



Care Home Activity Pack

**Fun, Safe and Accessible
Activities for Older Adults with
Adults Move Lincolnshire CIC**

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**ADULTS
MOVE
LINCOLNSHIRE**



**Creating active lifestyles
for all adults across
Lincolnshire.**

**We believe in
strong bodies,
healthy minds and
lifelong movement
for everyone.**

Bringing Joy, Movement & Connection to Care Homes

At Adults Move Lincolnshire, we are passionate about breaking down barriers that prevent older adults from accessing meaningful physical and social activities. Since 2022, we have been delivering inclusive and engaging sessions in care homes across the county, supporting residents to stay active, connected, and smiling. Our work is rooted in the belief that movement is for everyone – and that it should be safe, enjoyable, and tailored to all abilities.

Meet Our Care Home Team:



Bekki

- *Founder & Managing Director.*
- *Qualified Chair Yoga Teacher.*
- *Experienced seated dance instructor.*



Rose

- *Director*
- *Qualified Personal Trainer specialising in older adults.*
- *Experienced seated exercise instructor.*

We work with care home teams to create engaging sessions that get residents moving, smiling, and connecting.

Find out more about our company and the wide range of services we provide for adults across Lincolnshire.

Our 2025 Campaign:

Care to Move 150 – Helping Care Homes Keep Residents Moving

Older adults in care settings often struggle to achieve the recommended 150 minutes of physical activity each week. Barriers such as limited finances, a shortage of qualified instructors, and, in some cases, low prioritisation of movement mean many miss out on its proven benefits.

Care to Move 150 is dedicated to changing that. We want to work with care homes across Lincolnshire to:

- Provide a wide range of fun, inclusive physical activities tailored for older adults.
- Train and upskill activity co-ordinators so they can confidently deliver engaging sessions.
- Support care homes in reviewing and improving their health and wellbeing policies.

Our mission is to make movement a normal, accessible part of daily life for residents, boosting physical health, mental wellbeing, and social connection. With the services we provide, we help care homes move closer to the 150-minute goal — ensuring older adults can enjoy healthier, more active, and more fulfilling lives. Continue reading to find out about our fantastic activities.

We are open to partnering with care homes, offering flexible support to meet their needs and help residents reach the 150-minute target.

Group Classes for Care Homes

Movement to Music

Music is at the heart of our low-impact Movement to Music sessions, bringing energy, joy, and rhythm to your residents. Each class is tailored to your home, with music chosen to suit residents' tastes and props selected to match their abilities and interests.

Props may include pom-poms, wrist bells and shakers, colourful scarves, boxing gloves, drum sticks, and resistance bands – all used to make movement fun, accessible, and engaging. Whether seated or standing, residents are encouraged to join in, connect with others, and enjoy the benefits of improved coordination, mobility, and mood.

"The session was fun, residents were fully engaged with the activity and Rose made it such fun for them, exercising whilst not actually realising they were exercising!" -The Haven, Boston



Chair Yoga

Mindfulness is at the core of our Chair Yoga sessions, which combine gentle yoga postures, calming breathwork, and guided meditation to support both physical and mental wellbeing. Movements can be performed fully seated or with light support, making them safe and adaptable for all abilities. Chair Yoga helps residents improve flexibility, posture, and circulation, while also reducing stress and promoting relaxation.

Session Details

- **Length:** 45 minutes to 1 hour
- **Themes:** Sessions can be themed upon request (e.g., seasonal, cultural, or music-based)
- **Price:** From £40, depending on distance traveled



Our Brand New Events to support Mental Health & Wellbeing

Relaxation Workshop



A 1.5-hour calming experience designed for older adults, combining gentle movement with soothing sound therapy to support both body and mind.

What's Included:

- 40 minutes of gentle chair or mat-based yoga.
- 10-minute refreshment break
- 40 minutes of sound bath with crystal bowls, chimes, and gongs.
- All equipment provided.
- Fully adaptable for seated participation.
- Themed sessions available on request.

Our relaxation workshops relax, encourage mindfulness and create a memorable shared experience for residents and staff.



BOOK NOW

Silent Discos



A 1 hour silent disco for older adults—bringing music, movement, and fun straight to your care home.

What's Included:

- Silent Disco Headsets for everyone.
- One or Two facilitators to lead dancing and interaction.
- Optional: Disco Lighting
- Optional: Sensory Props.
- Optional: Photo booth area & Props.

Our silent discos lift mood, encourage movement, and create a memorable experience for residents and staff.



BOOK NOW

Movement to Music Instructor Training Programme



We're excited to announce the launch of our Movement to Music Instructor Training Programme – designed especially for people working with older adults in care settings. Our aim is to empower staff to confidently deliver safe, engaging and therapeutic movement-to-music sessions in care homes or day centres.

This training will give you:

- The skills to safely deliver uplifting, engaging sessions for older adults
- Creative ideas for music-led movement that boosts mood, mobility, and memory
- Ready-to-use session plans, playlists, and resources
- Confidence to adapt for all abilities, including seated and dementia-friendly activities

Register your interest by emailing info@adultsmovelincolnshire.com.



Booking Information

How to Book:

1. **Choose your service**
2. **Contact us to discuss your care home's needs.**
3. **Read and Agree to our Health & Safety Guidelines as-well-as our cancellation policy.**
4. **Book one-off or regular sessions with Bekki or Roseanna.**

Contact Details:

✉ **Email: info@adultsmovelincolnshire.com**

☎ **Call Bekki (Head Office): 07833 606051**

Stay updated by subscribing to our website marketing emails and follow us on socials.

🌐 **Website: www.adultsmovelincolnshire.com**

📱 **Social Media: [@adultsmovelincscic](https://www.facebook.com/adultsmovelincscic) (Facebook, Instagram, TikTok)**



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**Join us in keeping your
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connected, and smiling.**

