Swimming
Walking the dog
Taking the stairs
Sex
Washing the car
Mowing the lawn

ACTIVE FOR LATER LIFE
Promoting physical activity with older people
Section 6 – Information Directory

This section provides contact details for all the agencies and organisations referred to in the Active for Later Life resource.

6.1 A – Z of organisations

6.2 International organisations

6.3 Further information and reading including…
   1. Books and reports
   2. Exercise programming for older people
   3. Selected Research papers
   4. Academic journals
   5. Policy documents
   6. Equipment and resource providers
This section provides contact details for all the agencies and organisations referred to in the *Active for Later Life* resource.

**KEY**

| EQU | A company that provides equipment and/or materials related to teaching physical activity and exercise classes and groups with older people. |
| INFO | An organisation which, via their websites or publications, provide educational information for use by older people. |
| INT | An international organisation, (Only the website is provided) relates to separate list. |
| MC | Medical charity. |
| NAT | A national programme that may be appropriate for work with older people. |
| PUB | A source of publications that may be useful for professionals. |
| RES | A source of research activities and publications that may be useful for professionals. |
| TRA | A training provider or a national training programme that may be appropriate for those providing local physical activity programmes for older people. |

The British Heart Foundation neither endorses not guarantees the suitability of any organisation listed in this section. People should contact their doctor for specific advice on any medical problems.

The details were correct at time of going to press.
6.1 A to Z of Useful Organisations

Age Concern Cymru (Wales)  
4th floor  
1 Cathedral Road  
Cardiff CF11 9SD  
Tel: 02920 371566  
Email: enquiries@accymru.org.uk  
Website: [www.accymru.org.uk](http://www.accymru.org.uk)

Age Concern England  
Astral House  
1268 London Road  
London SW16 4ER  
Tel: 020 8765 7200  
Email: ace@ace.org.uk  
Website: [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

The website provides information on the role of Age Concern within the UK. It also directs the user to a range of public and professional resources including fact sheets, statistics and books, with information on current issues, including physical activity, which are of importance to the overall health and well-being of older people. The site provides contact details of local Age Concern organisations and partner agencies.

Age Concern Northern Ireland  
3 Lower Crescent  
Belfast BT7 1NR  
Tel: 02890 245729  
Email: ageconcern-ni@btinternet.com  
Website: [http://www.ageconcernni.org/](http://www.ageconcernni.org/)

Age Concern Scotland  
113 Rose Street  
Edinburgh EH2 3DT  
Tel: 0131 220 3345  
Email: enquiries@acscot.org.uk  
Website: [www.ageconcernscotland.org.uk](http://www.ageconcernscotland.org.uk)
## 6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

<table>
<thead>
<tr>
<th>Organisation</th>
<th>TRA</th>
<th>INFO</th>
<th>RES</th>
<th>MED</th>
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<tbody>
<tr>
<td><strong>Alzheimer’s Society</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gordon House</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Greencoat Place</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>London SW1P 1PH</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tel: 020 7306 0606</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:enquiries@alzheimers.org.uk">enquiries@alzheimers.org.uk</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Alzheimer’s Society is the UK’s leading care and research charity for people with all forms of dementia and their carers. The website provides information about dementia and contact details for local support networks. There is also a section on the site specifically for carers and professionals. This includes information on caring strategies and emotional support and also provides a link to advice sheets on a range of topics including ‘Staying healthy’ which contains information on exercise.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Alzheimer Scotland – Action on Dementia** |       |      |     |     |
| 22 Drumsheugue Gardens                |       |      |     |     |
| Edinburgh EH3 7RN                     |       |      |     |     |
| Tel: 0131 243 1453                    |       |      |     |     |
| Website: [http://www.alzscot.org/](http://www.alzscot.org/) |       |      |     |     |

| **Amateur Swimming Association**      | TRA  |      |     |     |
| Harold Fern House                     |     |      |     |     |
| Loughborough                          |     |      |     |     |
| Leicestershire LE11 5AL               |     |      |     |     |
| Tel: 01509 618700                      |     |      |     |     |
| Email: customerservices@swimming.org  |     |      |     |     |
| Website: [www.britishswimming.org](http://www.britishswimming.org) |     |      |     |     |

| **Anchor Trust**                      |     | INFO |     |     |
| 1st floor                             |     |      |     |     |
| 408 The Strand                        |     |      |     |     |
| London WC2R ONE                       |     |      |     |     |
| Tel: 020 759 9100                      |     |      |     |     |
| Email: enquiries@anchor.org.uk        |     |      |     |     |
| Website: [www.anchortrust.org.uk](http://www.anchortrust.org.uk) |     |      |     |     |
### 6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

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<tr>
<th>Arthritis Care</th>
<th>TRA</th>
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</thead>
<tbody>
<tr>
<td>18 Stephenson Way</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>London NW1 2HD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tel: 020 7380 6500</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.arthritiscare.org.uk">www.arthritiscare.org.uk</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The website contains details about arthritis, current news, information packs, services and an on-line registration site for regular updates. The site also provides routes to contact details for local representatives and a freephone number for the Arthritis Helpline.</td>
<td></td>
<td></td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Association for the Study of Obesity</th>
<th>INFO</th>
<th>RES</th>
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</thead>
<tbody>
<tr>
<td>Obesity Research Information Centre (ORIC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Courtyard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodlands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bradley Stoke</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bristol BS2 4NQ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tel: 01454 616798</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:oric@endocrinology.org">oric@endocrinology.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.aso.org.uk">www.aso.org.uk</a></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Back Care – The National Organisation for Healthy Backs</th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 Elmtree Road</td>
<td></td>
</tr>
<tr>
<td>Teddington</td>
<td></td>
</tr>
<tr>
<td>Middlesex TW11 8ST</td>
<td></td>
</tr>
<tr>
<td>Tel: 020 8977 5474</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.backcare.org.uk">www.backcare.org.uk</a></td>
<td></td>
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<table>
<thead>
<tr>
<th>Badminton Association of England</th>
<th>TRA</th>
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<tbody>
<tr>
<td>Bradwell Road</td>
<td></td>
</tr>
<tr>
<td>Loughton Lodge</td>
<td></td>
</tr>
<tr>
<td>Milton Keynes MK8 9LA</td>
<td></td>
</tr>
<tr>
<td>Tel: 01908 268400</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:enquiries@baofe.co.uk">enquiries@baofe.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.baofe.co.uk">www.baofe.co.uk</a></td>
<td></td>
</tr>
</tbody>
</table>
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

Beth Johnson Foundation (including the Centre for Intergenerational Practice)

Parkfield House
64 Princes Road
Hartshill Street
Stoke-on-Trent
Staffs ST4 7LJ

Tel: 01782 844036
Website: www.bjf.org.uk

Better Government for Older People

Better Government for Older People Network
York House
207-221 Pentonville Road
London N1 9UZ

Tel: 0870 770 3292
Email: information@bgop.org.uk
Website: www.bgop.org.uk

Better Government for Older People (BGOP) is part of the UK’s Modernising Government Agenda and is steered by a consortium of six partners. BGOP is about integration, joined-up government and making a difference by listening and working together. Twenty-eight pilot projects were run throughout the UK, covering a broad range of issues including health and social services. The site contains details of the findings of the BGOP programme including news on programme developments, a reference section with content drawn from the pilot projects and a forum for on-line communication and debate between members. Interested others can access parts of the site and can apply for membership of the network.

