

Special Olympics UAE

Healthy Communities monthly meeting

September 8th, 2020



Special Olympics
United Arab Emirates



SO UAE programs during COVID-19 Pandemic

Stay Fit & Active



Fitness Programs:

- Ramadan Olympics challenge
- Virtual unified program
- Virtual sports challenge
- Step Unified

Stay Sound & Healthy



Health & Wellbeing

- Family Forum Series
- Family Support Program
- Soul Gardening

Stay Educated



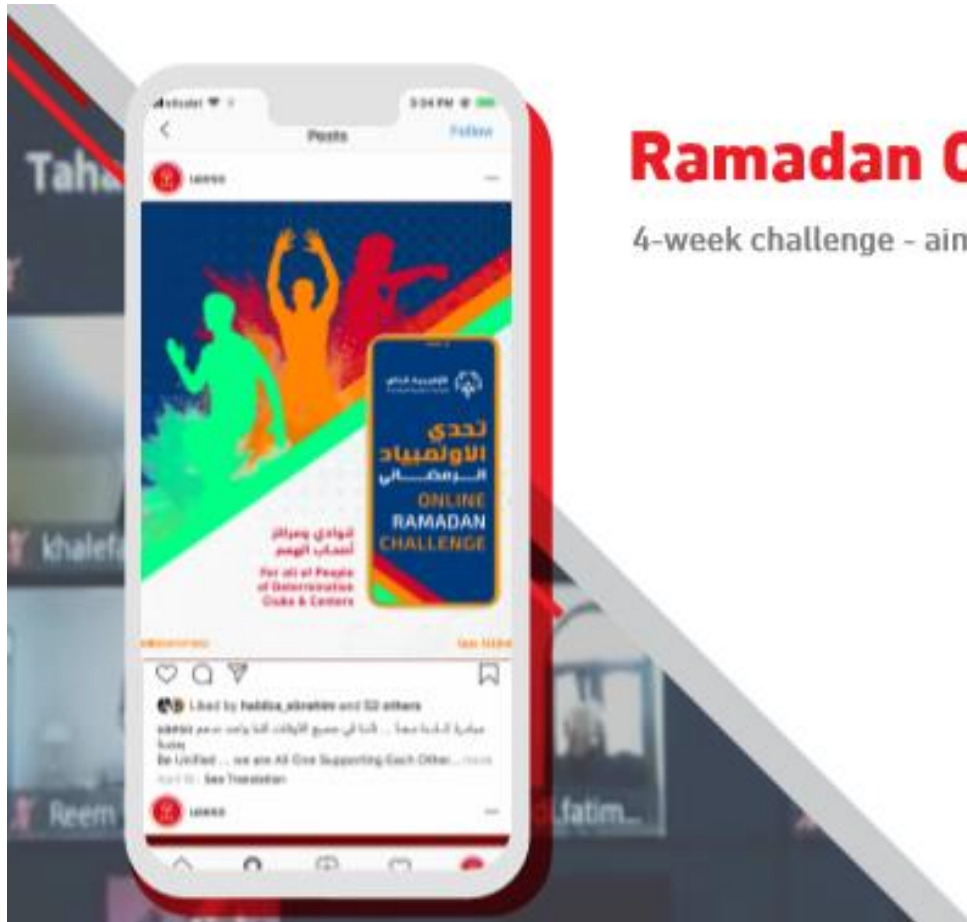
Online Trainings:

- Health Messenger
- Coaches Training

Stay Fit & Active



RAMADAN FITNESS CHALLENGE



Ramadan Olympics Challenge

4-week challenge - aims to keep the athletes active all the time

15

POD's clubs and centers
from all Emirates

350

Male and Female Participants

First week challenge:

- Jumping Jacks, duration: 45 seconds.
- March & Swing, duration: 45 seconds.
- Quick Punchs, duration: 60 seconds.

Second week challenge:

- Jog in place, duration: 90 seconds.
- Push Ups, duration: 45 seconds.
- Curl Ups, duration: 60 seconds.

Third week challenge:

- Side to Side Hop, duration: 45 seconds.
- Chair Squat, duration: 60 seconds.
- Frog Jumps, duration: 45 seconds.



جامعة نيويورك أبوظبي
NYU ABU DHABI

NEW YORK UNIVERSITY ABU DHABI Virtual Unified Program

- **NYU Abu Dhabi (NYUAD) Athletics** has launched **Virtual Unified Partners**, a virtual fitness support program, in cooperation with Special Olympics UAE. As part of the program, NYUAD student-athletes will hold **two sessions a week to train with Special Olympics athletes**.
- The initiative is designed to assist Special Olympics athletes without pre-existing support platforms **to stay engaged in sports activities and continue being active while staying home**.
- The pilot program kicked off with **16 NYUAD students** signing up to train with **17 Special Olympics athletes** aged between 9 and 32. It aims to create a rapport between NYUAD student athletes and Special Olympics athletes and encourage physical activity during the lockdown period, while also providing NYUAD's dedicated athletes with an opportunity to engage with people of determination and serve the community during this challenging time.
- The student-athletes will design each of the workout sessions, and will be assisted by NYUAD Athletics coaches to ensure they provide tailored fitness activities for each participant. The student-athletes and the Special Olympics athletes will meet for **two sessions of 30 minutes each per week**. The sessions will be conducted via video-conferencing, allowing each individual to remain home while completing the sessions.



