

Social Story™

All Abilities Move Your Body
to Stay On Your Feet®

**STAY ON
YOUR FEET®**

Move Improve Remove





Guidelines

A social story™ uses storytelling techniques to explain new experiences and environments. Anyone who is nervous when attending a place or event for the first time may benefit from access to a social story.

We recommend you follow these guidelines.

- Read the social story preferably two weeks in advance of visit.
- If reading to someone, help the person to understand key points.
- Once the visit has taken place, re-read the social story to celebrate achievements.



Participating in an outdoor fitness class could be enjoyable.



The classes are part of a project called 'All Abilities Move Your Body to Stay on Your Feet'.



The classes are designed to be inclusive and welcoming, ensuring everyone can have fun while learning to strengthen muscles and improve balance.

The target age group are people 60 years and older. But if some people are younger and want to join in, this is ok.



The classes will showcase outdoor exercise equipment available in Mandurah.

The classes will be led by an experienced instructor who knows how to make everyone feel included, no matter their fitness level or skill.



The classes will be run on
Thursdays between 9.30am to
11am during March through to May.

The first class will be on Thursday
14 March and the last class will be
Thursday 9 May.



The classes will be held at three different parks in Mandurah.

1. Eros Place Reserve (Mandurah Surf Life Saving Club), San Remo
2. Novara Reserve, 53 Dampier Avenue, Falcon
3. Keith Holmes Reserve, The Lido Mandurah



I can find all the dates and details about the 'All Abilities Move Your Body to Stay on Your Feet' classes on the City's website.



This is a photo of Eros Place Reserve.

Alongside the exercise equipment, there's plenty of shade available, perfect for unwinding and enjoying morning tea after class!



This is a photo of Novara Reserve.

There are lots of areas to sit down
before and after the class.



This is a photo of some of the exercise equipment at Keith Holmes Reserve.



I will take a drink bottle, a towel and wear comfortable clothes and shoes.

I will wear a hat, sunglasses and sunscreen to stay safe from the sun.



At the start of the classes, I will be asked to sign an attendance sheet.

This is so that the instructor can see how many people attended the class.

With my consent, it s ok if someone else signs on my behalf.



Before the class begins the instructor will say hello and provide instructions on what to do.

I will try and listen.



The instructor will talk to the class about the importance of improving strength and balance to reduce the risk of having a fall.

I might learn something new.



At the start of the class the instructor will show me how to do warm up exercises and stretches.



The exercise class will go for 45 minutes. I will get to use the exercise equipment.

If I can't use the equipment, the instructor will show me how to do other exercise and stretches.



After some warm-down exercises there will be a fun quiz to do.



Before this activity ends, there will be healthy snacks for everyone to share.

If I want to, I can have something to eat.



Sometimes, the exercise class and other activities might get noisy. It could be because people are talking and having fun, or there might be music playing.

If it's too loud for me, I can wear headphones or take a break in a quiet area away from the group.



All class locations have nearby parking, including ACROD bays at each park.

I can park in an ACROD bay if I have an ACROD parking permit.



There is easy access from the car park to the exercise equipment at each park.

There is a short distance from the car park to the exercise equipment at Novara Reserve.



Each park has a toilet facility including a wheelchair accessible toilet.



Each park offers shaded seating areas where I can take a break or simply relax after the exercise session.



A communication board has been designed to assist people with communication challenges during the classes.

I can download a copy from the City of Mandurah's website, and there will also be one available at each session.



If I attend the 'All Abilities Move Your Body to Stay on Your Feet' classes, I might have fun and learn something new.

Attending the classes might help me stay healthy and fit so I can keep doing what I enjoy.

If you are unsure of your ability to participate in the fitness class, please speak to a GP or health professional prior to the session.

Contact

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Mandurah.wa.gov.au

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If you need help to speak or listen on the phone
you can use the National Relay Service on
1300 555 727

For more information visit: relayservice.gov.au



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