Blood Pressure Association

60, Cranmer Terrace
London
SW17 0QS

Tel: 0208 772 4994
Website: www.bpassoc.org.uk

British Association of Cardiac Rehabilitation

Phase 4 Training
PO Box 355
Farnham
Surrey GU9 7WB

Tel: 01252 720640
Email: bacrphase4training@virgin.net
Website: www.bcs.com
6.1 A to Z of Useful Organisations (Continued)

British Association of Sport and Exercise Sciences (BASES)

Chelsea Close
Off Amberley Road
Armley
Leeds LS6 3BJ
Tel: 0113 289 1020
Website: www.bases.org.uk

BASES is the professional body for all those with an interest in science, sport and exercise. The site provides information and advice on five main areas: studying for a degree in sport and exercise science in the UK; career opportunities for graduates and postgraduates in sport and exercise science; how to become an accredited sport and exercise scientist; opportunities for continuing professional development; and research grants. The site also provides details on the Sports Science Strategy and Exercise Science Strategy, developed by BASES.

British Geriatrics Society

Marjory Warren House
31 St John’s Square
London EC1M 4DN
Tel: 020 7608 1369
Email: info@bgs.org.uk
Website: www.bgs.org.uk

The website provides information on a range of subjects including training, grants and publications for anyone interested in geriatric medicine or gerontology. It also gives details of 12 special interest groups including health promotion and falls and bone health.

British Gymnastics

Ford Hall
Lilleshall National Sports Centre
Newport
Shropshire TF10 9NB
Tel: 01952 822300
Email: info@baga.co.uk
Website: www.baga.co.uk

British Heart Foundation

14 Fitzhardinge Street
London W1H 6DH
Tel: 020 7935 0158
Email: internet@bhf.org
Website: www.bhf.org.uk

The website provides in-depth information on the British Heart Foundation (BHF) from research activities through to BHF shops. It also provides information on those health behaviours which are closely related to heart health, including physical activity/exercise, through the ‘Heart health’ link.
6.1 A to Z of useful organisations continued

British Heart Foundation National Centre for Physical Activity and Health
Loughborough University
Ashby Road
Loughborough
Leicestershire LE11 3TU
Tel: 01509 223259
Email: bhfnc@lboro.ac.uk
Website: www.bhfactive.org.uk

Established in 2000, the BHF National Centre aims to identify and address significant gaps in the research, knowledge base and resources needed to effectively promote physical activity for the primary and secondary prevention of diseases. Programmes for older people include the Senior Peer Mentor Physical Activity Motivator programme and the Moving More Often programme. The website provides details of the National Centre's programmes, information packs relating to older people and physical activity.

British Lung Foundation
73 – 75 Goswell Road
London EC1V 7ER
Tel: 020 7831 5831
Help line 08458 505020
Website: www.lunguk.org

British Orienteering Federation
8a, Standiffe House,
Whitworth Road,
Darley Dale
Matlock
Derbyshire DE4 2HJ
Tel: 01629 734042
Email: bof@britishorienteering.org.uk
Website: www.britishorienteering.org.uk

British Surfing Association
International Surfing Centre
Fistral Beach
Newquay
Cornwall
TR7 1HY
Tel: 01637 876474
Email: info@britsurf.co.uk
Website: www.britsurf.co.uk
### British Tai Chi Chuan Centre

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel:</th>
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<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td>208 Maybank Road</td>
<td>020 8502 9307</td>
<td><a href="mailto:jbiatcc@taichiwl.demon.co.uk">jbiatcc@taichiwl.demon.co.uk</a></td>
<td><a href="http://www.taichiwl.demon.co.uk">www.taichiwl.demon.co.uk</a></td>
</tr>
</tbody>
</table>

### British Triathlon Association

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel:</th>
<th>Email:</th>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO Box 25</td>
<td>01509 228321</td>
<td><a href="mailto:info@britishtriathlon.co.uk">info@britishtriathlon.co.uk</a></td>
<td><a href="http://www.britishtriathlon.org">www.britishtriathlon.org</a></td>
</tr>
</tbody>
</table>

### British Trust for Conservation Volunteers

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel:</th>
<th>Email:</th>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedum House,</td>
<td>01302 388888</td>
<td><a href="mailto:information@btcv.org.uk">information@btcv.org.uk</a></td>
<td><a href="http://www.btcv.org/greengym/">www.btcv.org/greengym/</a></td>
</tr>
</tbody>
</table>

The BTCV Green Gym programme offers an alternative – the opportunity to improve fitness by involvement in practical conservation activities such as planting hedges, or creating and maintaining community gardens.

### British Masters Athletics Federation

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel:</th>
<th>Email:</th>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td>156 Mitcham Road</td>
<td>020 8683 2602</td>
<td><a href="mailto:secretary@bvaf.org.uk">secretary@bvaf.org.uk</a></td>
<td><a href="http://www.bvaf.org.uk">www.bvaf.org.uk</a></td>
</tr>
</tbody>
</table>
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

British Wheel of Yoga

25 Jermyn Street
Sleaford
Lincolnshire NG34 7RU

Tel: 01529 306851
Email: office@bwy.org.uk
Website: [www.bwy.org.uk](http://www.bwy.org.uk)

Candoco Dance Company

2L Leroy House
436 Essex Road
London N1 3PQ

Tel: 020 7704 6845
Email: info@candoco.co.uk
Website: [www.candoco.co.uk](http://www.candoco.co.uk)

Carers UK

Ruth Pitter House
20-25 Glasshouse Yard
London EC1A 4JT

Tel: 020 7490 8818
Email: info@carersuk.org
Website: [www.carersuk.demon.co.uk](http://www.carersuk.demon.co.uk)

Centre for Sheltered Housing Studies (CSHS)

1st Floor
Elgar House
Shrub Hill Road
Worcester
WR4 9E

Email:
Tel (01905) 727272
Email: info@cshs.co.uk
Website: [www.cornwall.ac.uk/cshs](http://www.cornwall.ac.uk/cshs)
### Central Council for Physical Recreation

Francis House  
Francis Street  
London SW1P 1DE  
Tel: 020 7854 8500  
Email: info@ccpr.org.uk  
Website: [www.ccpr.org.uk](http://www.ccpr.org.uk)

The website provides details of the activities of the Central Council for Physical Recreation (CCPR) and the work of the British Sports Trust, the charitable arm of the CCPR. Details of the campaigns run by the CCPR are also provided on the website, including their sports manifesto Active Britain. There are 85 links, split into six sections: members (of CCPR), connected organisations, sports councils, related organisations, government departments and lottery information.

### Central Council of Physical Recreation – Movement and Dance Division

Address as for Central Council of Physical Recreation above.

Members provide training and education for movement and dance leaders and teachers. It has a national database of teachers and leaders qualified to work in particular with disabled and older people.

