



ROC Active

Torbay



About ROC Active

ROC Active is a fun and inclusive community-based day service.

We are based at Torbay Leisure Centre in Paignton, Devon and offer a range of sports and activities, as well as health and fitness education. We support and inspire people with disabilities to participate in sport without barriers. We focus on people's ability, not disability, and help them to achieve their goals. We offer an informed choice to create SMART, healthy, person centred outcomes.



The fully equipped gym provides a safe place to improve fitness, strength and work towards goals. Each person has their own personalised gym programme, which is tailored to match their ability, goals and preferences.

Our fully qualified staff will record each person's progress in the gym and also complete a body analysis bimonthly to monitor weight, BMI & muscle/fat percentage. This enables us to help them achieve their goals and ensures each person's gym programme reflects their full potential.

People also get the chance to take part in fun and exciting challenges which lead to certificates, medals and mini trophies.

We also offer the opportunity to participate in Zumba and other fitness classes.

“ROC Active has really helped me feel confident in accessing my local community sports centre!

Lucy

Multi-sports

Our multi-sports sessions provide a fun and safe environment to learn and practise skills. We offer a huge range of sports & activities, coached by our dedicated ROC Active team, and all are fully adaptable, inclusive and reflect the group's ability.

We are lucky enough to be based close to a lovely beach and coastal paths so this is a great option in the

summer to improve fitness through walking or cycling. We also have access to Torbay's Velopark which has a range of bikes, recumbent bikes, trikes and adaptable accessories.

The people we support have the opportunity to take part in tournaments, work shops, internal and external competitions.



Football

Our ROC Active football sessions are very popular and are led by fully qualified football coaches.

We cater for all abilities to ensure inclusion throughout our sessions, which are aimed at improving agility, balance and co-ordination, as well as improving ball control, passing and shooting skills.

We also provide the opportunity to join our ROC Active football team, which plays in the Devon FA Ability Counts Football league and internal ROC Active tournaments each year.

Learning opportunities are also provided and we can support people to complete several football qualifications.

“ I love the staff at ROC Active, they make me laugh every day. Sessions are fun and interesting. My favourite sport is badminton.

Becky



Swimming



Our swimming sessions are a great way to improve fitness and stamina whilst having fun. People have full use of the swimming pool and health suite; which includes a Jacuzzi, steam room and sauna. Staff will swim or work pool-side to support and encourage each swimmer. Aqua Aerobic classes are also available as part of our swimming sessions.

People have the option to start a swim challenge which enables them to achieve certificates, medals and mini trophies and make progress, as well as improving their fitness in the pool. Another option is water safety training, which is a fun way to learn about being safe in the water and practise new skills.

ROC Active also offer the opportunity to participate in swimming events, both internally and externally.



What else does ROC Active offer?

Healthy Me Week

A fun and interactive week of workshops organised by ROC Active to provide a better understanding of a healthy diet and lifestyle. People get the chance to make their own smoothie, as well as take part in activities.

Body Analysis

Every two months we use our specialist machine to collect data and study patterns and trends. We record weight, BMI, Body Fat Percentage, Muscle Percentage and Visceral Fat. This helps motivate the people we support to achieve their goals and set new ones.

Healthy Eating Challenge

This challenge revolves around lunch time. People who choose to take part get awarded points based on how healthy their lunches are. The points then build up towards certificates, medals and mini trophies.

Events and fundraisers

Each year we take part in fundraisers for Sports Relief, Children in Need and local charities.

Skills and Wellbeing Newsletter and Performer of the Month

Our Skills and Wellbeing newsletter is published twice a year, updating you on everything that has been happening, as well as upcoming events and wellbeing tips. The Performer of the Month gets featured in our newsletter and is someone who has stood out for working extra hard or achieving a goal.



Contact information

Bobby Singh – Team Leader
skills.devon@unitedresponse.org.uk
01803 550 018 / 07889 173 959

Based at:

Torbay Leisure Centre
Paignton
TQ4 5JR

ROC Active is part of the national charity United Response. For more information about what we do, go to: www.unitedresponse.org.uk

Registered charity no. 265249

