

# New scheme helping carers MOVE forward

**A PROGRAMME** designed to make sure care staff, families and people who care for older people have the necessary skills to keep them as active as possible, is working with carers at St John's Court, Bromsgrove.

MoVE encourages people to be more active and independent. It reminds them of the benefits of physical activity, whether it's through an exercise class, or even just a few simple moves, and a programme to help people teach MoVE is currently running at St John's Court with

several musical sessions based around well-known dance moves such as the Twist, Salsa, Charleston, Bop and Saturday Night Fever.

The scheme's suppliers visited the care home on Monday for their first support session after the initial training, to see how well people are picking up the sessions, with plans to open them up to members of the local community over the next few months.

At the moment, care home residents are making the most of the training to receive their MoVE sessions.



**Residents and staff at St John's Court Nursing Home taking part in a MOVE session**