



Be active in your area

Our East coordinator is on hand to support you to be more active. See below for details about how we can support and find out what you can access.

In House Offer – no travel, staff training and totally flexible

Online Live Programme – our online sessions that are delivered live. A range of different activities to choose from throughout the week.

Local Sessions – choose from our favourite local sessions or have a coach visit you to deliver activities

Chloe Brown
Sport and Physical Activity
Coordinator (East Region)
Sense Active

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Who are the activities are for?

We have designed our activities for people with a wide range of complex disabilities in mind. The activities are flexible to suit those with a range of mobility levels. The activities are simple and easy to follow and where possible are made extra sensory to engage participants more. There are different lengths of sessions depending on how much time you have, and also the concentration levels of the participants. If you have any concerns or questions about whether an activity is suitable for the people you support, then you can get in touch with your local Sport and Physical Activity Coordinator.

Who are Sense Active?

Our vision is that no one should be isolated, left out or unable to fulfil their potential – and we believe that sport and physical activity has an important role to play in enhancing the overall physical and mental wellbeing of the people we support.

Sport and physical activity play a key role in keeping people fit and healthy, supporting social inclusion, and building confidence through learning new skills and making friends. At Sense, we believe everyone, no matter how complex their disabilities, deserves the right to enjoy a physically active life.

We work in collaboration with our services, and the wider community to develop a range of inclusive sports and physical activities for people with complex disabilities to take part in, ensuring people's needs are met. We work with experienced instructors and providers who aim to make each session enjoyable, accessible, inclusive and fun.

The Sense Active team involves several regional coordinators. These regional coordinators are there to support you get more people with complex disabilities active.

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In House Offer

Our in house offer will give you ideas and confidence to deliver new activities new within your own service. This means there is no travel and no cost to you, but the people you support will experience the benefits of sport & PA. Some of the activities within the 'In House Offer' come with staff training that our *Sense Active* team can deliver.

We would also love to keep in touch to know how often you use the suggested activities, and how you have found them. This will help us to continue to provide you with a range of services to support you.

To support you in this section, you can easily identify whether activities are a resource, offer training or both using the icons below.



Staff Training



Online Resource



Paper Resource

All our activities aim to increase physical and mental wellbeing and support social connections. Below we have listed some of the most common outcomes and showed you which activities are suitable for working towards each outcome.

	Mobility	Strength	Interacting with others	Communication	Try something new	Improved Mental health	Fun	Independence
Sensory Football	★	★	★	★	★		★	★
Sensory Walks	★		★	★	★	★	★	★
Making Sense of Mini Games	★	★	★	★	★		★	★
Making Sense of Yoga	★	★		★	★	★	★	★
Making Sense of Dance	★	★	★	★	★		★	★
YouTube Resources	★	★			★	★	★	★
Sensory Exercises Poster	★	★			★		★	★

Sensory Football



Sensory Football is suitable for anyone supporting people with complex disabilities to take part in football activities. Sensory football makes the game more meaningful, achieving mainstream football outcomes through simpler, more sensory activities.

How can I access this?

- Contact your local Sense sport and physical activity coordinator who can organise simple staff training and support.

Sensory Walks



Sensory walks are an opportunity for people to get outside and be active whilst connecting with nature. Sensory walks aim to make going out for a walk more enjoyable through using the senses to connect with the surroundings and make the experience meaningful. Sensory walks are aimed at people with complex disabilities but can be enjoyed by anyone which is why it is an accessible activity for all.

How can I access this?

- Contact your local Sense Sport and Physical Activity Coordinator who can organise simple staff training and support.
- Contact your local Sense Sport and Physical Activity Coordinator who can signpost you to any local maps or routes.
- You can access the resource on the Sense website here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/resources/>

Making Sense of Mini Games



Our Making Sense of Mini Games resource is designed to give you ideas of some activities and games you can do anywhere with very little specialist equipment needed. These activities are designed to encourage people who may not be as 'sporty' to get active and have fun at the same time.

How can I access this?

- You can access it on the Sense website here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/resources/>
- You can request a paper copy from your local Sport and Physical Activity Coordinator

Making Sense of Yoga



Our Making Sense of Yoga resource acts as an “introduction to yoga” for carers, support workers or family members to support someone with a disability to become more active. It will give you ideas of how a yoga instructor may adapt their delivery to make their classes more inclusive for participants with complex disabilities and it also

How can I access this?

- You can access it on the Sense website here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/resources/>

Making Sense of Dance



This resource is intended to support anyone who wants to lead or take part in a movement session. It will help you generate new ideas and equip you with the initial skills to run one-to-one or group movement sessions.

How can I access this?

- You can access it on the Sense website here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-arts/resources/>

YouTube Resources



We have developed a number of pre-recorded physical activity sessions that have been uploaded to our YouTube channel. These activities include Seated Yoga, Sensory Movement activities, Inclusive Table Tennis, Inclusive Sports Skills and Exercise Through Dance.

How can I access this?

- You can access these videos on the Sense YouTube channel here: <https://www.youtube.com/playlist?list=PL3cz6p9Us2bNgIFma-n8A4qtD0j6N0-pq>

Sensory Exercises Poster



A movement based exercise poster that aims to improve your mobility and coordination. The poster includes nine sensory inclusive and accessible exercises, adaptations to make exercises easier, harder or more sensory, top tips and suggested wider outcomes. The exercises have been designed for people with complex disabilities.



How can I access this?

- You can access it on the Sense website here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/resources/>
- You can also order your own printed copies of this on the above link.

