



# The sport-themed resources designed to engage residents, patients and visitors

## THE SPORTING MEMORIES KITBAG, KITBOXES, AND RESOURCE CENTRE

- For care homes, hospital wards, and day centres
- Improves mental and physical wellbeing
- Reduces loneliness
- Connects participants with their families
- Truly flexible resources and activities - something for everybody
- Comprehensive training and resources provided
- Links to Care Quality Commission evaluation





# The power of sport

**For more than a decade, Sporting Memories has been using the power of sport to help to improve mental and physical wellbeing and reduce loneliness.**

Building on the success of our weekly community-based Sporting Memories Clubs, we've created an array of activities and resources specifically designed for care home residents, day centre visitors and hospital ward patients. The Sporting Memories Resource Centre, Kitboxes and Kitbags create flexible and inclusive opportunities for activity coordinators, volunteers, family members, and residents to share enjoyable, positive engagement and to connect participants with the wider community.

# How does it work?

**In our community-based Sporting Memories Clubs which we run throughout the country, we're reconnecting people with the sports and games they've loved through reminiscence, inclusive games, and physical activities.**

The results have been positive and very significant, so now we're extending the concept – through a new blend of Sporting Memories resources and activities – to people in care homes, day care centres, and hospital wards.

## The Kitbags

The Kitbags provide fun physical activities based on familiar sporting themes with routines and equipment – all of which are designed to be safe and inclusive for seated participants.

## The Kitboxes

The Kitboxes are aimed at the keen sports fan. Family members can enjoy sharing sporting stories, games, and physical activities together whenever the time is right – and when it can be a struggle to think of new things to say or do. The Kitboxes are real conversation starters.

## The Resource Centre

The Resource Centre includes four sets of superb Replay Reminiscence cards, with more available from our vast range of sporting interests. As part of this package, there's a robust, portable storage system for the cards, and there's our regular *Sporting Pink*™ newspaper, which includes stories and photos of legendary sporting occasions as well as the old favourite, Spot the Ball.

The Resource Centre, which is designed to support more informal reminiscing, is ideal for visitors and residents, who can make use of the materials when it suits them in different situations – individually, in one-to-one sessions, or in groups.





## Training support

To support Sporting Memories activities, we deliver training which is designed to inform and engage activity coordinators and volunteers. It's also ideal for family members who are keen to get involved.

Such person-centred activity is powerful evidence for the Care Quality Commission's key lines of enquiry, demonstrating both 'effective, and 'responsive' resident engagement. This of course supports the focus which care providers will have towards securing 'outstanding' ratings.

## Engaging the sports fan

The Kitbox is particularly engaging for the keen sports fan. It contains both reminiscence materials like our *Sporting Pink*, which includes stories and favourites like Spot the Ball, and physical activity equipment. The contents and activities can be enjoyed on a one-to-one basis with staff, volunteers or family members.

It also includes chair-based exercises and physical equipment to be used individually or in group activities. An exercise guidebook, DVD, and personal logbook are also included to encourage simple, safe exercising. We also provide a weekly digital *Sporting Pink* which can be used to support ongoing reminiscence.

## Group physical exercises

The equipment contained in the Kitbox is also provided separately in our Kitbag to support a weekly chair-based physical activity exercise session with elements of our sporting memories theme. This engages anyone interested in getting moving again, and these are accompanied by a guidebook and exercise DVD.

## Regular one-to-one and group reminiscence sessions

The array of sporting memories activities and resources we provide, including four sets of our Replay Reminiscence cards, also enables more regular, focused one-to-one or group reminiscence sessions for those who love talking about sport.

Crucially, our digital *Sporting Pink* provides activity coordinators, families or volunteers with new stories, quizzes, video, and audio links to prompt memories and encourage conversation every week. And once a month we also post out two copies of our themed printed *Sporting Pink* to sit in the side pockets of our Resource Centre for anyone to read at anytime.

## Monthly sporting-themed activity sessions

Our monthly themed digital activity guide supports monthly sessions designed to have 'something for everyone'. They are based around a sporting event taking place during the Calendar year such as The Grand National, Wimbledon, or a Cup Final, and include a wide range of activities including reminiscence, games, food, singing and crafts. They don't have to be used every month but they are there to inspire special days that can involve a whole setting and perhaps encourage connections with the wider community.

## Links to the Sporting Memories network

For those with a particularly keen interest in sport, we offer the possibility of linking individuals to our wider community via online clubs and phone circles where they can meet other sports fans from across the UK and perhaps join clubs from a region where they grew up or which are run by a sports club they follow.



I see our reminiscence sessions as pivotal in bringing 'J' out of his room. He would spend at least 80 percent of his time on his iPad alone, but now most days he will come out and join in the exercises too.



**Chorleywood Beaumont, Barchester**

# What we provide

## Funding support

We actively help to seek funding for our partners. This includes help with bid writing and providing supporting evidence should additional funding be required to set up Sporting Memories activities.

## Resources

Our package includes our portable Resource Centre and four sets of Replay Reminiscence cards, three Kitboxes for the keen sports fan, along with five Kitbags containing additional sets of physical activity equipment for group activities and two printed copies of our monthly *Sporting Pink*.

As well as the monthly themed *Sporting Pink* and the set of printed reminiscence *Sporting Pinks* in the Kitboxes, we provide our weekly digital activity *Sporting Pink*, which can be used either on an eNotebook or printed out to support one-to-one or group activities.

Our monthly themed session plans provide an array of ideas for a special sporting day revolving around a major sporting event and link to our monthly themed *Sporting Pink*.

## Training for staff

An online three-hour training session is delivered on a monthly basis, so that as new staff, volunteers or family members start to take part in sporting memories activities, there is always an opportunity to learn our methodologies.

## Learning zone

An online depository of our support materials and videos about reminiscing and facilitating games and other sports-themed activities.

## Learning network

Monthly online network events where staff and volunteers across the UK can share knowledge and experience and ask questions.

## Get-togethers

A chance for members and volunteers to come together online to join in fun, themed interactive events.

## Memories website and app

Our Replay Memories website is freely available on our website and on IOS or Android App to enable you to access thousands of stories that can help to trigger memories. It is also a place where members' memories can be collected and celebrated.

## Monitoring and evaluation framework

As well as the physical activity logbooks contained in the Kitboxes and Kitbags, we can provide a wider monitoring and evaluation framework which can support Care Quality Commission reporting.



## Get in touch

**To find out how your organisation can set up Sporting Memories activities, please either fill in an enquiry form on our website:**

[sportingmemories.uk/care-home-model](https://sportingmemories.uk/care-home-model)

**or email us at:**

[admin@sportingmemories.uk](mailto:admin@sportingmemories.uk)

We will get back to you as soon as possible and we look forward to working with you.



Sporting Memories is a NAPA recognised supplier

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[www.sportingmemories.uk](https://www.sportingmemories.uk)