"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 1. January 2003

BHF National Centre
physical activity+health

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Welcome to the first network update for the "Someone Like Me Project !"

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

In this first bulletin :-

News of new Government funding for local mentoring programmes

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

Details of the "Someone Like Me" dissemination events.

Details of new training for those who wish to develop Senior Peer Mentoring programmes which include physical activity.

1. News of new Government funding for local mentoring programmes

On 20th January the Home Office launched details of £850,000 for Mentoring Projects.

More than half a million pounds of Government grant money is up for grabs next year to provide those excluded in the community with mentoring support, Home Office Minister, Lord Filkin, announced today.

"Groups are being encouraged to apply for a share of a new £600,000 Mentoring Capital Grant Fund (for the financial year 2003-4). At the same time, Lord Filkin announced the allocation of grants totalling £250,000 of grants under this year's (2002-3) fund.

The grants will fund mentors to work with older people, young people excluded from school, people with learning/physical disabilities and physical/mental illness, offenders and those at risk of offending, adults with young families and people from black and ethnic minorities to help them contribute to, and succeed in, society.

Mentors are volunteers who give ongoing personal support to another person. They give valuable help and guidance to those who may be vulnerable or in need, helping them to grow in confidence and ability."

How to apply

Organisations can apply for grants of up to £30,000 from the 2003/4 fund. They must show how the money will support or improve their project and how they will monitor the impact of the goods or services purchased on project delivery. The closing date for bids is 14 March 2003.

For further information on the 2003-4 fund and an application form call 0207035 5348.

Details of the funding are available at www.volcomgrants.gov.uk

Information about the Active Communities Unit can be found at www.homeoffice.gov.uk/acu.htm

Information about mentoring in general can be found at www.nmn.org.uk

To assist members of the Learning Network apply for these grants, details of the programme are being posted at www.bhfactive.org.uk including the ***"Someone Like Me!"*** Practice Guide which will provide details of how to plan your mentoring project.

Other advice can also be provided from bob.laventure@ntlworld.com

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

As of 1st February go to www.bhfactive.org.uk for details and information relating to the promotion of physical activity and older people. The website will include 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.

3. Details of the *"Someone Like Me"* dissemination events.

These two seminar events involved project and local programme partners and Senior Peer Physical Activity Mentors and were designed to disseminate the key elements of learning from the project.

Delegates received a copy of the Project Practice Guide based upon the ***10 STEPS planning process.***

Each of the events was full, reflecting the interest in this area and delegates were able to sign into the ***"Someone Like Me!"*** Learning Network and participated in a consultation exercise. The results of this exercise will be fed into the final project report and used to enhance further work. Early findings from this exercise included (not surprisingly)

How to access funding for peer mentoring programmes
Evidence of effectiveness of peer mentoring programmes
Local examples of current practice

The final project report will also posted at www.bhfactive.org.uk

4. Details of new training for those who wish to develop peer mentoring programmes which include physical activity.

In February, details of new training programmes will be announced for those who wish to train their own senior peer mentors within their own local programmes.

Based upon the previous experiences of the promotion of Senior Peer mentoring and physical activity and the "Someone Like Me !" project, the following provides an initial outline of courses that are currently being planned for the Spring of 2003.

Three different courses are currently being designed to provide choices for local programme co-ordinators to meets local needs.

Course A. Working directly with local Senior Peer Mentors.

Target audience.

For those already working with Senior Peer Mentors and volunteers but with no experience of physical activity promotion. This training will be specifically designed to meet local needs and delivered in local venues with Senior Peer Mentors

Course B. Planning a senior peer mentoring programme

Target audience

For local agencies (e.g. health promotion, local authority recreation) with no experience of training or working with senior peer mentors and volunteers. This will be a two-day residential course covering all aspects of programme planning, training and evaluation.

Course C. Training the trainers

Target audience.

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.

Specific details including dates, costings and application forms for these courses will be posted at www.bhfactive.org.uk and will also be sent as a separate update bulleting to all members of the learning network.

Further news

The next bulletin will highlight further learning from the "***Someone Like Me !*** project and in particular, the project report and the follow up of the four participating local programmes.

Enquiries and further information from bob.laventure@ntlworld.com