



Paris' All Move Story

Paris is 15 years old and lives in West Yorkshire, England. Paris has complex learning needs which can affect his ability to process information. Paris is already a very active young man, so All Move has been right up his street!

"All Move keeps me moving and doing things. I got to try new things. It's all been really good."



Paris loves sport and physical activity, especially horse riding, running, dog walking and generally being outside and active. Because of this, when many of his clubs were unable to continue during the pandemic, it had a negative impact on him, his carer stating, "That was a bit of a blow. . .He loves to be out with his friends, and he just wasn't able to do that." Paris himself describes the various lockdowns as "tricky" but was pleased with the All Move at Home activity pack; it gave him a new focus and helped him find other ways to stay and appreciate being active.

The pack, which includes a variety of exercises within it for people to do at home, is described by Paris as his 'favourite thing' about the challenge - he says that he will continue to use the All Move packs beyond completing the All Move marathon (which he is now very close to doing): "I have started to do things at home like the fitness activities, [such as] the planks."





The wide range of activities Paris has been able to access through All Move at his school has also been a positive, Paris' carer stating, "Having the varied activities in All Move is really helpful." All Move has allowed Paris to embrace his naturally active mindset and he has racked up hours and hours of activities, completing these at school and at home. Paris filled his All Move activity log with ease, going above and beyond with lists of activity on additional sheets of paper.

“I’m very proud of myself for keeping going and not giving up.”

His enthusiasm for the activities has led him to take on a leadership role within the project, often encouraging and inspiring his friends to do more. Paris himself says that he likes doing the activities and passing them on: “it’s been good doing these and teaching my friends to do them too. It’s nice we do it together.”

Paris is heading into Year 11 at a local comprehensive school, which provides specialist



provision for students with complex learning needs. It is here that Paris has engaged in Mencap's All Move challenge: school staff members have delivered the project across the second half of the 2020-21 academic year. Paris has taken on the All Move challenge alongside 11 peers. The school staff have engaged students in a range of activities in school time through healthy competition, and have also used All Move funds to provide unique opportunities such as circus skills. This has been engaging for an active young person like Paris, especially in light of the lockdowns that occurred over previous months: the focus of All Move came as a welcome change from the barriers created by Covid-19.