



GOLDEN GAMES



YOUR GUIDE TO GOLDEN GAMES



LET'S GET MOVING

TAKING PART

DISCLAIMER



You're performing the exercises, sport and activity suggested and linked from this guide and the Golden Games Guide Activity Pack at your own risk.

Whilst taking part in physical activity and sport, participants should ensure they take part at a level which is appropriate to them and their health, and are responsible for ensuring they check the credentials and health and safety requirements for each activity. It is recommended that participants follow the Chief Medical Officers' Guidelines for physical activity. Participants will choose to utilise these links and take part in activities at their own risk.

If you're unsure about your ability, it might be wise to start gradually and build up. Please feel free to refer to our Physical Activity Guidelines when determining the level of activity appropriate to you.

Make sure you warm up and cool down to prevent injury, and make sure you keep hydrated.

Stop the exercises immediately if you feel faint or unwell, and if you still feel dizzy or unwell have a rest. Next time try something less strenuous, building up your activity gradually.



Physical Activity Guidelines
[www.active-together.org/
movingmore](http://www.active-together.org/movingmore)



QR CODES

Alongside web address, throughout this guide you will find QR codes like the below. Using a camera on your mobile device, hover over these codes and follow the link which will direct you to the relevant webpage for more information.

They look like this!



www.active-together.org



ACCESSIBILITY

Active Together is fully committed to accessibility in all of our services.

If you require resources in an alternative version or language, please contact us.



For more information, please visit:
www.active-together.org/accessibility



CONTACT US

For any questions regarding Golden Games resources, funding, or support with delivering the Games, you should contact your relevant Local Authority Physical Activity and Health team.

You can do that here:



Contact your team:

[www.active-together.org/
yourlocalteam](http://www.active-together.org/yourlocalteam)

For any questions regarding the Golden Games pledge or further support required, please contact Jess Hazell at Active Together:

01509 467486

j.hazell@active-together.org



WELCOME TO GOLDEN GAMES



Golden Games is an activity programme combining traditional games with physical activity. Every move enables better strength, stamina, skill and suppleness through simple and fun group or individual activities.

GOLDEN GAMES MISSION

- 1 The first is to **increase physical activity** which will:
 - Help people feel and function better and regain confidence;
 - Prevent or delay the onset of dementia, disability and frailty.
- 2 The second is to **increase healthy life expectancy** and **increase independence**.
- 3 The third is to **reduce the need for health and social care**.

BENEFITS OF GOLDEN GAMES

LET'S
GET
MOVING

Opportunities to try something new in a safe and supportive environment

Builds new friendships

Provides achievable, fun and inclusive activities

Fits into your regular programmes and settings

Increases motivation to move more

Improves physical health - skill, strength, stamina, suppleness

Improves mental health - positivity, engagement, connection

Improves independence and quality of life

A GOLDEN GAMES BAG INCLUDES:

- Your Guide to Golden Games [this guide!]
- Golden Games Activity Pack
- Home Exercise Booklet
- Active Monopoly
- Activity Bingo
- Dance for Days playlists
- Activity Tracker
- Versus Arthritis Let's Move with Leon DVD and Keep Moving booklet
- Falls Proof stickers
- Giant Tic Tac Toe
- Core Sliders
- Ring Toss set
- Pétanque
- Inflatable ball & pump
- Resistance bands
- Stress balls
- Invitation cards
- Golden Games bookmarks

This guide will provide you with information about Golden Games and links for further support.

For information and instructions around how to play each game, please refer to the Golden Games Activity Pack.

You should adapt the rules of each game to the needs of the group.

You can also visit our website for more information on Golden Games, or to download this guide for free:



Golden Games:
www.active-together.org/goldengames



PHYSICAL ACTIVITY FOR OLDER ADULTS

HOW MUCH PHYSICAL ACTIVITY SHOULD OLDER ADULTS BE DOING?

Older adults (ages 65+) should aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation. **Aim for strength and balance activities on 2 days a week.**



3 TOP TIPS TO SHARE WITH OLDER ADULTS

LET'S

GET

MOVING

1



Move more - try to avoid long periods of inactivity. Remember, every move enables more.

2



Activities for daily living - most movement can support the fundamental skills required for independence.

3



Physical activity is safe - If you have a long-term health condition, it is safe to be active. Adapt activities to do what's right for you on that day.

GOLDEN GAMES PLEDGE

WHAT IS THE PLEDGE?

