

“Someone Like Me” !

Peer Mentors Promoting Physical Activity with Older People

A national programme and a partnership between Ageing Well UK and the British Heart Foundation National Centre for Physical Activity and Health.

Network update 2. March 2003



department for
education and skills
creating opportunity, releasing potential, achieving excellence

Welcome to the second network update for the “Someone Like Me Project !”

This is one of a series of regular updates which will keep all those involved in the learning network up to date with the work of the programme.

In this bulletin :-

- 1. Senior Peer Mentoring and Physical Activity – what is it about ?**
- 2. Details of training events for those who wish to develop Senior Peer Mentoring programmes which include physical activity.**
- 3. Details of the British Heart Foundation National Centre Website and Senior Peer Mentoring Web pages**

1. Senior Peer Mentoring and physical activity – what is it about ?

Senior Peer Health Mentoring

The concept of the Senior Peer Health Mentor is not new; they have been in existence in the UK and in the US for some time within specific projects. However with the exception of projects developed by Age Concern, Ageing Well local programmes and current Government initiatives related to the development of mentoring have largely focused upon young people and vocational opportunities (NMN 2001). This project was designed to establish a method of working in which older people (Seniors) learn to mentor other older people in the promotion of *health enhancing physical activity*.

Involving older people in health promotion

Evidence suggests that by involving older people themselves in health education and promotional activities with their peers there is the potential to deliver a health gain in partnership with large numbers of older people. These principles are also consistent with the engagement of older people as outlined in the Department for Health National Service Framework for Older People and the Better Government for Older People Programme.

Why “Someone Like Me ?”

Older people recognize the knowledge, experience and authority of their GP in providing health information and advising on the benefits of physical activity. However, GPs are very busy people and may not always see the promotion of physical activity as a priority. Evidence from a number of surveys indicates that older people are just as likely to listen and be guided by a peer (Someone like Me !) who can display empathy, recognize barriers to activity as well as provide a positive and realistic role model.

Senior Peer Mentoring is built around the opportunities for older people to advise other older people.

Why was this project needed ?

(a) To engage and educate older people in physical activity and health promotion

- Previously established programmes to increase activity among older people focus principally upon the promotion of physical activity provision and programming.
- There is a need to increase the active involvement of older people in local programmes - a strategy that is known to be effective in physical activity promotion.
- There are few educational materials relating to physical activity and exercise aimed at the older person

(b) To further develop Peer Mentoring as a tool of health promotion

- Peer Mentoring as an established tool of health promotion has yet to address physical activity as a health-enhancing behavior.
- Inter-agency collaboration is required at a local level to deliver such a programme and there is limited evidence of such collaboration relating to older people and physical activity.

(c) To increase physical activity participation among older people.

- The low levels of physical activity among older people are well established and the health and other benefits of physical activity to older people are well established.
- There is evidence that Senior Peer Mentoring can have a positive impact upon physical activity levels

d) To explore opportunities for lifelong learning about physical activity

- Physical education ceases at the age of 16
- Adult and continuing education traditionally focuses upon leisure and sport, sport and leisure programmes continue to target young people and ignore older people
- There are no materials designed to educate older people about physical activity

The Senior Peer Physical Activity Motivator project was designed to

Use seniors (older) volunteers as an agent of health promotion, focus upon physical activity as a specific topic and explore how older people learn about physical activity and health, their local community and themselves.

What does a Senior Peer mentor do ?

A Senior Peer Mentor is someone who will help their peer group overcome ***some of the barriers to physical activity that older people face*** and move into or step up their campaign for healthy living and successful ageing. They:-

- point people in the right direction
- helping by providing appropriate information
- are someone that an older participant can talk to
- are someone who will understand things from “their point of view” .
- are someone who provides positive health promotion and a positive role model.

NB Senior Peer Mentors are not expected to give medical advice or lead physical activity, exercise or recreational classes or groups, although in many cases that is what they may go on to do following further education and training

2. Programme of training events for those who wish to develop Senior Peer Mentoring programmes which include physical activity

Based upon the previous experiences of the promotion of Senior Peer mentoring and physical activity and the "Someone Like Me !" project, the following provides details of courses that are now planned to take place in April and May 2003.

Course 1 - a two day course covering all aspects of
planning, implementing and supporting a
local senior peer mentor programme for physical activity

Who is this course for ?

These courses are designed for health and other professionals who work to promote physical activity with older people (e.g. Health improvement managers in Primary Care Trusts, development officers in local authority leisure and social services, non governmental organisations, the residential and care sector, housing wardens and exercise and health co-ordinators).

Entry requirements

These two day course are for those ***with little of no experience of training or working with senior peer mentors and volunteers*** and will cover ***all aspects of planning, organising and evaluating*** a Senior Peer Physical Activity Motivator Programme, training participants and supporting mentors as they work in the local community

No formal qualifications are required other although some experience of working with older people in a health promotion setting and promoting physical activity would be helpful although not essential.

There is no formal assessment, all participants will receive a certificate of attendance.

Course Content

Over two days - the course is divided into four sections,

- 1. Senior Peer Mentoring – planning including** - What is senior peer mentoring ? How will it work for me ? Recruiting mentors ?
- 2. Training mentors including** Mentoring and physical activity – the facts and listening and talking about physical activity
- 3. Physical activity matters including** Overcoming the barriers to physical activity - know your friends – local opportunities and getting started as a Senior Peer Mentor
- 4. Making it work including** supporting mentors - finding out - monitoring and evaluating programmes.

