

Project Report



Rural Moves - Together

September 2022 to September 2023

The Project Focus

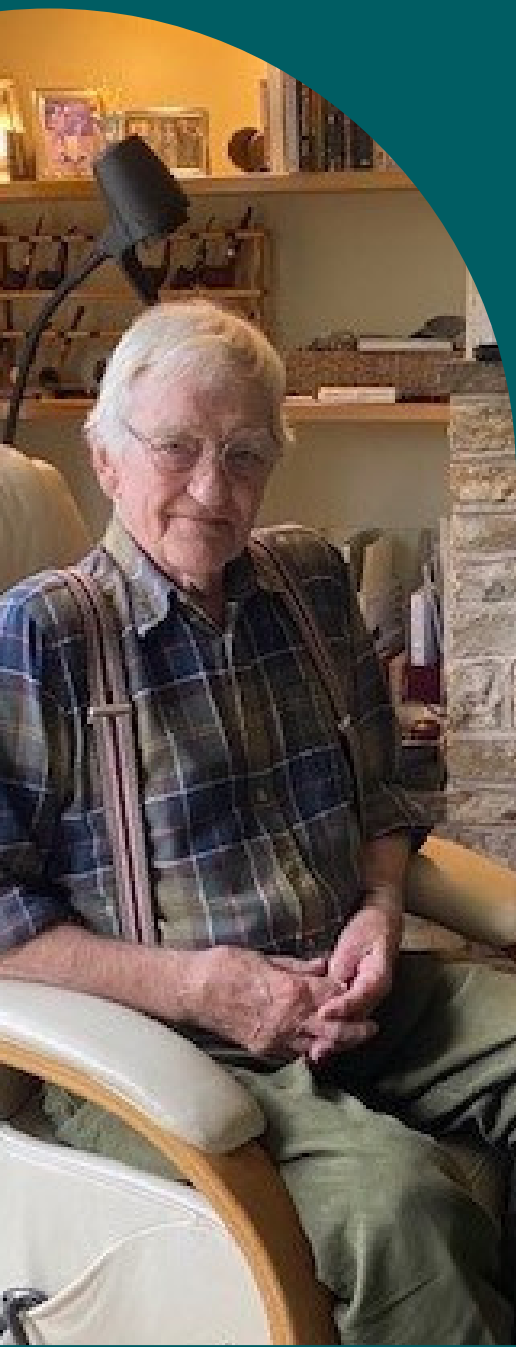
- Renewing the resilience of older people still affected by Covid 19 lockdowns and shielding.
- Recovering muscle mass, core strength and stability.
- Regaining confidence to take exercise of any kind.
- Addressing the impact of long periods of enforced isolation on mental health.
- Reconnecting people with their physical body.

The Plan

- One to one support for those who have become more housebound.
- Focus on individual's goal to get them back to preferred baseline.
- Integrate exercise into daily living
- Encourage follow-on exercises outside their home, a class or new group.
- Look at how best to bring more people together for active socialising.

Case Study

Peter



Background:

Peter has arthritis which affects his right knee, lower back and neck, but he still enjoys walking his dog. He lives in a remote place in the country side and doesn't drive any more, which limits his access to activities and services.

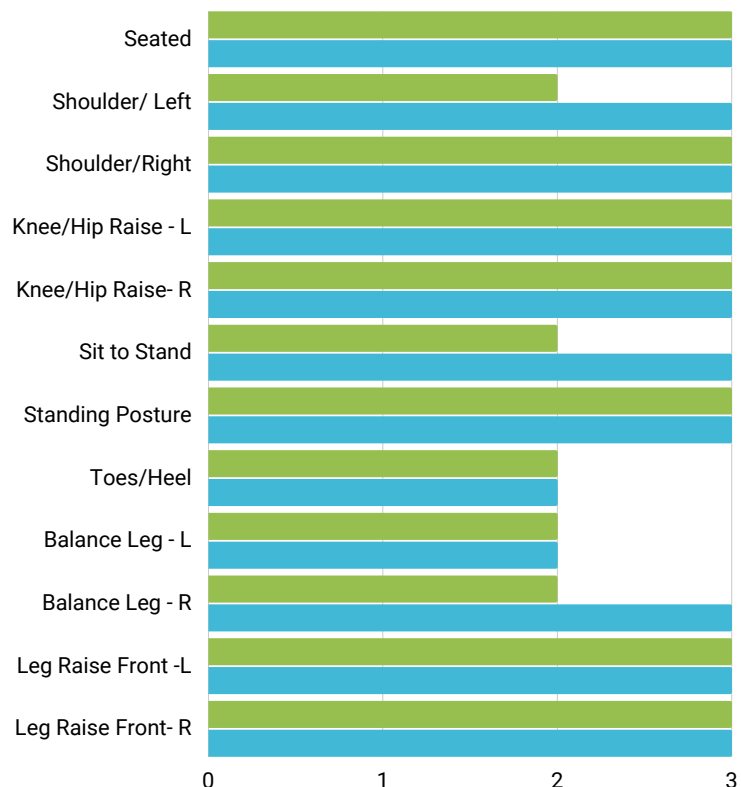
Goals:

Peter has periods of depression especially in the winter months and was keen to manage and improve his low mood.

