

MADDY BIDDULPH SEATED EXERCISE



Maddy Biddulph received £4,954 to deliver seated exercise classes with refreshments for older people at South Oxford Community Centre.



Maddy is a certified Level 3 personal trainer (CIMSPA) who runs 1:1 sessions as well as group exercise classes. Her seated exercise classes are suitable for a wide range of ages and abilities, promoting health and wellbeing through gentle physical exercise. There is also a café in the South Oxford Community Centre for people to have drinks and snacks afterwards, providing a social network in addition to the friendly exercise classes.

SEATED EXERCISES

Every week an average of ten people come to the seated exercise classes - and also for the socialising afterwards! Maddy provides a warm and cheerful atmosphere, and she adapts each exercise for people of all abilities. People come regularly - and often bring their friends.

“Thank you so much to Well Together for funding this class - it’s been a fantastic year with a wonderful bunch of people.”





NOT JUST AN EXERCISE CLASS!

As well as providing the funding to run the class, Well Together also funded refreshments afterwards to give those who attend the chance to meet others – especially important since many older people have felt more lonely in the years since the Covid pandemic.

The class is timed so that the café in the community centre is open, and this has gone down very well. People chat to each other and can also ask Maddy questions about the exercises. As Maddy says, it has really helped to “build community”.



The participants report that not only are they enjoying the movement, they are feeling less stiff and are more confident to do more activities. Many have said their back pain has reduced, and that they feel more mobile and able to live independently. They said that the class has helped their mood and given them a sense of community. Maddy says, “The hot drink and cake session after class has meant they’ve become great friends and have a lovely social event to look forward to.”

“I tried lots of different classes before but I never really enjoyed them. I love the class because I enjoy the exercises but also getting to know other people who come to the class.”

