

Case Studies

Getting adults more active – The 60+ Active Leisure Scheme at Abercynon Sport 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.

Abercynon Sport Centre offer **5** classes as part of their 60+ Active Leisure Scheme: Low Intensity Spinfit (1), Low Intensity Circuits (x2), Low Impact Strength and Balance (1), and Low Intensity Synergy (1). On average, 54 people attend the classes each week. All 5 classes are delivered by Cameron, who started working in the centre as a casual lifeguard and gym instructor. The 60+ ALS funding allowed Cameron to complete a range of training courses. He started with a Level 2 Gym Instructor, and then moved on to the Level 3 Personal Trainer course. From there Cameron gained Level 3 disabled clients, and the Exercise Referral qualification. The knowledge gained from the courses has helped him to be more aware of people's conditions, and how training can impact them. The 60+ ALS classes are attended by a number of people that have completed the National Exercise Referral Scheme. The classes are a great exit for those finishing with NERS, offering a supportive group environment with a knowledgeable instructor. Participants love the classes and enjoy a range of physical, social and mental health benefits.



“It does boost your confidence, and it has helped to improve my balance especially. The people here are lovely. They’ve made us feel really welcome from day one.”

“I suffer with benign vertigo so I was very giddy, and coming to these classes it has improved, immensely. I also have a shoulder injury which is better. And also a back problem, which it has helped me with.”



5 classes per week



Average of **54** people per week



Average of **69** participations per week



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