### Centre for Accessible Environments

Nutmeg House  
60 Gainsford Street  
London SE1 2NY  
Tel: 020 7357 8182 (minicom)  
Email: info@cae.org.uk  
Website: [www.cae.org.uk](http://www.cae.org.uk)

### Centre for Policy on Ageing

19-23 Ironmonger Row  
London EC1V 3QP  
Tel: 0207 553 6500  
Email: cpa@cpa.org.uk  
Website: [www.cpa.org.uk](http://www.cpa.org.uk)

The website includes a section on ‘AgeInfo’ – an information service about old age and ageing, which provides a number of searchable databases available on CD ROM. The site provides around 100 links to ‘Worldwide resources in ageing’, covering the UK, Europe, Asia, Australasia, North America and the Middle East, on issues relating to older people.
Chartered Society of Physiotherapists

14 Bedford Row
London WC1R 4ED

Tel: 020 7306 6666
Email: enquiries@csp.org
Website: www.csp.org.uk

Includes a special section (AGILE) for physiotherapists working with older people.

College of Occupational Therapists

106-114 Borough High Street
Southwark
London SE11 1LB

Tel: 020 7357 6480
Website: www.cot.org.uk/

The website includes a special section on occupational therapists working with older people (OTOP).

Croquet Association

Cheltenham Croquet Club
Old Bath Road
Cheltenham
Gloucesteshire GL53 7DF

Tel: 01242 242318
Email: caoffice@croquet.org.uk
Website: www.croquet.org.uk

Dance 4

Pre-set
3-9 Hockley
Nottingham NG1 1FH

Tel: 0115 941 0773
Email: info@dance4.co.uk
Website: www.dance4.co.uk
Dancesport

11 Odeon Parade,
480 London Road,
Isleworth
Middlesex TW7 4RL

Tel: 010 8568 0083
Email: webmaster@zem.co
Website: www.dancesport.uk.com

Department for Culture, Media and Sport

2-4 Cockspur Street
London SW1Y 5DH

Tel: 020 7211 6200
Email: enquiries@cutlure.gov.uk
Website: www.dcms.gov.uk

Diabetes UK

Macleod House,
10 Parkway
London NW1 7AA

Tel: 020 7424 1000
Email: info@diabetes.org.uk
Website: www.diabetes.org.uk

The website provides information about the management and prevention of diabetes and also includes a ‘How we help’ section, which describes the wide range of services offered by Diabetes UK (formerly the British Diabetic Association). This includes a publications catalogue which contains an eight-page article on physical activity and diabetes, which can be downloaded free of charge.

Disabled Living Foundation

380-384 Harrow Road
London W9 2HU

Tel: 020 7289 6111
Email: info@dlf.org.uk
Website: www.dlf.org.uk
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

English Bowls Association

Lyndhurst Road
Worthing
West Sussex BN11 2AR
Tel: 01903 820222
Email: eabqueries@bowlsengland.com
Website: www.bowlsengland.com

English Federation of Disability Sport

Manchester Metropolitan University
Alsager Campus
Hassal Road
Alsager
Stoke on Trent ST7 2HL
Tel: 0161 247 5294
Email: federation@efds.co.uk
Website: www.efds.co.uk

English Folk Dance and Song Society

Cecil Sharp House
2 Regents Park Road
London NW1 7AY
Tel: 020 7485 2206
Email: efdss@efdss.org
Website: wwwefdss.org

English Indoor Bowling Association

David Cornell House
Bowling Green
Melton Mowbray
Leicestershire LE13 0FA
Tel: 01664 481900
Email: enquiries@eiba.co.uk
Website: www.eiba.co.uk
### English Table Tennis Association

Queensbury House  
3rd Floor  
Havelock Road  
Hastings  
East Sussex TN34 1HF  
Tel: 01424 722525  
Email: admin@ettahq.freeserve.co.uk  
Website: [www.etta.co.uk](http://www.etta.co.uk)

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### English Women’s Indoor Bowling Association

3 Moulton Business Park  
Sirocco Close  
Northampton NN3 6AP  
Tel: 01604 494163  
Email: ewiba@internet.com  
Website: [www.ewiba.com](http://www.ewiba.com)

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### Excel 2000

1a Norfolk Street  
Sheringham  
Norfolk NR26  
Tel: 01263 825670  
Email: excel2000@lara.net  
Website: [www.excel2000.org.uk](http://www.excel2000.org.uk)

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### Extend

2 Place Farm  
Wheathampstead  
Hertfordshire AL4 8SB  
Tel: 01582 832760  
Email: admin@extend.org.uk  
Website: [www.extend.org.uk](http://www.extend.org.uk)

---

### Feet for Life

The Society of Chiropodists and Podiatrists  
1 Fellmongers Path  
Tower Bridge Road  
London SE1 3LY  
Tel: 020 7234 8620  
Website: [www.feetforlife.org](http://www.feetforlife.org)
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Contact Details</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Fitness Industry Association</td>
<td>115 Eastbourne Mews, Paddington, London W2 6LQ</td>
<td>Tel: 020 7298 6730, Email: <a href="mailto:info@fia.org.uk">info@fia.org.uk</a>&lt;br&gt;Website: <a href="http://www.fia.org.uk">www.fia.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Fitness League</td>
<td>52 London Street, Chertsey, Surrey KT16 8AJ</td>
<td>Tel: 01932 564567, Email: <a href="mailto:thefitnessleague@cwcom.net">thefitnessleague@cwcom.net</a>&lt;br&gt;Website: <a href="http://www.thefitnessleague.com">www.thefitnessleague.com</a></td>
<td></td>
</tr>
<tr>
<td>Fitness Northern Ireland</td>
<td>147 Holywood Road, Belfast BT4 3B, Co Antrim</td>
<td>Tel: 02890 704080, Email: <a href="mailto:fitnessni@aol.com">fitnessni@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Fitness Professionals (Fitpro)</td>
<td>107-113 London Road, Kalbarn House, London E13 ODA</td>
<td>Tel: 0870 513 3434, Email: <a href="mailto:info@fitpro.com">info@fitpro.com</a>&lt;br&gt;Website: <a href="http://www.fitpro.com">www.fitpro.com</a></td>
<td></td>
</tr>
<tr>
<td>Fitness Scotland</td>
<td>Caledonia House, South Gyle, Edinburgh EH12 9DQ</td>
<td>Tel: 0131 317 7243, Email: <a href="mailto:admin@fitness-scotland.com">admin@fitness-scotland.com</a>&lt;br&gt;Website: <a href="http://www.fitness-scotland.com">www.fitness-scotland.com</a></td>
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6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

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<th>Type</th>
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</thead>
<tbody>
<tr>
<td><strong>Fitness Wales</strong></td>
<td>TRA</td>
</tr>
<tr>
<td>1B Clarke Street</td>
<td></td>
</tr>
<tr>
<td>Ely Bridge</td>
<td></td>
</tr>
<tr>
<td>Cardiff CF5 5AL</td>
<td></td>
</tr>
<tr>
<td>Tel: 029 2057 5155</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:enquiries@fitness.wales.co.uk">enquiries@fitness.wales.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.fitnesswales.co.uk">www.fitnesswales.co.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>For Dementia</strong></th>
<th>INFO RES TRA MED</th>
</tr>
</thead>
<tbody>
<tr>
<td>6, Camden High Street</td>
<td></td>
</tr>
<tr>
<td>London</td>
<td></td>
</tr>
<tr>
<td>NW1 0JH</td>
<td></td>
</tr>
<tr>
<td>Tel 0845 257 9406</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:direct@fordementia.org.uk">direct@fordementia.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.fordementia.co.uk">www.fordementia.co.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Foundation for Community Dance</strong></th>
<th>TRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cathedral Chambers</td>
<td></td>
</tr>
<tr>
<td>Peacock Lane</td>
<td></td>
</tr>
<tr>
<td>Leicester LE1 5PX</td>
<td></td>
</tr>
<tr>
<td>Tel: 0116 251 0516</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@communitydance.org.uk">info@communitydance.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.communitydance.org.uk">www.communitydance.org.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

The Foundation is a national voice for community dance and works for the development of dance for all, by acting as a catalyst for the development of partnerships between dance practitioners, funders and communities. The Foundation has a network of dancers, animateurs, artists and dance teachers and has published a Community Dance Directory.