Activity Newsletter



Our newsletters are packed full of different activities that you can take part in and is suitable for a wide range of abilities. We communicate regularly about what's on offer, highlighting new activities to try. These include pre-recorded online videos uploaded to YouTube, live sessions at pre-determined times, and written resources to follow and use at a time suitable to you.

How can I access this?

- You can register here: <https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/>



Online Live Programme

We are currently running an online programme of live sessions that can be accessed via Zoom. These activities are all completely free to join. Our online live sessions provide an opportunity to interact with other participants and get more bespoke support and guidance from instructors.

To register for any of these sessions you can go to www.active.sense.org.uk. Once you have registered online, you will be sent a link to access the Zoom call. If you need support registering participants, please contact your local Sense Sport and Physical Activity Coordinator.

If you have any recommendations for new sessions or would like to provide any feedback on any sessions you have taken part in, then please get in touch as we would love to hear from you.

All our activities aim to increase physical and mental wellbeing and support social connections. Below we have listed some of the most common outcomes and showed you which activities are suitable for working towards each outcome.

	Mobility	Strength	Interacting with others	Communication	Try something new	Improved Mental health	Fun	Independence
Seated Yoga for 50+	★	★			★	★	★	★
CYP Yoga	★	★			★	★	★	★
CYP Yoga: Tactile Defensive	★	★			★	★	★	★
Tai Chi	★	★			★	★	★	★
CYP Drumming to Music	★	★			★		★	★
Sensory Sport	★	★			★	★	★	★
Sensory Circuits	★	★			★		★	★
Exercise Through Dance (50+)	★	★			★		★	★
Boxing	★	★			★		★	★
Signed Yoga	★	★			★	★	★	★
Drumming to Music	★	★			★		★	★
Exercise Through Dance	★	★			★		★	★

Seated Yoga for 50+ (Audio Only)

Join a social group and complete simple yoga routines whilst seated. This session will be run over the phone and you will receive a phone call to connect to the instructor.

Time and day: Mondays 11:45am-12:45pm



Children and Young Peoples Yoga

This session is suitable for children and young people aged 5-18 with limited movement. Yoga is brilliant to help increase the range of movement and stretch the muscles.

Time and day: Mondays 12:45pm - 1:15pm



Children and Young Peoples Yoga – Tactile Defensive

This session is suitable for children and young people aged 5-18 who are tactile defensive. Yoga is brilliant to help increase the range of movement and stretch the muscles.

Time and day: Mondays 1:15pm – 1:45pm



Tai Chi

Enjoy gentle, flowing movements and channel positive energy, wherever you are. Instructed by Miz Rahman. Can be completed seated or standing.

Time and day: Mondays 2:00pm – 3:00pm



Children and Young People's Drumming to Music (Pound Fit)

Get moving to the upbeat music and practice your drumming skills! This session includes lots of popular modern upbeat music more suitable for those aged 5-25.

Equipment needed: 2 items you can use as drumsticks (e.g. spoons, pens etc)

Time and day: Tuesdays 1:00pm - 1:45pm



Sensory Sport

This session will focus on breaking down the barriers for people with complex disabilities playing sport, through the use of appropriate sensory activities, tailored to the people we support, and a new way of approaching and looking at sport. Suitable for those aged 16 and older.

Time and day: Tuesdays 2:00pm-3:00pm



Sensory Circuits

This session is a lower paced, sensory session that can be adapted to all abilities. Each station will have its own sensory activity or challenge. The sessions will involve making equipment yourself using common household objects and materials, and then having a go at a fun game using them. Suitable for those aged 11 and older.

Time and day: Wednesdays 10:45am-11:45am



Exercise Through Dance for 50+ (Audio)

Audio only. Enjoy familiar music from years gone by whilst completing some gentle seated dance routines.

Time and day: Wednesdays 11:00am-11:45am



Boxing

Get your heart pumping with different boxing moves that you can do in the comfort of your own space. Suitable for those aged 11 and older.

Time and day: Thursdays 10:45am – 11:30am



Drumming to Music (Pound Fit)

Get moving to the upbeat music and practice your drumming skills! This session includes upbeat music to get you moving.

Equipment needed: 2 items you can use as drumsticks (e.g. spoons, pens etc)

Time and day: Fridays 2:00pm – 3:00pm



Exercise Through Dance

Dance at the weekend with this session run by Step Change Studios. Enjoy the session standing or seated. Suitable for those aged 11 and older.

Time and day: Saturdays 2:00pm – 3:00pm



Local Activities

We are happy to help you find inclusive activities already happening in your local area. We believe that socialising with people outside of the service is an important element of sport and physical activity, as it helps create new friendships and develop communication skills and trust.

If you wish to find out what is going on in your local area, then please get in touch with your local Sense Sport and Physical Activity Coordinator. Please note the level of support we can provide may vary depending on our knowledge of the area.

Further Support

Equipment and Funding

If you are keen to buy a new piece of equipment for your service, or attend sessions which have a charge, we can support you to search for and apply for funding within the sport and physical activity sector.

Staff Support and Team Meetings

If you would like us to come and join your team meetings to support staff development and give them the confidence to deliver/support physical activity and sport sessions, then we are more than happy to.



What our services think...

The timetable you have been sending out each week has been of massive benefit to our service users and has been used by our service users in conjunction with our online timetable, so thank you

Absolutely fabulous session, everyone loved it and really got involved

Thanks for a great session it's so nice to see everyone and to be a part of our Sense family, Keep up the good work

Sense Active has been really really useful. Janet has a lot of ability and is an incredible lady. During the sessions, Janet has a smile on her face the whole time!