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GoFORGoldChallenge

Issue 5

AUTUMN EDITION

CELEBRATING SUCCESS

Welcome to the fifth Go for Gold Challenge newsletter celebrating the success of all the activities that care services have run for this years challenge.

As usual all of the GFG challenges were on offer and services were free to choose the one that suited them the best. As a wee reminder the challenges as part of GFG are:

- Games challenge
- Walking challenge
- Dance challenge
- Triathlon
- Any physical activity challenge!

This year we did decide to place some emphasis on the **walking challenge**. Walking is so important in order for us to be functionally fit and as independent as possible. It enables us to socialise and make connections with the local community which is very important for our health and wellbeing. If we are able to walk even a short distance it helps to build confidence and resilience and can keep us well. You may not have seen a booklet we produced for this years challenge called 'Walk with me'. It provides ideas for action to help you plan different walking activities whether individually or in a group. If you are interested you can find it here www.careinspectorate.com and use it to help people you support to be more active each day.

There seem to have been many more services taking part in **GFG 2016** maybe it had something to do with Rio! Lots of them have been in touch to share the good work they are doing and share the stories you will read in this newsletter. It's exciting to read about the difference this makes to people's lives, how relationships are built or deepened and older people and others can have fun together while keeping active.

If you are reading this and realise you have not shared your Go for Gold story, please do get in touch so we can celebrate your good work.



A 1st for Dundee!

This year for the first time Dundee got involved in GFG and it went brilliantly thanks to Lynn Allardice, who is school activities coordinator with Leisure and Culture Dundee, and her colleagues. Twelve care homes attended from the city and across all care sectors with sixteen volunteers and 1 of the Oor Wullie statues that are currently showing in Dundee city! A ukele group, dancers from Dynamic Dance Company and a singer came along for entertainment.

The event had a wonderful impact not only for the service users but care home staff and volunteers. One of the volunteers from the Dundee Health & Social Care Partnership said "I just wanted to say how great the day was, and I was delighted to be part of volunteering for it. It was a real pleasure to see all the residents enjoy the experience of taking part."

One of the outcomes from the event is that partners are now looking into care homes using local leisure facilities on a regular basis and to take part in a GFG challenge annually.



Clunie Lodge and Chamberlain care home

Clunie Lodge and Chamberlain care home in Edinburgh ran their challenge events in May this year. They focused on walking and had a number of activities to help them to do this such as:

- nature hunts around the gardens of the homes
- outings to Anstruther and Musselburgh which included a walk
- encouraging those who are able, to walk to and from the dining room each day
- counting the number of steps everyone took (either standing or seated) in their normal physiotherapy exercise classes.

They kept a record of all the steps the residents took through the week and the plan was to add them together to see how far they had collectively walked!



The sixth annual senior games



The sixth annual Senior Games for care homes in **Midlothian** was held on Tuesday 5th July with ten teams competing for the much sought after winners and runners up trophies.

The afternoon began with an opening ceremony of teams marching round the hall led by Greig Mclean the local piper and MacBear who then led the warm up session which was the Rio seated dance, a dance specially created for residents in care homes.

The teams then worked their way round nine games including new age kurling, tossing the caber, hunt the haggis and shuffleboard, collecting points along the way.

A much needed cup of tea, rolls and cake were then served as they were entertained by Mike Murray, an accordion player.

Points were calculated and winners announced. Nazareth Navigators from Bonnyrigg, the three times champions, won once again, runners up were Aaron Allstars from Penicuik and all competitors received medals. A big thank you to Spirit 2012, Legacy 2014 funding for allowing this event to go ahead and the Rio Walking Challenge as well as funding additional training for care staff on the importance and benefits of physical activity.



In **Carnoustie** the folks from Kinloch Care Centre started a 'walking bus' for GFG which is a great idea. Daycare starts the walk then they go round the various other units on their route and staff and those using services who would like to join in the walk on the way. They all walk around the gardens and arrive back together for a welcome cup of tea! This has been taking place twice weekly but they hope to increase this as it has been so successful.

Go4Gold Challenge Games

Perth & Kinross held their 5th and largest Go4Gold Games Challenge event on Tuesday 14th June 2016 with 114 residents and clients taking part from 37 care homes and day care settings in Bells Sports Centre, Perth. This year the theme was designed around the Rio 2016 Olympics and Paralympics.

The physical challenges which the participants took part in included indoor curling, golf throwing target, fishing for ducks, pass the baton cord winding and a golf putting challenge.