<table>
<thead>
<tr>
<th><strong>Freedom in Dance</strong></th>
<th>TRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Hawk Green Road</td>
<td></td>
</tr>
<tr>
<td>Marple</td>
<td></td>
</tr>
<tr>
<td>Stockport SK6 7HU</td>
<td></td>
</tr>
<tr>
<td>Tel: 0161 427 5093</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:freedom@amans.fsnet.co.uk">freedom@amans.fsnet.co.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Friends of the Elderly</strong></th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 – 42 Ebury Street</td>
<td></td>
</tr>
<tr>
<td>London</td>
<td></td>
</tr>
<tr>
<td>SW1W0LZ</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@fote.org.uk">info@fote.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.fote.org.uk">www.fote.org.uk</a></td>
<td></td>
</tr>
</tbody>
</table>
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

**Future Fit Training Limited**

unit 24, Katana House  
Fort Fareham Business Park  
Newgate Lane  
Fareham  
Hampshire PO14 1AH  
Tel: 01329 823400  
Email: office@futurefit.co.uk  
Website: [www.futurefit.co.uk](http://www.futurefit.co.uk)

**GOVERNMENT DEPARTMENTS**

Details of government departments can be accessed from:  
Website: [www.bubl.ac.uk/uk/government.htm](http://www.bubl.ac.uk/uk/government.htm)

Details of regional and local government can be accessed from:  
Website: [www.bubl.ac.uk/uk/local.htm](http://www.bubl.ac.uk/uk/local.htm)

Details of government projects can be accessed from:  
Website: [www.idea-knowledge.gov.uk](http://www.idea-knowledge.gov.uk)  
and  
Website: [www.info4local.gov.uk](http://www.info4local.gov.uk)

See also:  
Department for Culture, Media and Sport  
Department for Education and Skills  
Department of Health

**Green Candle Dance Company**

Oxford House  
Derbyshire Street  
Bethnal Green  
London  
E2 6HG  
Tel: 0207 739 7722  
Email: info@greencandledance.com  
Website: [www.greencandledance.com](http://www.greencandledance.com)

**Scotland’s health on the Web**

Online health information provided by NHS Scotland: [www.show.scot.nhs.uk/](http://www.show.scot.nhs.uk/)
6.1 A to Z of Useful Organisations Continued

Health Promotion Agency for Northern Ireland

18 Ormeau Avenue
Belfast BT2 8HS
Tel: 02890 311611
Email: info@hpani.org.uk
Website: www.hpani.org.uk

The Health Promotion Agency for Northern Ireland is a special agency of the Department of Health, Social Services and Public Safety. The website provides details of the work of the agency around their priority areas, which include physical activity. There are over 100 links, divided into eight main areas, including ‘Professional’. This is the largest area and is split into a further eight sections, one of which is ‘Northern Ireland Charities’ and includes the Northern Ireland Chest Heart and Stroke Association at www.nichsa.com and the Ulster Cancer Foundation at www.ulstercancer.co.uk

Health Promotion in Wales

Website: www.hpw.org.uk/

This is the site of the Health Promotion Division of the National Assembly for Wales. The site provides information on health promotion policy, resources and services within Wales, including those relating to physical activity.

Help the Aged

207-221 Pentonville Road
London N1 9UZ
Tel: 020 7278 1114
Email: info@helptheaged.org.uk
Website: www.helptheaged.org.uk

This website provides advice, information and support to help older people live independent lives, particularly those who are frail, isolated or poor. The ‘Advice and Info’ section covers a wide range of subjects from financial information through to health and care. Physical activity is included within some of these sites. Also included is information on how to become involved with Help the Aged activities.

Imperial Society of Teachers of Dancing

Imperial House
22-26 Paul Street
London EC2A 4QE
Tel: 020 7377 1577
Email: admin@istd.org
Website: www.istd.org
6.1 A to Z of Useful Organisations

Inclusive Fitness Initiative
Montgomery Leisure Services Ltd
4 Park Square
Newton Chambers Road
Thorncliffe Park
Chapeltown
Sheffield S36 2PH
Tel: 0114 257 2060
Email: info@inclusivefitness.org
Website: www.inclusivefitness.org

A partnership between the English Federation of Disability Sport and Montgomery Leisure to ensure that disabled and older people can access fitness equipment in a targeted number of local authority facilities, increasing opportunities for improving general levels of health, fitness and sports performance.

Inland Waterways Association
Head Office
PO Box 114
Rickmansworth WD3 1ZY
Tel: 01923 711114
Email: iwa@waterways.org.uk
Website: www.waterways.org.uk

Institute for Sport and Leisure
(fomerly Institute of Leisure and Amenity Management)
The Grotto House
Lower Basildon
Reading RG8 9NE
Tel: 0845 603 8734
Email: info@ispal.org.uk
Website: www.ispal.org.uk

Institute of Sport and Recreation Management
Sir John Beckwith Centre for Sport
Loughborough University
Loughborough
Leicestershire LE11 3TU
Tel: 01509 226474
Email: info@isrm.co.uk
Website: www.isrm.co.uk

The Institute of Sport and Recreation Management (ISRM) is the national professional body for sport and recreation management. The site provides details on membership of ISRM and information on the National Association of Sports Development. It also provides information on education and training available through ISRM and contact details for local ISRM branches.
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Type</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
</table>
| International Dance Teachers Association | TRA | International House  
76 Bennett Road  
Brighton  
East Sussex BN2 5JL | Tel: 01273 685652  
Email: info@idta.co.uk  
Website: [www.idta.co.uk](http://www.idta.co.uk) | | |
| International Longevity Centre UK | RES | 22-26 Albert Embankment  
London SE1 7TJ | Tel: 0207 735 7565  
Website: [www.ilcuk.org.uk](http://www.ilcuk.org.uk) | | |
| Jabadao Centre for Movement Studies | TRA EQU | Branch House  
18 Branch Road  
Armley  
Leeds LS12 3AQ | Tel: 0113 231 0650  
Email: info@jabadao.org  
Website: [www.jabadao.org](http://www.jabadao.org) | | Jabadao provides training courses, conferences, special events and fieldwork projects that aim to develop understanding and scope of practice within health settings of all varieties. Its work centres on movement and dance and in particular on movement for people with dementia.|
| Keep Fit Association | TRA INFO | Suite 105  
Astra House  
Arklow Road  
London SE14 6EB | Tel: 020 8692 9566  
Email: info@keepfit.org.uk  
Website: [www.keepfit.org.uk](http://www.keepfit.org.uk) | | |
### 6.1 A to Z of Useful Organisations (continued)

