

Group activities with Leeds United Foundation

February 2021



Beth Kerrigan from the Leeds United Foundation joined a Time to Learn session to introduce herself and meet people. Beth is the new health and wellbeing lead and this element of the Foundation's work is set to expand over the coming months.

The [Leeds United Foundation](#) is the official charity for Leeds United Football Club. Their aim is to use the power of sport to educate, motivate, inspire and support people throughout the local Leeds community.

Beth explained some of the activities that are currently available for people aged 50+.

Fit Generations:

Fit Generations is a FREE online session for people aged 60+. This session runs every Monday from 2pm until 3:30pm and aims to support older people with their physical and mental wellbeing. The first hour of the session consists of an activity (guest speaker, player appearance, quizzes, bingo, skills workshops) whilst the remaining 30 minutes covers low impact chair-based exercises. This session is run via Zoom until it is safe to deliver face to face within the stadium. These sessions are dementia friendly.

Sporting Memories:

Sporting Memories is a FREE online session for people aged 50+. This session runs every Wednesday from 1:30pm until 3pm and aims to support older people with their physical and mental wellbeing. It is run by trained volunteers and numbers are limited to 15 members. When that number is reached another session is planned for others to join. The first hour of the session is looking back on the history of sporting events and reminiscing on the past of both the club and other sporting memories. The sessions involve a variety of

reminiscing activities such as quizzes, watching past videos and showing personal memorabilia. The remaining 30 minutes of the session will be low impact chair- based exercises. These sessions are dementia friendly.

Future plans:

- Leeds United Foundation is planning to host some health walks so that a small group of older people can meet, go for a walk together and socialise. Beth plans to set these up when Government guidelines allow.
- Intergenerational work is also planned with the aim of drawing on the support of the Foundation’s educational department which currently works with over 70 schools.
- Funding from the Premier League has been secured and this will support mental health programmes for young people. Again, these are in the planning stage and will be set up when Government guidelines allow.

If you'd like to get in touch with Beth her details are:

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