

Decision taken by: **Ward Member for Cheriton – Councillor
Damon Robinson**

Subject: Age UK Folkestone

Executive/non-executive decision: **Non-executive**

Date decision taken: 11 February 2019

Name and address of applicant(s):

Jo Clifford
Community Projects Manager
Age UK Folkestone
The Marigold Centre
54 Shaftesbury Avenue
Folkestone
Kent CT19 4NS

Name and description of project:

Chair Yoga and Active Armchair – To improve the health and wellbeing of clients at Age UK and other local 50+ residents of Cheriton. The aim is to increase the number of physical activities offered. Participants will be monitored with regard to their physical and mental well-being before and after the three month programme, using questionnaires, as well as carrying out some simple physical assessments from Later Life Training 'Functional Fitness MOT. There will be a series of 10 weekly one hour Chair Yoga classes which will also incorporate short mindfulness or meditation sessions and six bi-weekly one hour Active Armchair sessions. These are organised by a Chatham based dance company, The Right Step, a group which has been benefitted from in the past

DECISION:

To provide funding of £500 to the above project.

Reason for decision:

Yoga has shown to be beneficial for mind, body and spirit and can be carried out by those less mobile or have difficulty in balancing. Regular sessions will increase core strength which gives more confidence in walking.

Many clients of Age UK and other local residents have expressed a wish for 'dancing' and 'more exercise' when questioned about new activities at the Centre. Several have suggested yoga in particular.

Declarations or disclosable pecuniary interest/any other significant interest:

None

The decision set out above was made by me.

Signed:



11 February 2019

**Councillor Damon Robinson
Cheriton**