

Perth and Kinross Go4Gold 2015

Carolyn Wilson, Care Home Lead for Perth and Kinross said "The positive impact the P&K Go4Gold Games Challenge has on our care home residents makes the planning and preparation totally worthwhile. The energy and enthusiasm which is present in Bells Sports Centre, Perth is indescribable with residents calling it the highlight of their year."



This year 106 residents competed in kurling, beanbag bucket basketball, golf, fishing for ducks and race for rice. These physical activities accompanied by a warm up activity, tea dance, high tea and of course the essential awards ceremony with trophies, medals and personalised certificates created an unforgettable day for all taking part. The day would not be possible without the huge number of volunteers from Perth High School, Perth College UHI, the Rotary, Soroptomists, Police, community and even staff taking a holiday to assist.

Perth and Kinross is already planning for Go4Gold 2016 on Tuesday 14th June 2016!



Let's think about next year! The Go for Gold Challenge 2016 ... don't miss it! Focus is 'Walk with me'



The Go for Gold Challenge programme is already planning for next year and in 2016 the annual challenge will focus on **walking** and **functional fitness**. The challenge will promote functional fitness amongst care home residents, including the promotion of strength and balance activities, which is essential for confident and successful walking.

In addition to being next year's main **Go for Gold Challenge**, functional fitness underpins many of the other essential areas of work in care homes such as enablement, the promotion of independence and prevention of falls. The challenge will build on the development of the Functional Fitness MOT, already a popular programme in Scotland. An ideas pack will be developed, designed to provide participating care homes with ideas and information on how to plan and implement their 2016 Go for Gold Challenge.

This will be available on the Care Inspectorate website.

For details of the Functional Fitness MOT visit

www.laterlifetraining.co.uk/functional-fitness-mots/

One of the other five challenges which have been part of the programme since it began can also be selected.

Contact us

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