

CASE STUDY

INCLUSIVE FITNESS PROGRAMME



Overview

This 3 week programme was aimed at 14 to 18 year olds with additional needs to empower them to feel they can go to the gym and participate just like their peers.

Aims

1. To provide the therapeutic benefits of physical activity for the body but also the mind as there is much evidence that physical activity supports mental health which is vital for teenagers
2. To build our teenager groups confidence, so they felt able to go to the gym and do a workout independently
3. To build strength, flexibility, coordination and balance

Implementation

Farrell Fitness in New Ross was chosen to facilitate this programme. Twice weekly classes took place over a period of 3 weeks commencing on 8th August 23. We worked with Robbie and James from Farrell Fitness, the HSE and also the Children's Disability Network Team in New Ross. Therapists contacted parents directly and participants could sign up through their physio. There was no cost to the families, as this was bore by Sports Active Wexford and the Children's Disability Network. 8 teenagers signed up for the programme aged from 14-18.



Outcomes

The group is continuing as the parents have linked in with Farrell Fitness directly to enable the group to continue, and also some other clients have joined. Some clients have progressed to joining the gym or onto the mainstream teen gym class programme. Seeing this group continue without our involvement is a huge success. Our aims were definitely achieved!

Feedback

"My child loved the group, all activities were achievable and the positivity of the coaches".

"My son enjoyed the sessions, fitness in a fun way, using groupwork/teamwork and games".

"My daughter was all chat about what she had done".

"I would love to see this programme running every week".

"My child loved it and was very keen to get there every week. They were hungry afterwards and very chatty, explaining the exercises etc."

