

# Move It Week in 2011

## What did we get up to?



### Move It Week sponsored walk in Essex

“We enjoyed a sponsored walk as part of the MEND Move It Week. We also designed a new MEND 5-7 banner”

**Deborah Hart, MEND programme manager, Essex**



### Move It Week Olympics at the New Scene Youth Centre in Western Cheshire

“MEND Western Cheshire held a MEND Move It Week event with an Olympics theme. We invited all current and past families to join us at our local Youth Centre and park for lots of fun activities including foam javelin and rubber discus throwing, mini hurdle races and target games.



Cycling Projects also supported our event and provided a range of bikes for families to complete our MEND mile challenge. Despite the rain families

still came and had a fantastic, fun time getting fitter, happier and healthier!”

**Susan Roscoe, MEND programme manager, Western Cheshire**

## Move It Week Nordic Walking in Oldham

“MEND families in Oldham took part in a different activity every night during Move It Week and had as many as three activities to choose from some nights! We invited families to take part in wall climbing, family aqua-cise, MEND 5-7 Zumba, netball, Nordic walking, water games in the pool, trampolining, bike rides and family Zumba on the Saturday.



“Nordic Walking took place despite the rain and those that braved the weather decided to climb to the top of Pots and Pans. It took us over three hours from start to finish but it was an amazing achievement!”

***Adele Stanton, MEND programme assistant, Oldham***

## Move It Week Decathlon in Swansea

“Throughout Move It Week we provided a series of events that gave children and adults the opportunity to try a range of sports and physical activities, while also advertising free local facilities that families could enjoy together.

The events we ran included a family fun event, a mini Decathlon, a dance festival, a cycling club launch, a triathlon and mini golf.”

***Paul Whapam, MEND programme manager, Swansea***



## Healthy family fun at the Kirkleatham museum in Redcar and Cleveland

We held an orienteering event at Kirkleatham Museum for MEND Move It Week. All past and present MEND families were invited. There was a signed Middlesbrough Football shirt up for grabs for the fastest time around the course. The event was supported by CLOK Orienteering club, Family Services, Middlesbrough Football Club, South Tees Care Trust and Saltburn Sainsburys.”



“Our VIP Guests were Ricky Stevenson, middle distance runner who in 2008 ran the fastest mile for U23 in Europe and Russ Best who is an up and coming middle distance runner. A fun family MEND friendly time was had by all.”

***Danielle Oliver, MEND programme manager, Redcar and Cleveland***

## A four day Olympic themed event took place in East Ayrshire during Move It Week

“MEND graduates and their siblings attended a variety of activities as part of MEND Move It Week. The children enjoyed a range of activities including tae kwon do, judo, athletics, badminton and weightlifting as part of a fun-filled Olympic themed four days. Parent and carers also had the opportunity to attend a self defence session, Zumbatonic and a family treasure hunt. On the final day families enjoyed taking part in a family playtime Olympic themed day.”

**Lesley Fowler, MEND programme manager, East Ayrshire**



“The kids really enjoyed themselves this week. They have tried a range of different activities which they would not have done had they not been at the Move It Week event. It has been an excellent start to the summer”.

**Melanie, MEND parent**

