



Motivation, Reablement, Independence, Wellbeing

Seated Physical Activities (SPA) in Care & Community Settings

Includes our unique dementia resource

Enabling learners to understand & deliver, basic seated activities for less able adults, ensuring continued health & wellbeing through physical activity.
(AKA chair-based exercise without standing exercises)

During this 4hr workshop participants will:

- Learn a number of basic SPAs through practical experience
- Enjoy lively discussion on the benefits of SPAs
- Explore a range of motivational techniques to encourage participation
- Understand basic Health & Safety implications for SPA sessions
- Appreciate the importance of keeping simple written records

Hear a chapter of our unique dementia resource, have the opportunity to reflect on their feelings and consider how to approach similar situations

Everyone leaves with a confident and positive attitude to this therapeutic activity PLUS comprehensive SPA workshop notes on CD Rom, stress ball, SPA Certificate of Attendance and a copy of our *dementia resource CD*

Tuesday 19th September 2017

£95 per learner

Buckland United Reformed Church
(training room, entry through front door)
174 Kingston Rd, Portsmouth PO2 7LP

* 9.30 for PROMPT 10am start * 30mins mid-break * 2.30pm finish *

*** Tea & coffee provided * Café on site * On-street parking ***

Practical, lively training which supports CPD including appropriate tips and motivational techniques all set and delivered at an achievable level to suit a range of learners including:

- Health & Social care teams/managers
- Volunteers/Carers/Relatives
- NHS employees / Charity teams
- OTs/Physiotherapists/Students
- Fitness professionals/students