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Contact</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>King’s Fund</td>
<td>11-13 Cavendish Square London W1G 0AN</td>
<td>Tel: 020 7307 2400</td>
<td><a href="http://www.kingsfund.org.uk">www.kingsfund.org.uk</a></td>
</tr>
<tr>
<td>Laban Guild for Movement and Dance</td>
<td>34 Tower Road Strawberry Hill Twickenham Middlesex TW1 4PE</td>
<td>Tel: 01737 842834</td>
<td><a href="http://www.labanguild.org">www.labanguild.org</a></td>
</tr>
<tr>
<td>Later Life Training Ltd</td>
<td>Mountgreenan Strath Fillan By Crianlarich Stirlingshire FK20 8RU</td>
<td>Tel: 01838 3000310</td>
<td><a href="http://www.laterlifetraining.co.uk">www.laterlifetraining.co.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@laterlifetraining.co.uk">info@laterlifetraining.co.uk</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Website:</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.laterlifetraining.co.uk">www.laterlifetraining.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Later Life Training provides training for those working in exercise and the older person and in particular, falls prevention. Courses include the Senior Peer Activity Motivator Training course, the Otago Exercise Leadership programme and the Postural Stability Instructors Course.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leicester College</td>
<td>Chair-based exercise leadership Freeman’s Park Campus Aylestone Road</td>
<td>Tel: 0116 229 5512</td>
<td><a href="http://www.leicestercollege.ac.uk/empt/courses.asp">www.leicestercollege.ac.uk</a></td>
</tr>
<tr>
<td></td>
<td>Leicester LE2 7LW</td>
<td>Fax: 0116 224 0666</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:jlicata@lec.ac.uk">jlicata@lec.ac.uk</a> or <a href="mailto:s4b@leicestercollege.ac.uk">s4b@leicestercollege.ac.uk</a></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Website:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.leicestercollege.ac.uk/empt/courses.asp">www.leicestercollege.ac.uk</a></td>
<td></td>
</tr>
</tbody>
</table>
6.1 A to Z of useful organisations CONTINUED

Life Academy (formerly the Pre-Retirement Association)  INFO
Website: www.life-academy.co.uk/

The website provides information on the association, including its campaigning activities and details of special interest clubs and friendship centres across the country. The ‘Information’ section covers a range of topics including health. Within the ‘Health’ part of the site, information on exercise, appropriate for people who want to improve their health, is provided. Additional information on exercise is also provided through the ‘Health’ link on the home page.

Lifetime Health and Fitness  TRA
Broad Quay House
Prince Street
Bristol BS1 4DJ
Tel: 0117 907 8200
Email: info@lifetimehf.co.uk
Website: www.lifetimehf.co.uk

Living Streets  RES  NAT
31-33 Bondway
London SW8 1SJ
Tel: 020 7820 1010
Email: info@livingstreets.org.uk
Website: www.pedestrians.org.uk

Magic Me (intergenerational programmes)
18 Victoria Park Square
London E2 9F
Tel: 020 7375 0961
Email: info@magicme.co.uk
Website: www.magicme.co.uk

Margaret Morris Movement  TRA
PO Box 1525
Garlochhead
Helensburgh
Dunbartonshire G84 0AF
Tel: 01436 810215
Email: info@margaretmorrismovement.com
Website: www.margaretmorrismovement.com

Section 6
Medau Society
8b Robson House
East Street
Epsom
Surrey KT17 1HH
Tel: 01372 729056
Email: medau@nascr.net
Website: [www.medau.org.uk](http://www.medau.org.uk)

Men’s Health Forum
Tavistock House
Tavistock Square
London WC1H 9HR
Tel 0207 388 4449
Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Mental Health Foundation
Mental Health Foundation
9th Floor
Sea Containers House
20 Upper Ground
London, SE1 9QB
Tel: 0845 010 5500
Email: mhf@mhf.org.uk
Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Scotland Office
Mental Health Foundation
Scotland Office
 Merchants House
30 George Square
Glasgow G2 1EG.
Tel: 0141 572 0125

MIND
15-19 Broadway
London E15 4BQ
Tel: 020 8519 2122
Help line 0845 766 0163
Email: contact@mind.org.uk
Website: [www.mind.org.uk](http://www.mind.org.uk)
### MIND Cymru

3rd Floor  
Quebec House  
Castelbridge  
Cowbridge Road East  
CF11 9AB  
Tel: 02920 395123

### National Association for Providers of Activities for Older People

Bondway Commercial Centre  
5th Floor Unit 5.12  
71 Bondway  
London SW8 1SG  
Tel: 020 7078 9375  
Email: info@napa-activities.co.uk  
Website: [www.napa-activities.net/](http://www.napa-activities.net/)

The website provides information on the wide range of training workshops which the National Association for Providers of Activities for Older People (NAPA) runs to support its work in setting standards of appropriate practice regarding the provision of activities in establishments which provide services or care for older people. The workshops cover topics including arts and craft, drama, exercise and the arts. The site also contains details of books, booklets and articles available from NAPA, and details of the Community Fund project 'Growing with Age'.

### National Asthma Campaign

Summit House  
70 Wilson Street  
London  
EC2A 2DB  
Tel: 020 786 5000  
Email: info@asthma.org.uk  
Website: [www.asthma.org.uk](http://www.asthma.org.uk)

### National Heart Forum

Tavistock House South  
Tavistock Square  
London WC1H 9LG  
Tel: 020 7383 7638  
Email: webenquiry@heartforum.org.uk  
Website: [www.heartforum.org.uk](http://www.heartforum.org.uk)

A leading alliance of over 40 national organisations working to reduce the risk of coronary heart disease in the UK.
### National Institute of Adult Continuing Education

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Renaissance House 20 Princess Road West Leicester LE1 6TP</td>
<td>0116 204 4200</td>
<td><a href="mailto:enquiries@niace.org.uk">enquiries@niace.org.uk</a></td>
<td><a href="http://www.niace.org.uk">www.niace.org.uk</a></td>
</tr>
</tbody>
</table>

NIACE is a non-governmental organisation committed to supporting an increase in the total number of adults engaged in informal and formal learning in England and Wales, and at the same time taking positive action to improve opportunities and widen access to learning opportunities to those communities under-represented in current provision.

### National Osteoporosis Society

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camerton Bath BA2 0PJ</td>
<td>0845 130 3076 (for general enquiries) Helpline: 0845 450 0230 (for medical queries)</td>
<td><a href="mailto:info@nos.org.uk">info@nos.org.uk</a></td>
<td><a href="http://www.nos.org.uk">www.nos.org.uk</a></td>
</tr>
</tbody>
</table>

The National Osteoporosis Society (NOS) is the only national charity dedicated to osteoporosis. The site contains details about the NOS and information on the management and prevention of osteoporosis, including physical activity. The home page refers to the NOS publications on physical activity and exercise. A section of the site is dedicated to professionals and includes information on free training days, special interest groups, publications and position statements from the NOS. Contact details are also provided for the 100 local support groups nationwide.

