



Let It Glow Introduction

Let It Glow was introduced to Kilton View Day Service in 2017 and has featured at the LD Conference and Nursing Conference with a fantastic response from all who experience the session. Let It Glow involves a fitness routine in the dark with dance music and glow sticks. It's a high impact session and can be catered to individual need. Kilton View is a day service for adults with profound and multiple learning disabilities and we are often striving to find new and innovating ideas for the service users to be actively involved in. The idea to introduce the session was generated from a health care assistant that had attended a Let It Glow Session by Karen Winspear. Karen is a trained fitness instructor and has also had training in Autism, Karen has fully adapted our sessions and is a welcome visitor every month.



Staff Benefits

- Increased interactions with the people we care for.
- Promotion of physical and psychological wellbeing.

Physical Benefits for Service Users

- Increase movement of joints and muscles through movement of the body to the music.
 - Increase in chest expansion through laughter
- Benefit's for Staff.

Social Benefits for Service Users

- Inclusion in a fun and stimulating keep fit activity
 - Introduction of diverse sound and vibration of the music.
- Introduction of new movements with lights and glow sticks.
- Social Inclusion - Two service users now accessing regular classes in the community.
- Intense interaction with staff.