

# The Booth Centre

Healthy Activities Programme

# The Programme aims to:

- Provide an opportunity for people to take part in regular healthy activity
- Improve people's health
- Increase people's self esteem and confidence
- Increase people skills and introduce them to new activities

# And to ...

- Provide a diversionary activity to reduce street drinking, drug use, crime and anti-social behaviour
- Enable people to positively change their routine
- Address social isolation
- Have fun

# How we do it

- Ask people what they want to do
- Organise a 10 week programme
- Recognise people's achievements
- Evaluate it and start again

# Who comes?

- Over 100 people a year take part
- Over 40 people take part regularly
- People with drink, drug and mental health problems
- Rough sleepers
- Over 50's

# What we do

- Weekly gym, swimming and badminton
- Weekly sports session – football, golf, crown green bowling or fishing
- Friday activities – walking, hill walking, conservation work, canoeing, rock climbing, sailing, abseiling, horse riding etc.

# And ....

- Weekly Over 50's strollers
- Residential weeks – doing outward bound, hill walking or canal boating
- Allotment Gardening

# Key to success

- Get suggestions from service users
- Resource it with staff time and money
- Link into community facilities
- Evaluate, adapt and carry on
- Create a culture of activity