

NORTH SEDGEMOOR PRIMARY CARE NETWORK



North Sedgemoor Primary Care Network (PCN) is a collaboration between practices working together to focus on local patient care in North Sedgemoor.

"We like the moving games as it gets us moving and doing things with each other."

 North Sedgemoor

 £5,451

 People with long term health conditions

 Multi-sport activities

Project Overview

North Sedgemoor PCN were funded to deliver the Moving and Improving Games via their Occupational Therapists. It included sessions of group/ individual activities across 5 care homes. Activities included virtual bike rides using SASP's Love to Pedal, seated table ping pong and adapted curling.



Impact

Increased energy levels

Improved mood

Increased physical activity

Increased knowledge of deconditioning

"Make me stronger, fitter, happy, smiley and good at sports. Help my friends get better at sports too and I want to do more."

Recommendations when working with People with LTCH

- 1. Encourage social interaction.** Introducing residents and encouraging conversation helps with engagement.
- 2. Set the room up right.** Think about the environment and lay out of the room, it can change how people participate and engage.
- 3. Keep sessions short & simple.** Shorter, more structured sessions can keep up energy levels and allow you to consider everyone's needs.

Next Steps

The Occupational Therapists have continued to promote and encourage the legacy of the Moving and Improving Games, through creation of activities Champions, employment of an Activities Coordinator and increased activity groups across the care homes.

