



TOBY BRAZIER  
COACHING



## TOBY BRAZIER COACHING PRESENTS SHUTTLETON

### Description:

Shuttleton is an interactive, short activity session for older aged participants residing in care homes to engage in fun, low intensity Badminton related games. This activity session promotes healthy wellbeing, mental stimulation, social interaction and a slight sense of healthy competition for those craving it! Additionally, it gives residents a chance to engage in something they may have never done before!

### Delivery Structure:

All activities can be delivered as static, seated, or standing and are structured to encourage relative activeness in residents. The session duration can be anywhere from 15 mins to 30 mins. The session can be delivered in a 'Lounge' style space, or anywhere that has room for a practical activity-based session.

### Target Audience:

Shuttleton sessions are great for the following...

- OAP's Housed in Care Home facilities
- OAP's wanting a 'hand eye coordination' activity
- OAP's wanting a unique activity to engage in
- OAPs wanting to try something new
- Care Homes wanting to offer something different!

### Levels of fitness needed to partake in a Shuttleton session:

To participate in a Shuttleton session, we do ask Care Homes to select residents with the following levels of ability...

- Reasonable flexion of the wrist
- Reasonable extension of the elbow and arms

### Benefits of hosting a Shuttleton Session:

- Promotes healthy wellbeing
- Allows participants opportunity to try a brand new skill / sport
- Increases & encourages blood flow
- Reduces inactivity
- It's fun and engaging!

To book a Shuttleton session, or to find out more information, please do get in contact.



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**Toby Brazier**  
UKCC Level 1 & 2

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