

# Age UK Oxfordshire hosts Generation Games

**L**aunched in 2012, Generation Games is Age UK Oxfordshire's increasingly popular Physical activity service. They provide community-based exercise sessions in Oxfordshire, with a particular focus on Strength & Balance exercise sessions that aim to prevent falls in older people whilst building confidence in a social setting.

Their work (classes) are extremely valuable to people who are worried about their balance or have had a fall – over 1,000 older people in Oxfordshire are participating in one of their classes every week. The targeted physio-style group exercises that are performed in the session are evidence-based and when done regularly strengthen muscles and improve balance which is helpful in enabling older people to remain as independent as possible – to continue to do the things they want to do.

One lady, Miriam, had been attending a Strength and Balance class for about a year when she had a planned partial knee replacement. Less than 6 weeks after her operation she was back in the class and

feeling great.

The consultant said she had made a fast recovery and was convinced it was down to her having attended a Strength & Balance class.

As you can imagine, the older people who come to their classes are often quite frail, so having an additional pair of eyes and hands in the form of a volunteer is extremely valuable. Their volunteers help with handing out equipment (resistance bands), taking the register, monitoring the group and in some classes making cups of tea/coffee at the end of the class and having a chat with participants.

Being a volunteer is a wonderful opportunity for someone to experience working with older people in the field of exercise, especially if the physical activity industry is an area the person would like to work in or wants to continue after retirement. Jenny, one of their exercise class volunteers said: "I see the difference exercise makes. The participants walk out of the room happier, taller, and they have a coffee afterwards too!

## VOLUNTARY VOICE

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If you're not sure about volunteering, I'd say definitely go for it, I think you'll thoroughly enjoy it, like I do."

People who are positive, helpful, kind and enjoy interacting with people would make great volunteers. It is not necessary to have experience in exercise.

The classes take place at:

Bodicote Village Hall Mondays 1.15-2.15 pm  
Masonic Hall, Wallingford Thursdays 11.15-12.15 pm  
Storton Lodge, Goring Mondays 11.15-12.15  
Sonning Common Village Hall Fridays 1.30-2.30 pm

All Saints Youth and Community Hall,  
Didcot, Thursdays 1.15-2.15

Benson Village Hall: Mondays 10-11am  
Grove Village Hall Tuesdays 10.30-11.30am  
Preston Road Community Centre,  
Abingdon, Tuesdays 9.45-10.45

Preston Road Community Centre,  
Abingdon, Tuesdays 11-12 am

Get involved by contacting Anna McKay on 01255 849 403 [annamckay@ageukoxfordshire.org.uk](mailto:annamckay@ageukoxfordshire.org.uk) or visit [www.generationgames.org.uk](http://www.generationgames.org.uk)