The Golden Games pledge is an opportunity to 'pledge' your commitment to the wellbeing of your residents and participants by:

- Regularly delivering Golden Games sessions
- Identifying a dedicated person to coordinate the delivery of Golden Games
- Updating us every couple of months on how you are getting on

By signing the pledge and completing the above, you will become an accredited Golden Games provider.

Accreditation can be achieved after 6 months of first receiving a Golden Games bag.

It is an opportunity for you to take ownership of delivering regular fun and inclusive physical activity to your participants and residents, and to share your activity journey with us.

WHO IS IT FOR?

All organisations that sign up to Golden Games are strongly encouraged to commit to the Golden Games pledge.

WHAT ARE THE BENEFITS?

Achieving Golden Games accreditation means your group / organisation will receive:

- Recognition on the Active Together website;
- Golden Games Let's Get Moving certificate;
- Golden Games pledge badge to display and include on your own website / literature.

Golden Games accreditation is valid for 12 months, at which point it can be renewed if the 3 requirements are still being met.



EXTRA RESOURCES

IN THIS BAG YOU
WILL ALSO FIND...

INVITATION CARDS

Designed with space to be personalised. Invite individuals, residents, groups, friends, family and staff to take part in a Golden Games session - this personal touch goes a long way to motivate someone to move a little more.



BOOKMARKS

LET'S
GET
MOVING

Share this bookmark with Golden Games participants and help encourage individuals to get active in ways right for them.

Please contact Jess Hazell:

j.hazell@active-together.org | 01509 467486
to request more of these resources.

MAKE THE MOST OF EXISTING RESOURCES!

From information and advice to help with being more physically active to follow-along videos, there are many fantastic resources available to you. Many of these resources can be downloaded and printed off. Contact us for further support or additional accessibility requirements.

WE ARE UNDEFEATABLE

WE ARE
UNDEFEATABLE

We Are Undefeatable work with the 15 leading UK health and social care charities to support people living with a long-term health condition to get active, in ways right for them. Plus, their YouTube channel hosts hundreds of inspirational Champion stories, follow-along activity videos, and information webinars.



www.weareundefeatable.co.uk

LIVE LONGER BETTER

LIVE LONGER BETTER

The revolution to help people to live better for longer by increasing healthy life expectancy and independence. Visit their online library which contains the knowledge needed to reduce the risk of disability, frailty, dementia and dependence on other people.



www.livelongerbetter.uk

CARER'S ACTIVE HUB

 **carersUK**
making life better for carers

The hub offers support with overcoming barriers carers may experience to getting active such as lack of time or energy. You can access a series of short video workouts and bitesize functional exercises that feature real carers and instructors. Alongside inspirational carer's stories, expert advice and activity ideas, there's plenty to choose from, so let's get moving!



www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/

ACTIVE TOGETHER

 **ACTIVE
TOGETHER**

Visit Active Together's Active Older Adults webpage for local activity opportunities, information about our referral programmes, and how to stay active at home.



www.active-together.org

RICHMOND GROUP

WHO ARE THEY?

A coalition of the 12 leading UK health and social care charities, working to support the 15 million people living with long-term health conditions that they represent.

Partners include: Age UK, Rethink Mental Illness, Royal Voluntary Service, Stroke Association, Alzheimer's Society, Versus Arthritis, Asthma and Lung UK, Breast Cancer Now, British Heart Foundation, British Red Cross, Diabetes UK, Macmillan Cancer Support.

The
Richmond
Group
of **Charities**



MOVEMENT FOR ALL

PHYSICAL ACTIVITY PROGRAMME

Movement for All is a coalition of The Richmond Group of Charities and Sport England, also working alongside Activity Alliance, MS Society, Mind and Parkinson's UK. Together they have produced several resources to support people with long-term conditions to become more physically active in ways right for them, including:

- Physical activity and long-term health conditions resource packs;
- Charity insight reports and resources for specific conditions;
- Make Your Move physical activity videos.



You can find all the packs and resources here:
www.richmondgroupofcharities.org.uk/movement-all-our-physical-activity-programme



WE HOPE YOU ENJOY YOUR GOLDEN GAMES BAG

EVERY MOVE ENABLES MORE!

Active Together are here to support all groups and individuals to be active and move more. Please visit our website for more information on local physical activity opportunities:



www.active-together.org



CAN YOU MAKE UP YOUR OWN GAMES?

Golden Games resources are intended to be adaptable to all abilities and environments – there are no limits on how or where you play.

We challenge you to design your own games or put an active twist on a classic game using your Golden Games resources.

We'd love to see your creations!
Send photos of your group getting active to Jess Hazell:

j.hazell@active-together.org

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