### Northern Fitness and Education Ltd

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>9a Cleasby Road Menston Nr Ilkley West Yorkshire LS29 6JE</td>
<td>01943 879816</td>
<td><a href="mailto:info@northernfitness.co.uk">info@northernfitness.co.uk</a></td>
<td><a href="http://www.northernfitness.co.uk">www.northernfitness.co.uk</a></td>
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</tbody>
</table>

### Openage Project

<table>
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<tr>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Thorpe Close London W10 5XL</td>
<td>020 8904 0989</td>
<td><a href="mailto:mail@openage.co.uk">mail@openage.co.uk</a></td>
<td><a href="http://www.openage.co.uk">www.openage.co.uk</a></td>
</tr>
</tbody>
</table>
### Parkinson's Disease Society

215 Vauxhall Bridge Road  
London SW1V 1EJ  
Tel: 020 7931 8080  
Email: enquiries@parkinsons.org.uk  
Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

The website provides details about Parkinson’s disease and lists the services offered by the society, including details of the wide range of continuing professional education for health and social care professionals. The site also provides examples of topics contained within the publications of the society, including factsheets, booklets, videos and audiotapes. These cover a range of topics including leisure and health issues, which includes information on exercise.

### Paths for All (including Paths for Health)

Inglewood House  
Tullibody Road  
Alloa FK10 2HU  
Tel: 01259 218855  
Email: info@pathstohealth.org.uk  
Website: [www.pathsforall.org.uk](http://www.pathsforall.org.uk)

### Physical Activity and the Prevention of Osteoporosis

Falls and Fractures (UK PAPOFF)  
c/o Post Graduate Education Centre  
Nottingham City Hospital NHS Trust  
Hucknall Road  
Nottingham NG5 1PB  
Tel: 0115 993 4942  
Email: support@iapapoff.org  
Website: [www.ispapoff.org/](http://www.ispapoff.org/)

A multidisciplinary scientific society endeavouring to encourage further research in the field of osteoporosis, falls and fractures.

### Policy Research Institute for Ageing and Ethnicity (PRIAE)

31-32 Park Row  
Leeds LS1 5JD  
Tel: 0113 285 5990  
Email: info@priae.org  
Website: [www.priae.org](http://www.priae.org)
Ramblers Association

2nd floor
Camelford House
87-90 Albert Embankment
London SE1 7TW
Tel: 020 7339 8500
Email: ramblers@ramblers.org.uk
Website: www.ramblers.org.uk

Register of Exercise Professionals

8-10 Crown Hill
Croydon
Surrey
CR0 1RZ
Tel: 020 8686 6464
Email: info@exerciseregister.org
Website: www.exerciseregister.org

Research into Ageing

PO Box 32833
London N1 9ZQ
Tel: 020 7843 1550
Email: ria@ageing.org
Website: www.ageing.org

The website provides information about the medical charity and its current research projects. It also has a publications section, which includes publications on exercise.

Royal College of General Practitioners

14 Princes Gate
Hyde Park
London SW7 1PU
Tel: 020 7581 3232
Email: info@rcgp.org.uk
Website: www.rcgp.org.uk
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

Royal College of Physicians
11 St Andrews Place
Regent’s Park
London NW1 4LE
Tel: 020 7975 1174
Website: www.rcplondon.ac.uk

Royal National Institute for the Blind
105 Judd Street
London WC1H 9NE
Tel: 020 7388 1266
Email: helpline@rnib.org.uk
Website: www.rnib.org.uk

The website provides information on the resources and services provided by the RNIB, including factsheets and advice on active recreation, exercise and fitness. The site includes a section on ‘Leisure’, accessed through the ‘Our services’ link on the home page. This provides information on a wide range of leisure pursuits and includes sections on ‘Reading’, ‘Holidays’ and ‘Leisure, sports and hobbies’. The ‘Leisure, sports and hobbies’ section also provides a link to a part of the site dedicated to ‘Recreation and lifestyles’ with information and advice for visually impaired people on gardening and information on the ‘Activate Gym Access Project’, a scheme to ensure that visually impaired people have the opportunity to access gyms and leisure centres. It also provides information on the ‘Leisure Link Project’, which seeks to introduce older visually impaired people to a wide range of leisure activities, linking with local volunteers within their own communities.

Royal National Institute for the Deaf
19–23 Featherstone Street
London EC1Y 8SL
Tel: 020 7296 8000
Email: informationline@rnid.org.uk
Website: www.rnid.org.uk

The website is split into six main sections, including ‘Services’ offered by the RNID, ‘Interactive’, which provides an on-line discussion forum, and ‘Information’. The ‘Information’ section contains details of an information line, accessible to everyone, irrespective of their degree of hearing loss. It also provides details of factsheets available and an on-line searchable ‘Directory of Services’. A search under ‘Recreation’ provides details of organisations that provide a range of activities for people with disabilities, some of which are specific to people with hearing impairment.

Royal Society for the Prevention of Accidents
Edgbaston Park
353 Bristol Road
Edgbaston
Birmingham B5 7ST
Tel: 0121 248 2000
Email: help@rospa.co.uk
Website: www.rospa.co.uk
6.1 A to Z of Useful Organisations Continued

Royal Society for the Promotion of Health

38A St George’s Drive
London SW1V 4BH

Tel: 020 7630 0121
Email: rshealth@rshealth.org.uk
Website: www.rsph.org

Scottish Swimming

National Swimming Academy
University of Stirling
Stirling FK9 4LA

Tel: 01786 466520
Email: info@scottishswimming.com
Website: www.scottishswimming.com

Seavets

Gangbridge Cottage
Gangbridge Lane
St Mary Bourne
Andover
Hants SP11 6EP

Tel: 01628 412510
Email: seavets@supanet.com.com
Website: www.seavets.co.uk
Sport England leads the development of sport in England by influencing and serving the public, private and voluntary sectors, directed by the government’s Sports Strategy Sporting Future for All. Active Communities is the Sport England programme which aims to provide more opportunities for people to take part in sport and more places for people to play sport in their communities. It is a framework comprising services, products and sources of funding provided by Sport England, often in partnership with other agencies.

The website provides a comprehensive overview of all Sport England policies, programmes and initiatives under Active Schools, Active Sports and Active Communities and also has links to information on specific topics on the website. This can be accessed via the ‘Site topics A-Z’ link on the home page. Links to details of Sport England publications or information resources are included for topics that are not covered on the website itself. The site also includes access to ‘Sports gateway’, a searchable database of sporting contacts that helps individuals to make contact with sports organisations in their area. It can also provide more information on sports-related topics.

Sport England Regional Offices
Details of Sport England Regional development activities and contacts can be accessed through the Regional News section on the Sport England website.

These links will take you to
East Region Bedford Tel: 01234 345222
East Midlands Region Nottingham Tel: 0115 982 1887
London Region Crystal Palace National Centre Tel: 020 8778 8600
North East Region Durham Tel: 0191 384 9595
North West Region Manchester Tel: 0161 834 0338
South East Region Reading Tel: 0118 948 3311
South West Region Crewkerne Tel: 01460 73491
West Midlands Region Birmingham Tel: 0121 456 3444
Yorkshire Region Leeds Tel: 0113 243 6443
6.1 A TO Z OF USEFUL ORGANISATIONS CONTINUED

Sportex
86-88 Wilson Road
Wimbledon
London SW19 1HX
Tel: 020 887 3312
Email: info@sportex.net
Website: www.sportex-medicine.co.uk

Sport Recreation Industry Training Organisation (SPRITO) INFO
24-32 Stephenson Way
London NW1 2HD
Tel: 020 7388 7755
Email: info@sprito.org.uk
Website: www.equal-works.com

The website provides details of the activities of the different departments within SPRITO, including information on qualifications and standards. It also provides information on SPRITO-approved products and services and publications which it offers to members through an on-line order form.

