

Case Studies

Getting adults more active – The 60+ Active Leisure Scheme at Sobell Leisure Centre

The 60+ Active Leisure Scheme has been introduced across Wales to encourage physical activity and healthy lifestyle choices and to reduce health inequalities and social isolation for the 60+ years age group. The scheme is funded by Sport Wales which has invested more than £1 million nationally with the aim of supporting the 60+ years population in Wales to live longer, better and happier lives by improving physical activity levels, confidence, strength and balance. Presently in RCT 78% of adults above 60 years are not achieving the Chief Medical Officers (CMO) guidance of **150** minutes of moderate physical activity on a weekly basis. We currently have **36** sessions weekly running across **6** leisure facilities within the County Borough.

Sobell Leisure Centre offer **13** classes as part of their 60+ Active Leisure Scheme: Low Impact Omnia (x3), Yoga (x5), Strength and Balance (x2), Boxercise (1) and Aqua Aerobics (x2). Whilst being open to everyone, the 60+ ALS classes are a great exit route for those finishing the National Exercise Referral Scheme. Staff work closely with the NERS team and ensure that the classes align with them in difficulty, being both challenging and suitable for those attending. The exit route classes allow us to support NERS clients to remain active long term and provide them with an opportunity to exercise safely. This supports them to manage their health condition and enjoy a range of health benefits, while achieving their recommended 150 minutes of physical activity per week.

As well as health benefits, participants enjoy the social side of the classes, and have formed strong social groups. Some meet regularly outside class, and attend social events such as coffee mornings, that are organised by the staff.

All of the classes have proved very popular, and the leisure centre have recruited lots of new members, aged over 60, that use the centre regularly. Participants tend to prefer the 60+ classes because they are happier in a class with people of a similar ability and age.



“You think of the gym, and you think of super fit people, and you think ‘oh that’s not for me, I’m not super fit’. But you come in and you start going and there’s so many older people there it’s unbelievable. I didn’t think it was going to be like it is.”



13 classes per week



Average of **122** people per week



Average of **267** participations per week



RHONDDA CYNON TAF