

My Pocket Case Study:

Good Practice in Co-production in Aberdeen

Trained volunteers providing TechnoGym sessions at the Community Centre in Dyce

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Which of the four Co's is this about –
co-commissioning, co-design, co-delivery or co-assessment?



Which service users and local communities are co-producing with which public services?

Since 2015, volunteers have been running a number of weekly TechnoGym sessions from the Community Centre in Dyce. Technogym is a set of gym equipment which has been designed with the older adult (or the physically restricted adult) in mind. Most of the pieces of equipment are seated and each piece allows the user to work on a different muscle group (ten pieces in total). The equipment is built with hydraulics rather than weights which means that the user is using their own body weight rather than additional weights.

The set up and delivery of these sessions requires the Local Authority Wellbeing Team, Dyce Community Association and local volunteers to work together to provide and service the gym equipment, undertake advertising, administration and necessary training.

How are they improving services and outcomes?

The TechnoGym sessions enable local people to access affordable and appropriate exercise in a safe and supervised environment and to build community capacity.

The volunteer leader of each session welcomes the participants, leads the warm up and cool down exercises, and times the use of each piece of equipment. They also supervise the participants as they move from one piece of equipment to another and provide any guidance or support needed. They also supervise the participants whilst using each

individual piece of equipment and offer advice as necessary. Finally the volunteer leader records the attendance and monies taken.

What difference has it made? E.g. improved services, better outcomes, savings.

- *Health benefits from the regular strengthening exercises.*
- *Tackling isolation.*
- *Delivering this in a low cost way.*

There are seven TechnoGym sessions with ten participants in each session, running on a weekly basis in Dyce. There is now a waiting list for places. All the sessions are for older adults aged 65 and over living in the local community. Almost all of the participants live in their own homes, but there is one participant who lives in a care home.

The ongoing maintenance costs of the gym equipment is met by the Wellbeing Team (AH&SCP), with participants paying a £1 fee per session which goes to the Community Centre Committee and is used to contribute to a fresh water dispenser in the TechnoGym room.

As well as the physical benefits which the regular use of strengthening exercise can bring, many of the participants consider the social benefits of the class equally as important as the physical benefits. It also gives the volunteers a sense of wellbeing as they are giving back to the community in a positive and rewarding way.

