pakistani and Bangladeshi communities
- Older people from the Irish community
- Older disabled people

This will be achieved by:

- Training older local people as exercise facilitators
- Developing a pool of multi skilled exercise facilitators
- Appointing 3 Physical Activity Outreach Workers, for the Irish, Pakistani and Bangladeshi communities
- Appointing a Project Co-Ordinator
- Developing a range of suitable activities
- Producing a Directory of Activities for older people

Activities include:

- EXTEND Sessions
- Health Walks
- Swimming
- GreenGym
- Tea Dances
- Gardening
- Falls Prevention
- And More

Working in partnership with Sandwell PCTs, Sandwell Leisure Trust, AgeWell, Sport England and various community organisations, the long term vision of the programme is to develop a healthy and more active older population in Sandwell.