Sport Scotland
Caledonia House
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 317 7200
Email: library@sportscotland.org.uk
Website: www.sportscotland.org.uk

Sport Scotland is Scotland’s sports development agency, dealing with all aspects of Scottish sport from youth sport to Olympic success. The site gives an overview of the work of Sport Scotland, which is governed by Scotland’s national strategy for Sport, Sport 21, and includes all the latest issues, ideas, programmes, sports development, courses and events in Scottish sport.

The ‘Partners and links’ icon on the home page provides access to websites of organisations who work in partnership with Sport Scotland to achieve the ambitions of Sport 21. These are shown as individual directories for local authorities, governing bodies, local sports councils, sports development officers, sports medicine centres, sports science centres and sport-specific sites.

Sports Coach UK
114 Cardigan Road
Headingley
Leeds LS6 3BJ
Tel: 0113 274 4802
Email: coaching@sportscoachuk.org
Website: www.sportscoachUK.org
Sports Council for Northern Ireland

House of Sport
Upper Malone Road
Belfast BT9 5LA

Tel: 02890 381222
Email: info@sportscouncil-ni.org.uk
Website: www.sportni.net

The Sports Council for Northern Ireland is a lead facilitator in the development of sport in Northern Ireland and a distributor of lottery funds. The site is divided into seven main sections: the Sports Council, Youth Sport, Sport Development, Performance Sport, Sport Facts, Lottery Fund and Fast Track, with detailed information on relevant policies and programmes provided within subsections of each of these. Contact details of partner agencies within Northern Ireland, including sports development officers, chief recreation officers, coach development officers and local sports advisory councils are provided.

Sports Council for Wales

Welsh Institute of Sport
Sophia Gardens
Cardiff CF11 9SW

Tel: 029 2030 0500
Email: scw@scw.co.uk
Website: www.sports-council-wales.co.uk

The Sports Council for Wales is the national organisation responsible for developing and promoting sport and recreation in Wales, directed by A Strategy for Welsh Sport. The site is available in Welsh and English. It provides details of all the schemes and initiatives for the development of Sport for All in Wales and provides the opportunity to download a copy of the full strategy. Details are also provided on the Welsh Institute of Sport and the National Watersports Centre, Plas Menai. The Information Service provides details on publications, education and training and a calendar of events. Links are also provided to external organisations.

Sports Leaders UK

23 - 25 Linford Forum
Rockingham Drive
Linford Wood
Milton Keynes
MK14 6LY

Tel: 01908 689180
Email: info@sportsleaders.org
Website: www bst org uk

Sports leaders UK (formerly the British Sports Trust) are responsible for the development of sports leadership awards. The awards are designed to develop leadership in a range of activity opportunities at a local level. Both the Community Sports Leaders Award and the Higher Award are appropriate for working with older people.
### Stroke Association

**Address:**
The Stroke Association  
240 City Road  
London EC1V 2PR

**Contact:**
Tel: 020 7756 0300  
Helpline 0845 303 3100  
Email: info@stroke.org.uk  
Website: [www.stroke.org.uk](http://www.stroke.org.uk)

The website gives information on the support services provided by the association and contact details for local information centres. It also provides information on current and past research projects, including projects around physical activity. The latest news from the association is also provided, including a link to Stroke Awareness week and other annual campaigns including ‘Let’s Get Physical’.

### Sustrans

**Address:**
National Cycle Network Centre  
2 Cathedral Square  
College Green  
Bristol BS1 5DD

**Contact:**
Tel: 0117 926 8893  
Email: info@sustrans.org.uk  
Website: [www.sustrans.org.uk](http://www.sustrans.org.uk)

### Tai Chi Union for Great Britain

**Address:**
Peter Ballam  
5 Corunna Drive  
Horsham  
West Sussex RH13 5HG

**Contact:**
Tel: 01403 257918  
Email: secretary@taichiunion.com  
Website: [www.taichiunion.com](http://www.taichiunion.com)

The website contains a search facility for Tai Chi instructors and local groups and classes and a Forum for Health and Special Needs including specific training for those with conditions.
6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Thrive (formerly Horticultural Therapy)

The Geoffrey Udall Centre
Beech Hill
Reading RG7 2AT
Tel: 0118 988 5677
Email: info@thrive.org.uk
Website: www.thrive.org.uk

Touchdown Dance

Waterside Arts centre
Sale M33 7ZF
Tel: 0161 913 5783
Email: info@touchdowndance.co.uk
Website: www.touchdowndance.co.uk

UK Tai Chi Association

PO Box 159
Bromley
Kent BR1 3XX
Tel: 020 8289 5166
Email: info@taichi-europe.com
Website: www.taichi-europe.com

University of the Third Age (U3A)

Unit 3, Carpenters Court
4a, Lewes Road
Bromley
Kent BR1 2RN
Tel: 020 8 466 6139
Email: enquiries@u3a.org.uk
Website: www.U3A.org.uk

The website provides information on local University of the Third Age (U3A) groups and details of U3A networks which exist for specific topic areas, for example, walking. There is also a news and publications part of the site and an on-line discussion forum.
### Walking the Way to Health

John Dower House  
Crescent Place  
Cheltenham GL50 3RA  
Tel: 01242 533258  
Website: [www.whi.org.uk](http://www.whi.org.uk)

Walking the Way to Health is a partnership between the Countryside Agency and the British Heart Foundation designed to promote regular walking. The scheme aims to improve the health and fitness of over a million people by developing 200 local ‘walking for health’ schemes across England. It provides a range of resources, information and training opportunities to support the development of health walks. Training is available for local co-ordinators and volunteers. The website provides links to contacts for Walking the Way to Health schemes in Scotland, Wales and Northern Ireland.

### YMCA Fitness Industry Training

112 Great Russell Street  
London WC1B 3NQ  
Tel: 020 7343 1844  
Email: theclub@centralymca.org.uk  
Website: [www.centralymca.org.uk](http://www.centralymca.org.uk)
The websites have been included to provide details of key documents and resources that can be used to support the promotion of Active Ageing.

**Active Ageing Partnership**

www.agingblueprint.org

For details of the US National Blueprint for increasing physical activity for adults aged 50 and older.

**Administration on Aging**

www.aoa.gov

The Administration on Aging (AOA) is an agency of the US Department of Health and Human Services and developed from the Older Americans Act of 1965. The site provides information on opportunities and services to help increase the quality of life and independence of older people. The site also includes a section called ‘Aging related websites’ which contains information provided by the National Aging Information Center (NAIC). The site provides over 50 links for ‘Exercise and fitness’ for older people.

**American College of Sports Medicine**

www.acsm.org

The website gives details of the ACSM Position Stand on Exercise and Physical Activity for Older Adults and the United States Surgeon General’s Report on Physical Activity and Health.

**American Association of Retired Persons**

www.AARP.org/health/fitness

Sources of information on fitness and health for older people

**National Council on Aging (US)**

www.healthyagingprograms.org

Website of US National Council on Aging and key documents of planning active ageing programmes

**The International Council on Active Aging**

www.icaa.cc

A membership organisation, the association provides access to research, fact sheets and publications for physical activity, exercise and wellness professionals.