Course Details

Course 1 North of England - 1st and 2nd May 2003 – Convent Retreat, Chester.

Course 2 South of England - 6th and 7th May 2003 – All Saints Pastoral Centre, London Colney, Hertfordshire

Course fee including all materials, refreshments and accommodation

£175.00 (+ £30.62 VAT)

£155.00 (+ £27.12 VAT) for voluntary sector organisations

Training and development Resources

All candidates will be supplied with training materials for their own use including a *course training manual*, the “**Someone Like Me !**” guide to practice and a **Senior Peer Mentor support Pack**.

Application forms

Application forms for these courses appear at the end of this bulletin

Course 2 Training Senior Peer Mentors to motivate older people to become active

Who is this course for ?

For local professionals in health and physical activity promotion, age related bodies and the residential and care sector **who understand and have experience of the concept of mentoring and wish to undertake their own training** of Senior Peer Mentors. This one day course will focus particularly upon the specifics of physical activity with older people.

This one day course is **for those with an understanding of the concept of peer mentoring and experience of working with volunteers** who wish to undertake their own specific local training of Senior Peer Mentors with a specific focus upon physical activity.

Course Content.

The course is designed to allow participants to experience the practical components of Senior Peer Mentor Physical Activity Motivator training.

No formal qualifications are required although some experience of working with older volunteers, health promotion settings and promoting physical activity would be very helpful though not essential. There is no formal assessment, all participants will receive a certificate of attendance.

Duration of the Course

A one-day programme - 9.30 – 4.30 with a maximum of 24 participants comprising :-

1. Introduction to Senior Peer Mentoring
2. Motivating others – developing communication skills, listening and talking about physical activity
3. Physical activity matters, providing information about physical activity
4. The next steps putting mentoring into place and action planning

Course Dates and venues

South of England - 28th April
- Age Concern, Norbury, South London.

Manchester - 12th May
- Unitarian Chapel, Arndale. Manchester

Birmingham - 14th May
- British Midland Institute, Birmingham

Nottingham - 21st May
- Age Concern, Nottingham

York - 22nd May
- York Council for Voluntary Services

Course fee (including all materials and refreshments.)

£85.00 (+ £14.87 VAT)

£65.00 (+ £11.37 VAT) for voluntary sector organisations

Training and development Resources

All candidates will be supplied with training materials for their own use including a course training manual and a Senior Peer Mentor Support Pack.

Application forms for these courses appear at the end of this bulletin

Course 3. Bespoke training for individual organizations and agencies wanting to develop Senior Peer Mentoring Programmes involving physical activity

Target audience.

For those organizations and local agencies who wish to develop new programmes and with little experience of physical activity promotion and Senior Peer mentoring. This training can be specifically designed to meet local needs and delivered in local venues with Senior Peer Mentors

Further information about all training events are available from

[**bob.laventure@ntlworld.com**](mailto:bob.laventure@ntlworld.com)

3. Details of the British Heart Foundation National Centre Website and Senior Peer Mentoring Web pages

As of 1st February details and information relating to the promotion of physical activity and older people have been included at www.bhfactive.org.uk. The website includes details of the "Someone Like Me!" programme, including the practice guide and the peer mentor support packs and copies of the presentations from the York (14th January) and London (21st January) seminars. Also included at the site are other materials relating to physical activity and older people including reviews of older adults and mental health and falls prevention.

Other enquiries about peer health mentoring from :-

ActivAge Unit, Age Concern England, Astral House
1268 London Road, London, SW16 4ER

Telephone: 020 8765 7231 and

www.ageconcern.org.uk/stayingactive
LATER LIFE TRAINING LTD

DEVELOPING A SENIOR PEER MENTOR PHYSICAL ACTIVITY
MOTIVATOR PROGRAMME (***TWO DAY COURSE***)

APPLICATION FORM (please complete in full using block capitals).

1. Personal details

ForenameSurname

Position

Organisation

Address

.....

.....Postcode

Telephone Email address

2. Chosen course

Please reserve place(s) forevent at

3. Participant needs (Please specify if you have either of the following or other

Specific dietary requirements (e.g. vegetarian)

Special needs (e.g. wheelchair access, hearing loop).....

3. Fees payable – please indicate the payment category that applies to you.

• I enclose cheque to the value
(Please make cheques payable to LATER LIFE TRAINING LTD)

• Please invoice the following for my fees

Invoice name and address

.....

.....Postcode.....

SignedDate

Please send the completed form to: LATER LIFE TRAINING, 44 EGERTON GARDENS, LONDON, W13 8HQ Tel 020 8998 7672 e-mail htskelton@lineone.net

NB. Joining instructions and course materials will be sent to all participants

LATER LIFE TRAINING LTD

**SENIOR PEER MENTOR PHYSICAL ACTIVITY MOTIVATOR PROGRAMME
(ONE DAY COURSE)**

APPLICATION FORM (please complete in full using block capitals).

1. Personal details

ForenameSurname

Position

Organisation

Address

.....

.....Postcode

Telephone Email address

2. Chosen course

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.....

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W13 8HQ Tel 020 8998 7672 e-mail info@laterlifetraining.co.uk**

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