

# LEARN MORE ABOUT...

# SMILE



## So Much Improvement with a Little Exercise

S.M.I.L.E is a campaign aiming to assist older residents of the Royal Borough of Windsor and Maidenhead to stay fit and healthy, whilst encouraging opportunities for volunteering, socialising, and reducing isolation.

The S.M.I.L.E programme was created to promote physical activity sessions covering as many pockets of the Royal Borough of Windsor and Maidenhead in community village halls, libraries, day centres and local Leisure Centres. It is designed to deliver physical activity sessions to residents of the Royal Borough of Windsor and Maidenhead who are over the age of 50+, whilst encouraging opportunities for volunteering socialising and reducing isolation.

Windsor and Maidenhead SMILE Club gained Charity status in May 2013, supporting 34 SMILE classes a week in partnership with the Royal Borough of Windsor and Maidenhead. S.M.I.L.E offers a range of activities from seated exercise to standing aerobics, walks, short tennis, short mat bowls, table tennis, boccia and Kurling. There is a S.M.I.L.E session for everyone. We provide for those who are looking for a more robust exercise and those who would prefer to stay seated. S.M.I.L.E is a friendly and sociable atmosphere, it is also a good way to meet other people in a safe and caring environment to make friends and have a cup of tea and a biscuit, after the sessions.

We strive to bring people into the community who may feel isolated at home.

## Impact of Covid-19

The impact that the coronavirus has had on SMILE sessions since the lockdown measures were announced by the government was that all classes ceased with immediate effect, the initial impact of this will see an increase in pre-existing and new health conditions, a rise in inactivity, weight gain, increase in isolation with people staying in their homes, loss of confidence when restrictions lift to go out and continue with normal day to day activities.