



Provision of Sporting Memories KITbags funded by the Scottish Government

Background:

The Sporting Memories KITbags have been developed during lockdown specifically aimed at getting isolated older people who have become increasingly inactive and immobile, active again in their own homes. The equipment and exercises were carefully selected and tested with our members and are designed to be safe for those who are relatively frail. Crucially for us, we have combined the physical activities with some reminiscence activities and four editions of our Sporting Pink newspaper. While not exclusively aimed at older men, we know from our members that rekindling memories of sport can inspire thoughts of having a go at something again.

We also include within the pack information about our online groups and new phone circles (requiring only a landline) which can support activity at home and help connect isolated and lonely sports fans with like-minded individuals. The KITbags are already in use by people in their own homes as well as residential settings and are proving very popular with our Club members where they use the equipment in group sessions on our Zoom groups and phone circles.

The Packs contain:

Stress ball, light resistance band, beach ball and a drawstring 'KITbag' to keep equipment in: Exercise and reminiscence DVD: Exercise guide booklet: Personal Logbook to record activities. All contained in a sturdy sealed box ready for dispatch.



Community Organisations - Can you help?

We are now looking for community-based organisations who are already connected to isolated older sports fans who are likely to be able to benefit from our KITbags. If you are able to identify such individuals or even able to help in the distribution of our KITbags (We can post direct to individuals too free of charge), please contact Donna@thesmf.co.uk or telephone Donna on 07340 560306.

Volunteers:

We are also looking for volunteers who can help support us with the weekly one-to-one phone calls, phone circles and online Zoom groups that can help connect individuals taking part in our activities. Full online training is provided. Again, please contact liz@thesmf.co.uk or telephone Liz on 07794 793032.



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