

physical activity

Chair Based Activity

Chi Me

new

 Public Health Agency

 Western Health and Social Care Trust

 Health Improvement, Equality & Involvement

Chi Me

physical
activity

Chi Me

Date:

Wednesday 23rd February,

Wednesday 2nd March

Wednesday 16th March 2022*

**This is an Open College Network accredited course which includes completion of course work online. Applicants must be available to attend all 3 dates in full.*

Times:

10am to 1pm each day

Facilitator:

Karen Case, Lifedock

Target Audience:

Those working with older people and people with health issues.

Aim of Course:


To provide all the skills needed to lead groups of older people, people with disabilities or those with physical or mental health conditions in 'Chi Me' Tai Chi influenced exercise sessions.

Learning Objectives:

To learn Tai Chi influenced exercises which can:

- Reduce risk of falls
- Improve muscle strength
- Improve balance
- Improve co-ordination
- Promote flexibility
- Aid relaxation.

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Course Content:

Sessions will be mostly practical, comprising of:

- Mobilising, posture & flowing movements for Chi Me
- Teaching practice
- Communication skills & leading older people/people with a learning or physical disability
- Managing group exercise
- Observation & correction
- Adapting exercises and/or exercise session.

The course will include both seated and standing versions of Chi Me.

This is an Open College Network accredited course. Successful applicants will be instructed to register on the Lifedock website so they can be enrolled on both the e-learning platform 'Ambition' and with Open College Network in advance of the course. Learners will be required to complete theory and written coursework via Ambition online, will be assessed throughout the Zoom sessions and will be required to teach a part of the Chi Me session to their peers in Zoom breakout rooms on day 2 and 3.

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Date:

Friday 18th February

Friday 25th February

Friday 11th March 2022*

**This is an Open College Network accredited course which includes completion of course work online. Applicants must be available to attend all 3 dates in full.*

Times:

10am to 1pm each day

Facilitator:

Karen Case, Lifedock

Target Audience:

Those working with older people and people with health issues.

Aim of Course:

To provide all the skills needed to lead groups of older people, people with disabilities or those with physical or mental health conditions in chair based exercise sessions.

Learning Objectives:

To learn to deliver chair based exercise sessions which can:

- Support falls prevention
- Improve mobility, strength & flexibility
- Improve posture
- Promote independence
- Have social benefits
- Slow down age related illness & conditions
- Be great fun!

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Course Content:

Sessions will be mostly practical, comprising of:

- Exercise technique & purpose – mobilising, stretching, strengthening & fun
- Teaching practice
- Communication skills & leading older people/people with a learning or physical disability
- Managing group exercise
- Observation & correction
- Adapting exercises and/or exercise session.

The course will also equip leaders to use props (balls/scarves/hoops etc.) to design a fun & stimulating sessions for clients who are less able to follow a structured outline.

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SMOKING CESSATION

The Smoking Cessation Team is part of the Health Improvement Department. We offer general information regarding smoking as well as smoking cessation support to anyone over the age of 12. If you would like more information and or support please contact us at the number below.

0800 9179 388