



NAPA

GO FOR GOLD

2012 challenge

Celebrating 2012 and beyond with the care sector

NAPA's 2012 Challenge is called **Go For Gold.**

Building on the excitement of 2012 – the Olympic Year – we challenge residents and staff in the older peoples care sector to increase their physical activity levels not just for the week of the competition but over a period of time.

What is the Go for Gold 2012 Challenge?

Go for Gold offers a choice of 5 physical activity challenges. Participants can do just one element or have a go at all of them.

- The Try-athlon Challenge –choose from a range of 6 simple physical activities. For example, you could choose to do a 50m aided walk, wool winding or bicep curls with baked bean tins. Competitors can do just one or train for 3 to be in with a chance of winning the national Try –athlon Gold medal.
- The Games Challenge – active games events in later life might include skittles, carpet golf or shove ha'penny.
- The Dance With Me Challenge – tripping the light fantastic any way you can.
- The Walk With Me Challenge- accumulate steps and miles indoors or out.
- Your own physical activity Challenge – creating your own challenge events that will get people moving.

Major prizes and medals are on offer for each section.



At NAPA we know that residents can really enjoy being competitive and will rise to a challenge. This time we are encouraging you to 'train' for the events, not only to promote more physical activity, but as a motivator to get everyone involved.

We also hope that you will enlist the community to support your efforts. Get the Mayor along or a local sporting personality. Ask your local Physio, OT or Leisure Centre to provide advice on training. Get relatives to help with training too. The possibilities are endless.

Available from 31st March 2012

For all the details and lots of helpful ideas download a Go for Gold 2012 Challenge Resource Pack from www.napa-activities.co.uk or for a hard copy email info@napa-activities.co.uk or call 0207 078 9375

Go for Gold – Key dates

Spring 2012 – Launch of the Go For Gold 2012 Challenge

April to June 2012 – Go For Gold 2012 Challenge preparation and training period begins

Sunday 1st July to Sunday 8th July – Challenge Week

Wednesday July 4th – Go For Gold the UK wide Try-athlon Challenge day

25th September – Celebration Gala in London for all winners and guests from the care sector

October to December: Celebrations and dissemination activities in England and Scotland

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Barchester is our main sponsor. We also have active support from:

AGILE (Physiotherapists working with older people)
Age Cymru
Age Scotland
College of Occupational Therapy
English Community Care Association
Extend
Later Life Training
My Home Life Wales
National Care Forum
NHS Health Scotland
Physical Activity and Health Alliance (Scotland)
Scottish Care Inspectorate
Scottish Government
Vida Wellness
ReVitalyz
Bupa Care Homes



Over the past 8 years we have carefully selected and sourced a comprehensive range of affordable quality activity resources and materials that encourage stimulating and enjoyable activities for residents in care settings. For more information, please visit www.consortiumcare.co.uk or alternatively call 08453 668822 for a copy of our latest catalogue.

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Further information from the Go For Gold 2012 Challenge partners

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