

CASE STUDY

Peterborough United Foundation | Jenna Lusk, Community Manager



Introducing classes into the community



As the Community Manager at the Peterborough United Foundation, I oversee our Health and Wellbeing projects, community engagement events, and serve as the lead for Equality, Diversity, and Inclusion (EDI) as well as health and safety. The Foundation is the charitable arm of Peterborough United Football Club, delivering a diverse range of initiatives across four key themes established by EFL in the Community and the Premier League: Sports Participation, Social Inclusion/Community Cohesion, Health, and Education.

Our Foundation encompasses several departments, including Health and Wellbeing, Elite Player Programmes (EPP) & Development Player Programmes (DPP), Premier League Primary Stars, Premier League Kicks, Holiday Camps, School Sports and Women & Girls Sport Scholarship Programme.

CBE Course Experience

Our staff rated the training on chair-based exercise instructing as excellent. They felt well-prepared, receiving clear instructions and a solid understanding of how to adapt exercises for participants with varying mobility levels.

Implementation of chair-based exercise classes

We introduced chair-based exercise classes as part of an initiative aimed at promoting physical activity among older adults, individuals with



limited mobility, and those recovering from surgery in Peterborough and surrounding areas.

Challenges Faced:

1. Some participants were initially hesitant to join, fearing the exercises might be too difficult or ineffective.
2. Finding suitable class times for most participants proved challenging.

To address these concerns, we hosted introductory sessions to showcase the simplicity and effectiveness of the exercises. Additionally, we offered flexible class timings and maintained regular follow-ups with participants to encourage attendance.

Feedback from Participants

The feedback from participants has been overwhelmingly positive. Many express how enjoyable and accessible the classes are, particularly for those unable to engage in more strenuous forms of exercise. Participants also value the social aspect of the classes, which foster connections in a supportive environment.



Benefits and positive outcomes

Since introducing chair-based exercise sessions, we have observed several benefits, including:

- Increased flexibility, strength, and mobility among participants, especially those who previously struggled with physical activity.
- Enhanced mental well-being, with many reporting feeling more energised and less isolated.
- A reduction in pain for some participants, particularly in the lower back and knees.

Success Stories

One notable success involved a participant with arthritis who experienced improved joint mobility and could walk longer distances without pain after several months of consistent participation. Another participant who had undergone hip surgery reported a faster recovery and greater confidence in their mobility, thanks to the gentle yet effective exercises.

Future plans

To sustain interest and participation in these sessions, we plan to introduce themed classes (such as chair yoga or music-based movements) to keep the experience engaging. We will also implement regular progress tracking and goal setting to motivate participants.

Additional comments

The adaptability of chair-based exercises allows us to include individuals with a wide range of abilities, ensuring that everyone, regardless of their physical condition, can participate and benefit from these sessions.