



Together Fund

Phase 4 Case Study



Outcomes

- Improved mental health
- Increased physical activity.
- Improved depth and width of friendships.
- Increased available free resources, podcast and activity sheets.
- Improved perceived community connection



"The funding we received from the Together Fund has helped us enormously, predominantly in terms of greater community connections."

Impact

The Armchair Adventures project successfully engaged older adults and people with long-term health conditions in physical activity through creative movement. Made By Mortals established greater community connections and provided accessible resources for physical activity.

Individuals who attended the creative sessions reported improved mental and physical health. They enjoyed the sessions and found it to be a fun way to engage in physical activity. Dipak Dristi Social Group, in particular, were vocal about ways in which they could engage with their grandchildren to move more together.

The project helped Made By Mortals establish greater community connections with various groups and partners, including Tameside Council and GreaterSport team. They were able to facilitate sessions in English and Gujarati, removing barriers for the community.

Purpose

Made By Mortals is a Manchester-based theatre company that creates new and innovative work with communities.

With funding from the Together Fund, they launched Armchair Adventures, a project aimed at engaging older adults and people with long-term health conditions in physical activity through drama and imagination.

Made By Mortals worked with various community groups, including Hearts and Minds over-60's weekly sessions, Age UK Tameside, and Dipak Dristi Social Group, to deliver facilitated development sessions. These sessions were designed to engage participants in creative movement through drama and imagination.



Tameside



"I enjoyed the session – doing the activities made me feel like a child again. It was nice to talk about the stories of what I used to do when I was young."