Step Unified Challenge

For 52 years **Special Olympics** has been supporting children and adults with intellectual disabilities, to celebrate a global movement that has been changing lives and attitudes **since 1968 we will work together as a unified community to reach a goal of 52 million steps over the course of 10 days.**

participants can be part of it by running or walking to help achieve our goal of 52 million steps. Once we reach the challenge SO UAE will distribute 100 home training kits for **Special Olympics Athletes and training equipment's to 10 POD's clubs and centers in the UAE.**

Duration: 19-29 August 2020



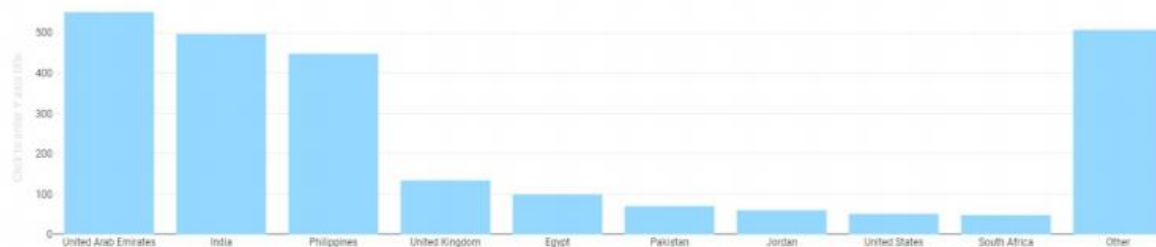


STEP UNIFIED CHALLENGE



CHALLENGE PROGRESS

Everybody who takes part
contributes to the challenges
success!



Different Nationalities Participations



60,631,811 of 52,000,000 steps

Total number
of steps
reached

60,631,811

Total
number of
Participants

2447

Total
number of
POD
Participants

484



OTHER FITNESS PROGRAMS



Name	Number of attendees
First Stage – virtual sports challenge 4x45	36
Zumba classes with SO UAE athlete Clari	>1,000



Stay Sound & Healthy



FAMILY FORUM



ملتقى الأسر
في الامم المتحدة
SPECIAL OLYMPICS UAE
FAMILY FORUM

نرحب بجميع الأسر ومقدمي الرعاية الحضور مجموعة تربية من ورش العمل التكنولوجية والمناقشات المواتية كل يوم الثلاثاء
Special Olympics UAE welcomes all families and caregivers for informative online workshops and discussions each Tuesday

اللغة الانجليزية
English Language
ساعة 4:00-5:00 PM

اللغة العربية
Arabic Language
ساعة 5:15-6:15 PM

**23/06
2020**

استراتيجيات التواصل بين
المدرسة والمنزل لضمان النجاح
عبد الله النجدي
مستشار النشاط البدني والمهارات

**Home - School Communication
Strategies:**
Tips & Tricks for Speaking with Your Child's Teacher
Hana Said
Lead Therapist, MRC-NEEE

Meeting ID
841 0045 7994

zoom

- **Autism Conference** hosted on the 18th of April in collaboration with Emirates Collage for Advanced Education – 136 participants attended.
- **Family Forum** – a series of workshops – was launched on 9th of June, every Tuesday and lasted for 5 weeks in **Arabic** and **English**.
- Topics varied between Health & Wellbeing, Education, How to manage COVID-19 situation, and how to stay motivated. Sessions will be conducted in collaboration with experts from different partners such as Mohammed Bin Rashid Center (New England), Abu Dhabi Sports Council, Healthpoint, Medcare & Applied & Behavioral Training Institute.
- Total attendees: 210 family members.



FAMILY SUPPORT PROGRAM



Partner:

Applied & Behavioral Training Institute

The purpose:

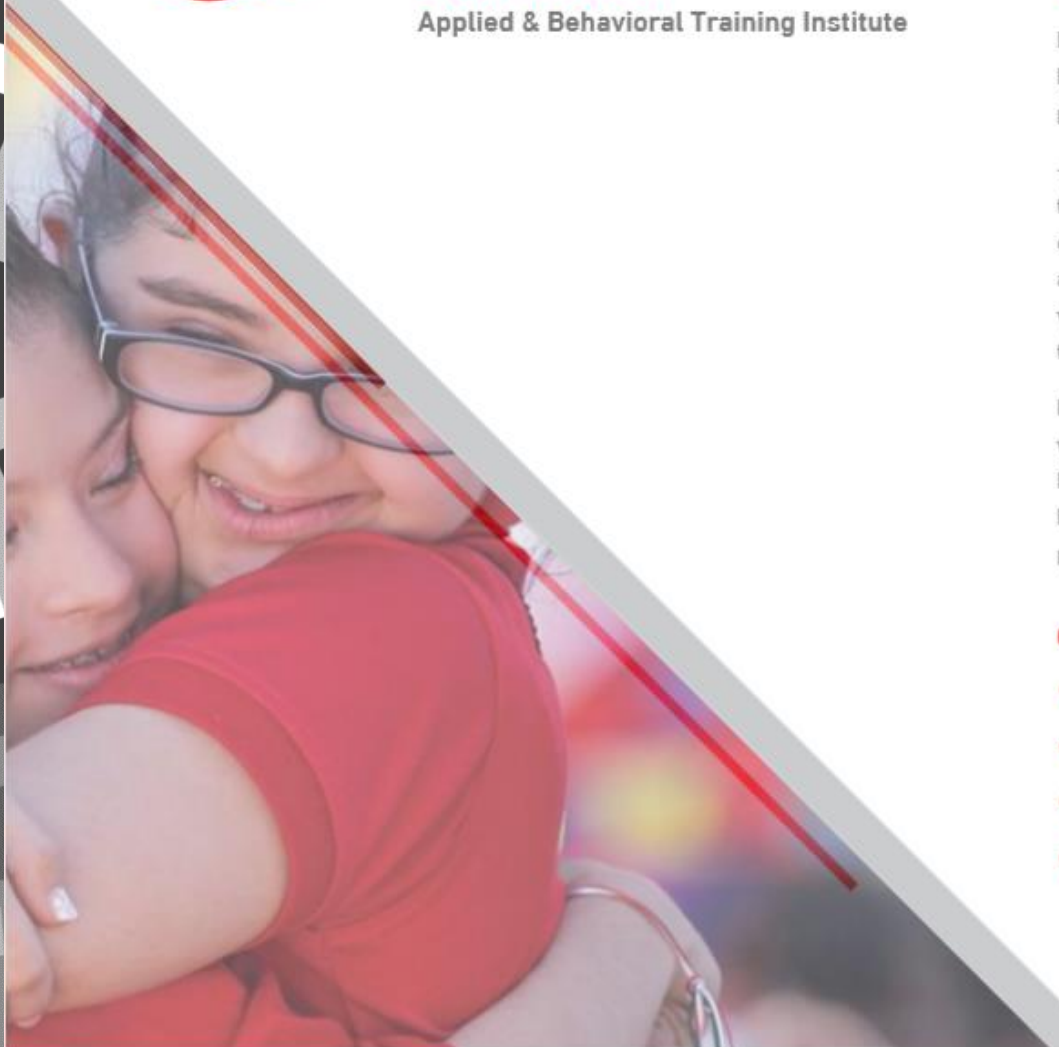
Parents of children with intellectual disabilities are extremely stressed and COVID-19 has made their emotional and mental health even more fragile. At such a time, the purpose of providing a support program like this is:

- To build Psychological flexibility with "acceptance and commitment therapy"; taking the view that trying to change difficult thoughts and feelings as a means of coping can be counter productive, but new, powerful alternatives are available, including acceptance, mindfulness, cognitive defusion, values, and committed action. Each week we will practice these alternative views and exposing the parents to strategies that can be practiced every day, anywhere at any time they choose.

Instead of just sharing, and feeling good for the moment, we will work on identifying what matters most to each parent and how they can take action steps daily toward DOING WHAT MATTERS. This program is based on the book released for this purpose by World Health Organization (WHO): "Doing what matters". <https://www.who.int/publications/i/item/9789240003927>

Current Pilot Program:

- Starting from 10th of august = Launched on 10th of August 2020
- 30 participants
- 2 professional facilitators
- After pilot, the program will be expanded to Arabic and English sessions run 2-4 times annually.





SOUL GARDENING PROGRAM



Exclusive for
their families

6 virtual workshops

Seats are limited
Participants will be receiving a certificate



60 Participants – 30 athletes & 30

Stay Educated



HEALTH MESSENGER



SO UAE health messengers underwent a 2 days workshop (prior to quarantine) and was delivered by certified coaches to develop their health awareness and public speaking skills to become healthy lifestyle advocates in the community.

Each athlete picked a health topic they are interested in and created a power point presentation about it. Athletes practiced presenting and had one-on-one sessions virtually afterwards to train on presentation.

Number of health messengers = 8





TRAININGS



Training	Audience	Number of attendees
Awareness online program for COVID-19	Coaches, Community	200
First aid CPR virtual class	Coaches	60
Increase safety of workers by training them first aid CPR	Coaches	100 15
Safe return to sports without injuries post COVID19	Coaches & Teachers	760
Sports emergency management awareness	Coaches & Teachers	51
Physical preparation for special Olympics athletes	Coaches & Teachers	1,280



MOVING FORWARD



SO UAE Health:

- **Soul-Gardening** phase 2 will run in October with a new batch to have total of 60 POD
- **Parents Support Group** will continue current sessions and will kick off Arabic sessions soon
- **Trainings** for health and fitness is ongoing
 - Unified PE Training – School teachers this month



Let me win.
But if I cannot win,
**let me be brave
in the attempt.**

- Special Olympics athlete oath