Peter valued the company of someone coming to visit him and do something a bit different. He has managed to do some of the exercises every day on top of his daily walk. He has noticed some physical improvement and now finds it easier to get out of the bath.

Progress:

Peter was keen to help measure his progress. Anne-Katell carried out two assesments, just over a month apart.



Above: Ability Assesment taken at inital stage (green) and at completion stage (blue)

What Peter says about Rural Moves:

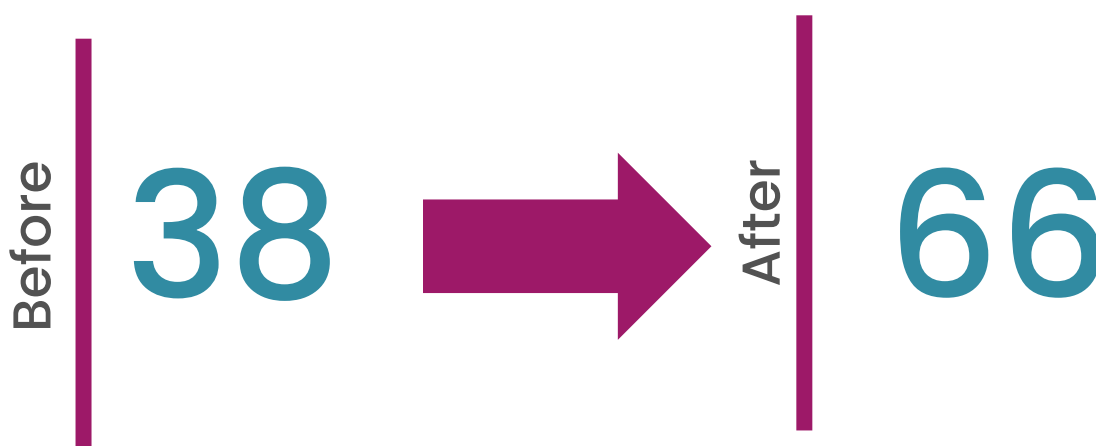
“ I can do things that I didn't know I could do, which is very nice. I enjoy the different exercises and the gentle workout. The exercise routine that Anne gave me is simple enough that I can do it on my own. I feel stronger today than when we started.

”

Outcome:

Peter has decided he is going to go to carry on the exercises on his own and is now confident enough to join the local monthly coffee morning in the Village, where some of his old friends go. He is also thinking about joining the home library service to increase his social interaction which will help his low mood, especially in winter.

Peter's Mental wellbeing was also measured using the Warwick-Edinburgh Mental Wellbeing Scale:



Case Study

Fay



Background:

Fay used to be reasonably active and enjoyed walking in the countryside, but now doesn't have the confidence to go walking on her own, even just around the village.

She has recently been diagnosed with Parkinson's disease which has been a complete blow for her. It has badly affected her confidence to do things, especially going for walks and she struggles with her energy levels.

Goals:

To return to the exercise class she used to attend, to increase the amount of exercise she does on her own during the week and to walk 2 or 3 times a week. Also, she wanted to improve her balance and coordination and improve her energy levels.

Fay really enjoyed the exercises, which involved coordination and became better at them. She keenly tried balancing on one leg, walking with a very narrow stance and going up on tip toes, even when this was very hard for her. She showed a lot of determination to keep going. Each week during the Rural Moves programme, her confidence, coordination and general posture have grown and improved.

Fay's Progress:



Above: Ability Assesment taken at inital stage (green) and at completion stage (blue)

What Fay says about Rural Moves:

“ I have got to do it! Especially as I didn't expect someone to come to give me some 1 to 1 tuition and support me to get more active, in the comfort of my own home.

”

Outcome:

She was sad it was finishing; however, she felt the sessions have kept her flexible and she has now returned to the exercise group in Stanton Drew and she is interested in joining a local low-key walking group.

Case Study Brenda 1



Background:

Referred by the social prescriber at her GP surgery, Brenda was struggling as a carer for her husband and with feelings of social isolation. With a history of falls, she had been prescribed exercise by the Falls Clinic but not doing these regularly. She had lost her confidence since Covid and would not get on a bus on her own anymore, despite the fact she regularly used to go into Bath or Wells on her own.

