



Together Fund Project
Activate South Lakes Housing – Tyson Square Residents

Project Background:

Tyson Square is a sheltered housing complex located in Ulverston and managed by South Lakes Housing. It is home to 50 resident who are all aged over 55 and many have Long-term health conditions, and problems with mobility.

During the Covid-19 pandemic residents were unable to access the communal lounge and their usual activities stopped. Residents that previously used to go for walks independently in the local area stopped doing them and have struggled to re-start. The reduction in activity has resulted in a loss of fitness, increased weight, reduced mobility, and low confidence.

Following an 'Activate' taster session and a resident's consultation the group decided they would like to have an instructor come to the communal space on a weekly basis to deliver an exercise and games session.

Project Aims:

- To deliver activity within their accommodation to help them start to increase their activity levels in a known environment with friends.
- To support residents by providing a session onsite to ensure accessibility for those with limited mobility and finances and those with less confidence to attend classes in town.
- The ensure the residents have access to a set of equipment to keep for the duration of this project and beyond to help them continue to be active.
- Using a trusted provider to deliver the sessions to help them to participate confidently and safely. The instructors can show them how to use a variety of equipment to keep those that attend interested and active.
- To bring back fun into their lives with the activities, encouraging interaction and improved mobility.

In the long term, by increasing their social interaction, mobility, and confidence through these weekly sessions – it is hoped that they will be able to physically and confidently to then participate in other activities which are available in Ulverston, such as Move for Health sessions and those aimed at older adults at the nearby venues.

Funding received:

South Lakes Housing received £800 from the Together Fund. This was for the Tyson Square resident to purchase some activity equipment (Activate) kit to purchase and keep as well as for 12 sessions to be delivered by a local provider HP Activities.

Participant Survey:

At the end of the project participants are requested to complete a short questionnaire. The feedback is all provided to Sport England through our Monitoring, Evaluation and Learning process.

Their answers help us to gain feedback on their experience, learn what worked well and what could be improved. This insight is then used to help shape future projects and provide evidence of how physical activity improves lives.

Feedback Results

Part 1: Impact

67% felt the project helped them manage their **mental health**.

100% felt the project helped them manage their **physical health**.

67% felt the project helped them build **new friendships**.

67% said the project helped them feel more **connected to the local community**.

67% said the project enabled them to **try new activities**.

67% reported that the project enabled them to do **more activity** than they would have done.

100% Enjoyed participating in the activity.

67% Said the project **increased their confidence** to be more active.

Part 2: Rating their Experience.

We asked participants to rate their overall experience of participating in this project. Using a scale of 1 -10, with 1 = extremely poor and 10 is excellent.

The average score was **8/10** with all scores rated between 6 and 10.

Part 3. How do you think the project can be improved?

Most of the comments said there was nothing they could think of to improve the project. However, there were a couple of requests for more equipment and some more instruction on exercise technique.

Part 4: Some Participant Final Comments:

Given me hope that I
can do what I used to
in time

I enjoyed what I
participated in

thank you

We are going to
continue on our
own

Sustainability & Next Steps:

At the end of the 12 sessions the residents decided they would like to continue the sessions independently now that they have the kit to use. A couple of the residents have taken a 'lead' role in organising a weekly activity session. Having the sessions in their own lounge is a good option especially as we head into winter with colder weather making it more challenging to venture further afield.

HP Activities plan to drop in on the residents to see how they are getting on in the new year.

Active Cumbria will continue to liaise with residents and South Lakes Housing about their weekly sessions and keep them informed about other activities which are available in Ulverston, such as walks, Move for Health sessions and any other activities aimed at older adults at nearby venues.



Thank you to the following people for supporting this project:

Tyson Court Residents
HP Activities – Hannah Paling & Steph D'Leny
South Lakes Housing – Lyn Richardson

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