



Case Study

Bassetlaw Activity Friends - Part of Rural Bassetlaw Befriending Scheme

Case Study On an Activity Friends Mentor

Since January 2006 Rural Bassetlaw Befriending Scheme has managed Bassetlaw Activity Friends which is a project to promote physical activity with people over 50. This project is supported partly by Bassetlaw Primary Care Trust and has received funding through the Nottinghamshire County Council Link Age+ fund until August 2008.

The project has a number of mentors who support people within their community to become more active.

One mentor, Carol, has been engaged with Activity Friends for over a year but only actually became a volunteer in June 2007. She is 69 and lives in Sutton Cum Lound, a village near Retford, with her husband.

Carol attended a Health and Well Being day that we organised back in 2006 where a taster seated exercise session took place. As a result of the enthusiasm of a group of ladies and gentlemen who wanted to have a regular seated exercise session in the village hall, we arranged for a tutor to take a weekly session which combined one hour of exercise and a half-hour of social with refreshments afterwards.

Carol attended this session on a weekly basis and as one of the younger members of the group would help to give out the exercise bands and balls each week. Carol has now extended her role since becoming a volunteer and she now collects a number of ladies on her way to the session who otherwise would not be able to attend.

Carol also continues to help the tutor to guide new ladies with the exercises, purchases the refreshments, encourages new people to attend the session from the village and the wider community and assists with other activities when the tutor is unavailable.

We believe that Carol's help and dedication with this group helps towards the promotion of mobility, strength and mental well-being of individuals who may otherwise not participate in any physical activity.

For further information about the services provided by Rural Bassetlaw Befriending Scheme please contact the Co-ordinator, Emma Gray, on

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Rural Bassetlaw Befriending Scheme is part of Rural Community Action Nottinghamshire.