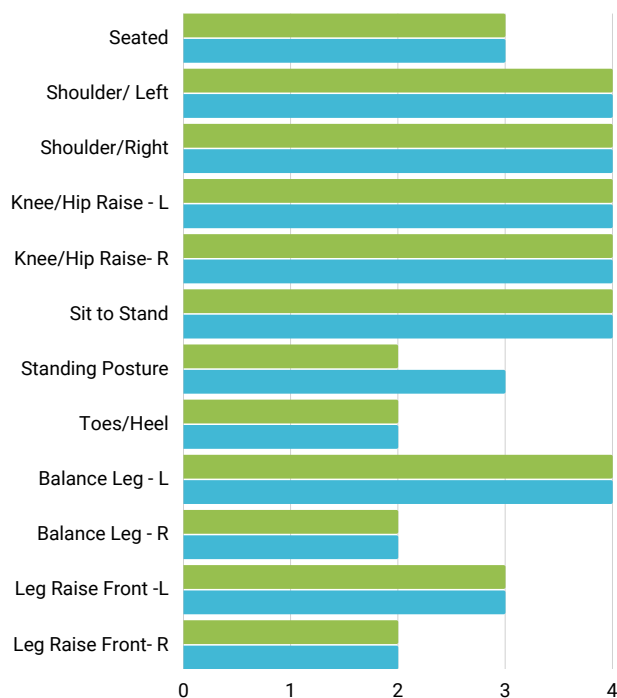
Goals:

Her goals were to try and maintain her strength and find a way to feel motivated to exercise at home using the handouts Ketyn gave her and the ones she had been given by Falls Clinic. She was also very keen to get some personal social interaction, outside of the home and away from her husband, as she was needing some time away from him; although she realises it can be difficult for her to leave him for any length of time.

Progress:

Over the 4 weeks, working slowly with Ketyn, she managed some balance and Otago based exercises which she said were similar to those she had done previously and she found them beneficial.





Above: Ability Assessment taken at initial stage (green) and at completion stage (blue)

Outcome:



Alongside the physical confidence gained, the main benefit for Brenda has been regular contact with Ketyn and being encouraged to join the local “Re-Engage” Sunday Tea Party group which meets once a month. She has been twice and goes on her own. This is important because it gives her some time away from her husband and she has also reconnected with an old friend who happens to attend. This is something she will continue with for the foreseeable future.

What Brenda says about Rural Moves:

Brenda’s feedback was that she had enjoyed Ketyn’s visits “as she was a good listener” and would have liked them to continue for longer.

Case Study

Frances



Background:

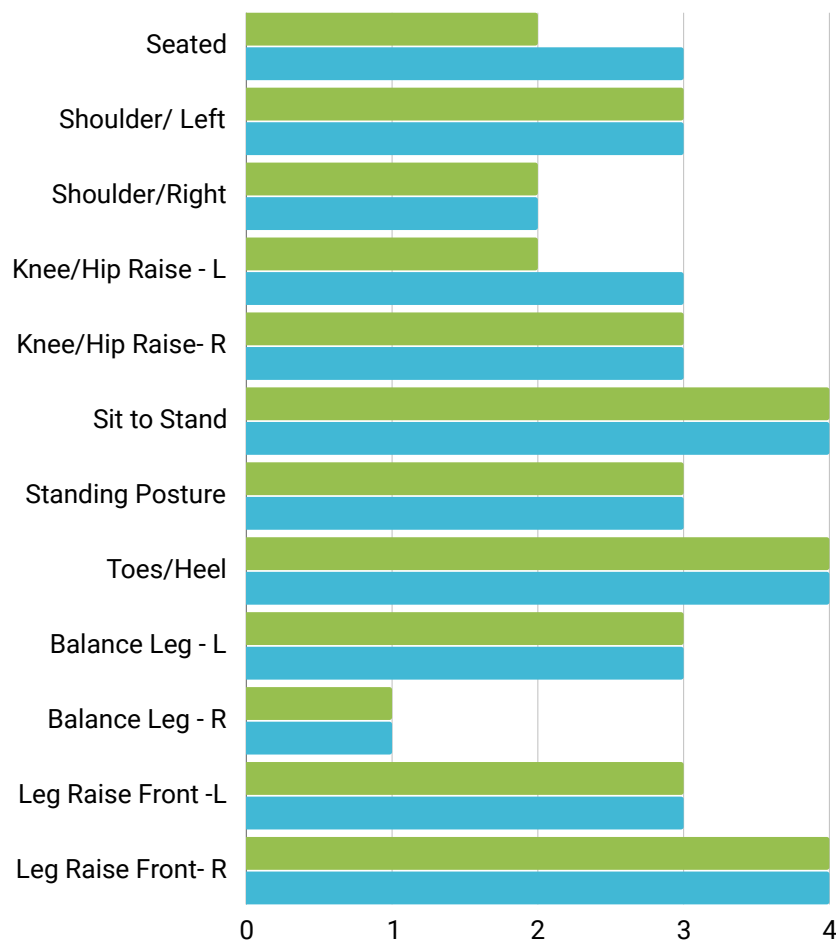
Frances was referred by the social prescriber at her GP surgery. Always keen to exercise, she was feeling frustrated due to being “banned” from exercise by her local gym after having heart failure and a stent in March. She was waiting for post op test results and the all clear. She also has other multiple health issues include osteoporosis and scoliosis and is on the waiting list to get her right shoulder replaced. She is in agony all of the time and takes Tramadol to manage the pain.

