

***“SOMEONE LIKE ME!”***

**TRAINING SENIOR PEER MENTORS  
TO MOTIVATE OLDER PEOPLE  
TO BECOME ACTIVE**

Who are these courses 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 PCTs, 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).

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

**Who is it for?**

**SUPPORTED BY:**

**AGE CONCERN ENGLAND**

**AGEING WELL ACTIVE AGE UNIT**

**BRITISH GERIATRICS SOCIETY**

**BHF NATIONAL CENTRE FOR PHYSICAL ACTIVITY  
AND HEALTH, LOUGHBOROUGH UNIVERSITY**

**EXTEND**

**HEALTH DEVELOPMENT AGENCY**

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**INTERNATIONAL SOCIETY OF PHYSICAL ACTIVITY  
AND THE PREVENTION OF OSTEOPOROSIS, FALLS  
AND FRACTURES**

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**DEPARTMENT OF PRIMARY CARE & POPULATION  
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SERVICES FOR ELDERLY PEOPLE, UNIVERSITY  
COLLEGE & ROYAL FREE HOSPITAL, LONDON**

**PROFANE – PREVENTION OF FALLS NETWORK  
EUROPE**

**DEVELOPMENT OF THE COURSE WAS FUNDED BY  
THE DEPARTMENT OF HEALTH**

***PILOTED BY: EMPT @ LEICESTER COLLEGE***

Registered Office 1<sup>st</sup> Floor, 24/25 New Bond Street, Mayfair,  
London W1S 2RR, UK

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(Flyer Vers Jan 12)

**HEALTH PROMOTION**

**laterLife  
training.**

**ONE DAY TRAINING COURSE FOR PROFESSIONALS**

**TRAINING  
SENIOR PEER MENTORS  
TO USE PHYSICAL ACTIVITY**

**AS PART OF - “SOMEONE LIKE ME!”  
THE SENIOR PEER MENTOR  
PHYSICAL ACTIVITY MOTIVATOR PROGRAMME**

**LATER LIFE TRAINING  
MOUNTGREENAN  
BY CRIANLARICH  
PERTSHIRE FK20 8RU**

**Tel: 01838 300 310**

**e-mail: [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk)**

**Website: <http://www.laterlifetraining.co.uk>**

## SOMEONE LIKE ME.....

### Training Senior Peer Mentors to motivate older people to become active

#### What is Senior Peer Mentoring?

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
- help by providing appropriate information
- are someone that an older participant can talk to
- are someone who will understand things from "their point of view"
- provide a positive role model.

The Senior Peer Activity Motivator Programme uses physical activity as the focal point of mentoring programmes and is designed as a means of encouraging older adults of all ages to take up *regular physical activity*

**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**

#### Course Content

The course is designed to allow participants to experience the practical components of Senior Peer 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.

#### Duration of the Course

A one-day programme - 9.30 am – 4.30 pm with a maximum of 20 participants.

##### **Session A:**

*An introduction to the Senior Peer Activity Motivator Programme - What is Senior Peer Mentoring about?*

##### **Session B:**

*Motivating Others - Developing communication skills, talking, listening and understanding the barriers to physical activity*

##### **Session C:**

*Physical Activity Matters- Providing information about physical activity*

##### **Session D:**

*The next steps - Putting mentoring into practice and action planning*

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

#### Course Fee

(including all materials and refreshments)

Per candidate: £120 + VAT

Whole course: £1200 + VAT.

Concessionary prices are available for staff and voluntary workers of Age UK.

For more information about Senior Peer Mentoring and physical activity, visit [www.bhfactive.org.uk](http://www.bhfactive.org.uk) or email [bob.laventure@ntlworld.com](mailto:bob.laventure@ntlworld.com)

#### Training and Development Resources

All candidates will be supplied with CD ROM training materials for their own use including a programme planning guide, a training manual and materials, including copies of the Senior Peer Mentor Support Pack.

#### How to Apply

For an application form, please contact the Administrator, at the address overleaf or visit [www.laterlifetraining.co.uk](http://www.laterlifetraining.co.uk)

