

# LEYS CDI SENIOR PROJECT



Leys CDI received £12,000 from Well Together to deliver a regular programme of health and wellbeing activities as part of their seniors' project, including Zumba, yoga, tai-chi and social sessions.



As well as other activities, Leys CDI run many sessions for people over 50 at the Clockhouse in Greater Leys. People speak about how it feels like a real “home-from-home” for them, and that you are sure of a warm welcome. Activities run on most days, and some people try to attend as many as they can.

The attendees say they appreciate the fundraising work that goes on by Leys CDI staff to keep prices low for attendees – they say they could not afford to go if it was more expensive. They feel lucky to have the classes, and feel activities like this are essential, and not a ‘luxury’.

**“Every Thursday I think,  
‘Oh good it’s yoga today’, and  
I’m up and out of the house!”**



## CHAIR YOGA

One of the activities is ‘Chair Yoga’. It is a very accessible form of exercise, and is good for both physical and mental health. There is a regular group that meets weekly, and they do gentle exercises and stretching that support core strength, balance and relaxation.

## CHAIR YOGA WITH DANIELA

Jane from Well Together visited the Chair Yoga group and chatted with the group. They said that some people don't know what chair yoga is, but when they attend, they love it. One attendee said that it is sometimes hard to feel motivated when you are older, but every Thursday she thinks, 'Oh good it's yoga today', and she is up and out of the house!

All the attendees agreed that the class helps with their balance and overall health. Each week they can do a little more, and that makes them feel more confident. It helps them to stretch, and over time they see improvements and feel stronger. They all said they feel better after attending.

As well as the exercise, attendees say that coming to the group is about meeting people, socialising and connecting. One attendee said that everyone is very friendly and that when they come, they realise everyone has problems, and people try and perk each other up!



**“If you do a class like this, you are more mobile. These types of classes help to prevent people from having falls so it's preventative. But it's also good for recovery - it's restorative as well. If you've had an operation, this class is good for helping you recover. And it helps well people keep good health so it also maintains health.”**

Leys CDI runs sessions for all ages.  
For more details visit their [website](#) and check out the weekly timetable.

