



DOMPH!

ondemand

Hello!
Delivering Content
On Demand...

In partnership with



Positively changing the impact of ageing.

Oomph! was founded to make a difference.

To make life better for older adults. As Chair of the Care Workers Charity and a Media commentator, I see how vital this is everyday. From small beginnings in Scarborough to today's nationwide team, this is what drives Oomph!

Ben Allen CEO



the
care
workers
charity



theguardian





Improving
quality
of life

Reducing
societal
impact



A full life, for life.

We're united by the unshakeable belief that everyone deserves a great life.

A quality life. A full life.

So it's our job to ensure that however old you are, you're able to live life to the full.

Whatever your passion, interest and physical ability, our team of dedicated experts work with you to enjoy it.

We have one life,
let's give it some

Oomph!

The UK's leading wellbeing business for older adults.

We enhance mental, physical and emotional wellbeing.
Through innovative exercise and activity solutions.

60,000+
Classes

1600+
Instructors

**Industry
Awards**

3 core services.

Awesome exercise classes

Upbeat exercises for all abilities, led by our trained instructors.

Creative activities

Stimulating sessions, led by our trained instructors.

Engaging days out

Days out to relevant activities & events. In our own vehicles with our trained drivers.



2 key sectors.

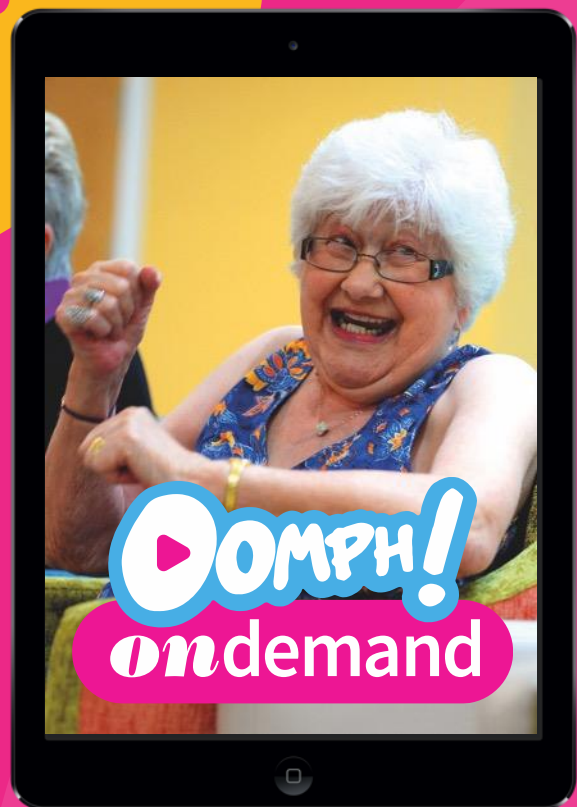
Care home wellbeing

Training and support to enable care home staff to deliver high quality exercise activity classes & days out.

Community wellbeing

Training and support to enable community services to offer high quality exercise classes.

Open up a
holistic world
of wellbeing
resources
& support



Welcome to Oomph! On Demand.

Our digital platform to flexibly access the best of our wellbeing training and content.

Created to help the care sector continue to offer outstanding support in the face of accelerated challenges and change.

2 key pillars

**Alive with
wellbeing
training
& content**

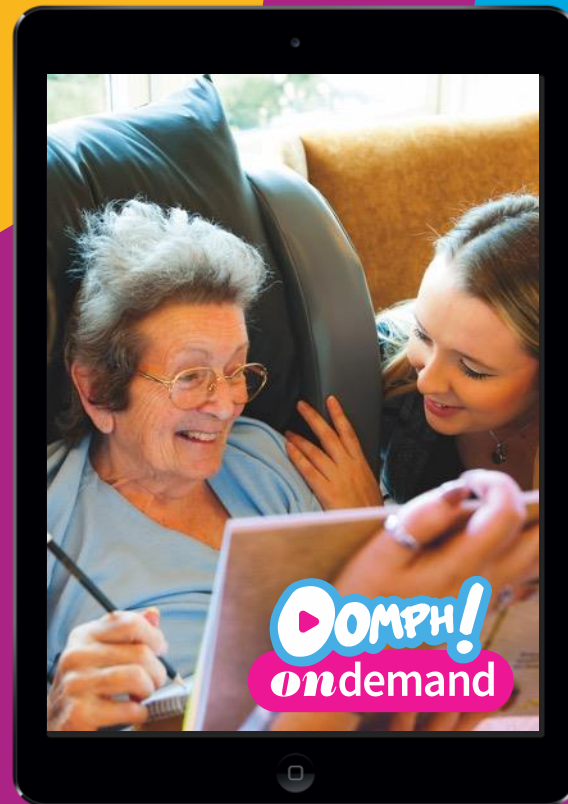
Training
on demand

Content
on demand

Activities

Exercise

Oomph! TV



Created in
partnership
with leading
associations
& experts



Stuart Wood
Music Therapist





Content On Demand

Content On Demand



Activities

A wide range of activity topics that can be tailored to your needs and will be constantly updated with new fresh thinking.



Exercise

Everything from session plans, recorded exercise classes, targeted moves, sport, relax and more...



TV

Live classes and expert content videos

At your
fingertips.
On your **terms.**
On **every device.**

24/7



**Great
value,
added
value.**

**365
support**

Always on and
always being
updated

**Measurement
& tracking**

Aid CQC
evidencing

**Complete
Flexibility**

Pick what's right
for your needs
and the needs of
your residents

On Demand video.



Let's change ageing together.

Share our values and let's make a valuable difference.

Cheerful
Compassionate
Commercial Committed
Challenging Creative



Let's talk more!

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Benjamin@oomph-wellness.org

Thanks!

Oomph!

A full life for life