

Leicester-Shire and Rutland Twilight Games

Delivery of a programme of adapted sports to residents in care settings. Benefits include:

- Improved **mobility**
- Better **coordination**
- Positive **mental health**
- Improved **wellbeing**
- Increased **social activity**

Includes adapted activities which can accommodate the range of abilities and level of mobility of residents.

Contact:

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Bean Bag Target



Audio Basketball



Boccia/Petanque



Sitting Volleyball



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The aim of the **Twilight Games** is to deliver a programme of adapted sports to residents in care settings with the objective of enhancing their day to day life through increased mobility and coordination, mental health, wellbeing and increased social activity.

To do this, a programme of adapted activities has been devised to accommodate for the range of abilities and level of mobility amongst the residents residing within the care settings. This also includes how the activities will help to support physical and mental coordination and increased mobility through exercise.

Sports include:

- Sitting Volleyball
- Petanque
- Table Top Boccia
- Bean Bag Target
- Audio Basketball

"Quality of life has risen this week whilst being part of the games and crucially it has helped our residents with their mobility, concentration and coordination whilst having fun, being active and socialising with others" Moat House Care Home (Charnwood)

If you would be interested in someone from Leicester-Shire and Rutland Sport coming out to your setting and delivering a Twilight Games taster session or would like more information about the scheme, please get in touch.

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