Goals:

Her goals were to be able to lift the base of her mobility scooter into her car. This would mean she could then drive somewhere and go for a ride “somewhere different”. Ketyn looked at the base, but it was large and heavy to manoeuvre, especially for Frances with her shoulder issue. However, Frances has a living room with exercise equipment, including therabands, an exercise bike and hand weights and was very determined.

Each week had a specific and different focus including balance, strength and (light) cardio. Frances worked hard and practiced the exercises during the week which is keeping the momentum going.

Progress:



Above: Ability Assesment taken at inital stage (green) and at completion stage (blue)



What Frances says about Rural Moves:

“ I found the sessions to be motivating and it felt refreshing not to be treated “like a little old lady”. ”

Case Study

Brenda 2

Background:

Brenda was referred to us from the social prescriber at her GP surgery who was concerned about her mental health and feelings of isolation. Brenda has multiple health issues including being partially sighted, diabetes, recovering from bowel cancer and a deformed right foot. Despite this she generally has a positive outlook on life.

Goals:

Brenda's goals were to get out walking more and improve her confidence to walk on her own. Covid lockdown affected Brenda greatly and during 2022 she was still not going out so this also became a priority to resolve.

Outcomes:

Brenda attended our Song and Dance event in Timsbury in October 2022 and thoroughly enjoyed it. She said it was the first time she had been around a group of people since Covid and it had done her the world of good. She also enjoyed the social contact with Ketyn, having someone to talk to and gradually venturing outside for short walks.

Over the coming weeks Ketyn visited her and found that she was improving slowly. Walks were the priority for Brenda as she likes to get out in the fresh air. We also practiced sit to stand exercises and focusing on leg strength as her flat is on the first floor so she has to walk up 16 steps to get into her flat.



Let's make a Song & Dance about it...

After Covid people were just not interested in gathering in groups of any size. But many were encouraged back to classes that they really missed.

Ketyn's seated exercise classes slowly regained numbers and we decided it was time to risk having one of our larger events.

The event, at Conygre Hall, Timsbury, was a mixture of dancing (led by local "FitSteps" teacher Jane Price) and singing with "The Golden Oldies" sing and smile charity. The event was extremely well attended with 70 attendees – some people from Bath, but mostly the local towns and villages.



October 2022 - Timsbury



"Let's do it again please!"

"It was good to dance"

"Brilliant in every area"





It was a chance for people to get out to socialise and listen to some familiar music.

Participation was optional but we found most people danced, sung or did both at the same time. Hot drinks and cakes were served and there was much fun and laughter.



“lots of fun – singing and dancing!”
“I’ve loved getting back to normal”
“More of this please”

Brilliant singing and dancing with lovely people. We haven’t been able to do this for 3 years!!!



Let's make a Song & Dance about it...



Our second event had the same format to include movement and singing.

Paula Smith joined the team and she and Kety Jepson took the lead with the dancing and, once again, The Golden Oldies took care of the singing.



Engagement was high and the participants loved it. There were around 70 attendees but we lost count as the smaller venue filled up, mostly from Bath, but some people had travelled as far as from Midsomer Norton and Paulton.

There was overwhelming joy, laughter and lots of movement; alongside foot tapping and an even bigger sing song.

43 people completed feedback forms, an unusually high number, so we were very pleased to read them.

August 2023 -
Weston, Bath

"I joined in singing, which I would never normally do!"
"It made me get out of the house and join new people"



After getting involved with Rural Moves...

89%

felt it helped them to make friends

95%

felt happier

89%

felt fitter & healthier

87%

felt more confident being active



79%

felt more connected to their community

The Team

Ketyn Jepson
Freelance Extend Exercise Tutor and Specialist Personal Coach



Anne-Katell Peton
Rural Moves Coach and Motivator

Paula Smith
Freelance Tutor



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