Some of the other activities on the day included a warm-up session led by Perth College UHI, a tea dance and sing song after lunch with the Perth high school ceilidh band providing the music and singers.

Each team was supported by carers, staff, and volunteers from the Rotary, Soroptomists, Perth College UHI, school pupils and other organisations. In the weeks before the event, staff and residents from each care home also created posters for the poster competition reflecting the Olympic values of friendship, excellence and respect, courage, equality and inspiration.

During the weeks prior to the event, all the participants trained and practiced the activities within their care setting to promote active living. Each participant received a Go4Gold medal and a named certificate and there were trophies presented for the overall winner, most enthusiastic team, best team name, best team identity and best poster.



Residents being welcomed by piper from Perth High School



Warm up activities



Golf throwing target activity



Poster competition



Presentation of certificate

West Lothian Care Activity Network (CAN) Going for Gold

Craigmair Care Home in Craigshill picked up first place at the annual CANalympics event which took place at Xcite Broxburn Sports Centre on Wednesday 18th May.

The West Lothian Care Activity Network (CAN) event, which is now in its sixth year, aims to increase levels of physical activity within care settings (care homes, day care, sheltered housing, and care at home).

One hundred and ninety people attended the event, which was followed by a Tea Dance, and included volunteers from Xcite Ageing Well and family members.

Fourteen team flags and team captains paraded around the hall for the opening parade. The team from Braid

House Day Care Centre picked up the prize in the best flag competition.

Teams competed in a variety of activities including hook a duck, skittles, new age kurling, parachute and sock pairing.

The winning teams were as follows:

1st Place Craigmair Interim Care Home, Craigshill, Livingston

2nd Place Pentland View Court, Livingston, and

3rd Place went to Linlithgow Day Care Centre.

Executive councillor for health and care, Anne McMillan said: "The CANalympics is now in its sixth year and it is a fantastic example of how organisations can come together to stage a truly excellent fun experience for people in West Lothian's care settings. I would like to congratulate Xcite Ageing Well project who organised the event, it demonstrates that with creativity activities can be developed and tailored to the needs of individuals which aim to help them to increase their levels of physical activity."

Avril Clerkson Xcite West Lothian Leisure Ageing Well co-ordinator commented: "This year's event was a huge success and it was a privilege to be involved. As in previous years the event ran smoothly and all participants and volunteers had a fantastic time."



Craigmair – Winning Team 2016



Summerlee House Coatbridge “Go for Gold Challenge”

Sumerlee House started their Go for Gold challenge on Monday 4th July with dancing, while celebrating Independence Day with entertainment from Michael from Memory Lane Productions. All the residents had a lovely time and were on the floor dancing or dancing in their chairs. It was very hard to choose the winners!

On the 8th July they had a large number of Residents in attendance for our GFG Tai Chi class. Residents gave it their best, trying all the movements.

Sumerlee also had an Olympic Sports Day! The sports day started off with an egg and spoon race then continued on with the three legged race. Residents and staff had a great afternoon, lots of winners received medals and trophies and the afternoon was finished off with a lovely cream tea. The GFG challenges finished with a sponsored walk on the 7th September. Sounds like a great few days of activity challenges for all!



Still to come

Highland Games event on the 14 November for the care sector in Aberdeenshire at Lochter Activity Centre, Old Meldrum.

Inverclyde Million Miles Challenge

The Inverclyde Million Miles Challenge has been organised as a very practical demonstration of Inverclyde's commitment to improving the health of local people, combating health inequality and promoting healthy lifestyles. This unique Challenge is being supported locally by Inverclyde Council, the Inverclyde Health & Social Care Partnership, CVS Inverclyde and Inverclyde Leisure and by Awards for All funding.

The Challenge, which is open to everyone, no matter how young, old, or fit you are, if you live in your own home or in a care home started on Thursday 11 August 2016 (to coincide with the Rio Olympics) and ends on Friday 30 June 2017.

The goal is to walk (or run, cycle, swim or row) one million miles. Simple!

Using the World Walking website people can log the distance they walk using their own pedometer, Fitbit or Jawbone activity tracker. You could also use the Apple Health Kit or download World Walking's very own iPhone or Android apps to complete virtual journeys to some of the world's most amazing and best known places.

World Walking will track everyone's progress towards the Million Miles target.

You can sign up today at: www.worldwalking.org/millionmiles.

For more information please contact Sarah Jane McNeil, Inverclyde Million Miles Challenge Coordinator, by email to sarahjane@millionmiles.org.uk

Contact us

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