

## Functional Fitness MOTs Aberdeen

After attending one of the initial training events in Glasgow, June 2013 – Aberdeen held its Functional Fitness MOT in October of that year. A large event which was held in the City Council's Town & County Hall which included local service provision such as Sport Aberdeen, Local Falls Team, podiatry, Alzheimer's Scotland, Telecare and NHS Healthpoint . Despite a typical autumn day - it rained constantly – we managed 30 MOTs. Feedback included:

*“you spend more time with me than the Doctor”*

*“this has been really, really good”*

and my favourite

*“this was a lot better than I thought it would be!”*

Following this initial success and some satellite events in 2014

(2014 – 5 events) a Functional Fitness Calendar with planned annual events was set up in 2015 (9 events).

Aberdeen Health Village hosted quarterly Functional Fitness MOTS, which were for city wide participants. But the team hosted several smaller Functional Fitness MOTs in certain areas, namely Bridge of Don and Tillydrone. Aberdeen Sports Village Evergreens booked the team out for a one-off event. And the Wellbeing Team added the MOTs to their over 50s programme in Marschall College's quadrangle. 2015 also saw the Functional Fitness MOT enter the Aberdeen Golden Games programme as a stand-alone event - it was booked out within a few days.

Over the past couple of months my colleagues in the local authority's wellbeing team, along with our partners at Aberdeen Football Club's Community Trust and NHS Grampian's Healthpoint have managed to get together and have produced a new and improved assessment booklet, specific to Aberdeen which has a greater depth of up to-date information on useful local services, groups and classes, along with relevant contact details for each.

In terms of Functional Fitness MOT events, I would say we have managed to work in partnership quite effectively since the training day.

Since the end of January, we have ran 3 relatively small events with between 10-15 senior citizens receiving their MOT at each session.

One of these was jointly hosted by the Healthpoint and the Wellbeing Team with the other two being ran by myself and my colleagues in a local leisure centre.

Next month we have two MOT events planned, one being ran by the Wellbeing team in a local community centre, with a further event being hosted within Aberdeen Football Club's stadium, bringing together older people, some of which attend a weekly exercise class that I run, and some who are participating in an over 65's healthy lifestyles programme entitled 'A New Me' being ran by the football club themselves.

We still try to incorporate the Functional Fitness MOT into larger events as well. The Aberdeen Golden Games - a free annual (held in June) festival of activity for over 65's - took place, with over 50 different events running across the city throughout one week. The Functional Fitness MOT was included in this week and we have some designated slots timetabled in for my colleagues and our partners at the football community trust to get together and hopefully target some over 65s who are trying activities and sports either for the first time, or the first time in a long time.

All in all, the Functional Fitness MOT seems very well received by the senior citizens of Aberdeen and myself, my colleagues and our partners will continue to try and advance its uses within the North East of Scotland.