

## **Chapel Lane**

### **Fitness sessions for adults with learning disabilities**

Chapel Lane is a 6 bed supporting living service for adults with learning disabilities where there are currently 5 tenants being supported. There are staff on site 24 hours per day and they support tenants to promote independence in daily living.

Due to the pandemic and restrictions in accessing services, the tenants have not been able to access services such as gyms and fitness sessions.

To support tenants with meaningful activities and promote their health and wellbeing staff supported them to find a personal trainer who could facilitate group fitness sessions online.

The personal trainer who was found has a background and experience in working with adults with learning disabilities. This was very beneficial for the tenants as they were able to adapt the sessions to accommodate the resident's level of understanding which meant they were able to engage more in physical activities.

Tenants have been able to access fitness sessions to improve their health, wellbeing and mobility and as restrictions are lifting the service users are also keen to restart face to face sessions. The staff noticed a big difference in the service user's mobility and motivation.