

Case study

Pembrokeshire Weighlifting Federation

At Strength Academy Wales I am joined by 20 volunteers and we provide the Pembrokeshire community with inclusive opportunities to improve their health, fitness, wellbeing and activities to combat isolation. We provide opportunities to take part in Sports Conditioning, Disability Powerlifting, competitive Weightlifting, Fitness activities, Special Olympic Sport and wellbeing referral programmes. Everyone is welcome regardless of age or background.

In March, we closed our facility and activities due to the Coronavirus and supported our members and their families by:

- Freezing club memberships
 - Providing gym equipment to over 50 members and their families to enable them to continue exercising. This includes lending to everyone from beginners to competitive weightlifters; youth members to those 70+ (and one in their 90s)
 - setting up weekly online training sessions for competitive weightlifters, aiding them to stay focused and keep a team ethos
 - providing free online fitness workouts for members, their families and friends of all ages and abilities that can be done without equipment and posting workouts on social media
 - working with Pembrokeshire's Wellness advisor Rachel Williams to provide access to a bank of wellness videos providing strategies to cope in stressful times
- Over the next few weeks, we will be planning and filming a bank of professionally edited videos for Senior Citizens and wheelchair users, which will continue to be used even after lockdown.

One member we have supported is 91-year-old Val Coleman who has been taking part in our online Age Well sessions. We provided Val with a concept rowing machine so that she could continue exercising. Val recently broke the World record in the 90-99 age range category for 1k. Val is a member of one of the Pembrokeshire sports clubs we work closely with, Fishguard & Goodwick Jemima Rowing Club.

Well done, Val!

