

My name is John Leydon and I live at The Willows, Tremane, Co. Roscommon. Since the COVID 19 Pandemic has been in place, I have been focussing on staying as well as possible. This has included starting a physical activity Programme, making healthy snack food and participating in Complementary therapies.

Before Covid 19, I enjoyed attending the gym at the Roscommon Leisure Centre. But with the support of my key worker, I complete a circuit at Home in The Willows. This includes running and other Aerobic exercises, plus body weight exercises to work all the major muscle groups in my body.

I also enjoy participating in making some healthy snack food. I particularly enjoy making banana icecream and banana bread.

I am also learning about Complementary Therapies and am enjoying using aromatherapy oils and Reflexology.