**International Society for Aging and Physical Activity**

www.isapa.org

The website provides information about the society and also a downloadable copy of their newsletter with reference to the new American National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older.

The website provides 16 direct links for ageing and physical activity, plus an additional 21 web addresses of organisations with additional information.
**6.2 INTERNATIONAL WEBSITES (CONTINUED)**

World Health Organization  
[www.who.int/moveforhealth/countries/2006](http://www.who.int/moveforhealth/countries/2006)

The website has over 150 separate home pages, the most valuable being Ageing and Life Course and the Global Movement on Active Ageing. This page leads to Move for Health Initiatives.

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Canadian Centre for Activity and Aging  
[www.uwo.ca/actage](http://www.uwo.ca/actage)

To develop, encourage and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

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Health Canada and the Canadian Council for Health and Active Living at Work  
[www.activelivingatwork.com](http://www.activelivingatwork.com)

Older adults can stay home and exercise – home support exercise programme.  
Website: [www.uwo.ca/actage](http://www.uwo.ca/actage)

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The American Geriatric Society Foundation for Health in Aging  
[www.healthinaging.org](http://www.healthinaging.org)

Improve Your Balance in 10 Minutes a Day.  
Improving your balance is extremely important to prevent falls. The American Geriatrics Society programme to improve balance dramatically in just two minutes per day.

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US Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

Go to Health Promotion – Physical Activity Look at Growing Stronger see  
http://www.cdc.gov/nccdphp/dnppa/physical/growing_stronger

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US National Institute on Aging  
[www.nia.nih.gov](http://www.nia.nih.gov)

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American Society on Aging  
[www.asaging.org](http://www.asaging.org)

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Active Ageing Australia  
[www.activeageingsa.net.au](http://www.activeageingsa.net.au)

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Sport and Recreation New Zealand  
[www.sparc.org.nz](http://www.sparc.org.nz)
This section provides sources of further reading relating to older people and physical activity. It is divided into five main areas:

1. Books and reports
2. Exercise programming for older people
3. Research papers
4. Academic journals
5. Policy documents
6. A – Z of organisations (separate file)
7. Equipment and resource providers (separate file)
8. International organisations (websites only)

KEY

📖 = The most important/useful publications.
1. Books and Reports

**Active Living Among Older Adults – Health Benefits and Outcomes**
By S O’Brien Cousins and T Horne.

**Active Living, Cognitive Functioning and Aging**
By L. W. Poon, W. Chodzko-Zako and P D Tomporowski (Eds)
Published by Human Kinetics, Champaign, Illinois 2006 ISBN 0-7360-5785-4

**Active Living Everyday**
By SN Blair, AL Dunn, BH Marcus, RA Carpenter and P Jaret.

**Active Older Adults – Ideas for Action**
Edited by L Allen.

**Aging, Physical Activity and Health**
By RJ Shephard.

**Alive and Kicking – The Carer’s Guide to Exercises for Older People**
By J Sobczak.

**All Our Futures – The Reports on the Better Government for Older People Programme**
By C Hayden and A Boaz.
Published by Better Government for Older People, Centre for Local Government, Warwick University, 2000.

**A Blueprint for Action for Active Living and Older Adults**
By the Active Living Coalition for Older Adults.
Published by Active Living Coalition for Older Adults, London, Ontario, 1998.
At Least Five a Week
A report from the Chief Medical Officer 2005 Department of Health
Evidence on the impact of physical activity and its relationship to health

Exercise for Older Adults
Edited by RT Cotton.
Published by Human Kinetics, Champaign, Illinois, 1998. ISBN 0 88011 942 X.

Exercise Referral Systems: A National Quality Assurance Framework
By the Department of Health.

Health Survey for England: The Health of Minority Ethnic Groups 1999
By B Erens, P Primatesta, G Prior.

Health Survey for England 2000. The Health of Older People
Department of Health

Health Survey for England. The Health of Older People 2005
Department of Health
Published by the Stationery Office 2007

Health and Fitness Over Fifty
By B O’Connor and C Wells.

The Heidelberg Guidelines for Promoting Physical Activity among Older People

Improving Health through Community Participation – Concepts to Commitment
6.3 FURTHER INFORMATION AND READING (CONTINUED)

**Increasing Physical Activity Among Older Adults Aged 50 and Older – A Blueprint**

By the National Institute on Aging.

**Keep Fit for Life. Meeting the Nutritional Needs of Older Persons**

By the World Health Organization.

**Mapping Learning Opportunities for Older People**

By the National Institute for Adult and Continuing Education (NIACE).
Published by NIACE, Leicester, 1998.

**National Service Framework for Older People**

By the Department of Health.

**Physical Activity ‘At Our Age’ – Qualitative Research among People Over the Age of 50**

By H Finch.

**Physical Activity and Health: A Report of the US Surgeon General**

By the US Department of Health and Human Services.
Published by the US Department of Health and Human Services Department, Centres for Disease Control and Prevention, National Centre for Chronic Disease Prevention and Health Promotion, Atlanta GA, 1996. S/N 017 023 00196 5

**Physical Activity from Our Point of View – Qualitative Research among South Asian and Black Communities**

By DK Rai and H Finch.
Published by the Health Education Authority, London, 1997. ISBN 0 7521 0870 0.

**Physical Activity in Later Life – Further Analysis of the Allied Dunbar National Fitness Survey and the Health Education Authority Survey of Activity and Health**

By DA Skelton, A Young, A Walker, E Hoinville.
6.3 Further Information and Reading (continued)

Physical Dimensions of Aging
By W Spirduso.

Promoting Physical Activity; a Guide for Community Action
By the US Department of Health and Human Services.
2. EXERCISE PROGRAMMING FOR OLDER PEOPLE

**ABC of Sports Medicine**
By M Harries, G Williams, G McLatchie, J King. (See the section on 'Active in later life', by A Young and S Dinan.)

**Active For Life – the Falls Prevention Programme**
Available from Classroom Multimedia Ltd, Bristol.
A falls prevention programme strategy for the primary care organisation or hospital, on CD ROM. Includes videos specifically produced to promote fall prevention and management among frail older people, an ‘Active for Life Falls Prevention’ booklet, and posters for display in GP surgeries and hospital waiting rooms.

**Active Living Every Day – 20 Weeks to Lifelong Vitality**
By S Blair, A Dunn, B Marcus, RA Carpenter, P Jaret et al.
A self-paced programme that uses checklists and charts to encourage sedentary adults to adopt active living.

**Active Older Adults – Ideas for Action**
Edited by L Allen.
Published by Human Kinetics, Champaign, Illinois, 1999. ISBN 0 7360 0128 X.

**Activities Encyclopedia**
By M Knoth.
A practical guide to a range of activities for residents in nursing homes.

**Activity Planning at Your Fingertips**
By M Knoth.
Provides ideas and directions for games and activities for residents in nursing homes.

**Alive and Kicking. The Carer’s Guide to Exercises for Older People**
By J Sobczak
Advice and guidelines for carers on exercise programmes.
6.3 FURTHER INFORMATION AND READING (CONTINUED)

Develop an Activities Programme
By T Briscoe.
A practical guide for nurses working with older people.

Exercise for Frail Elders
By E. Best Martini and K A Botenhagen-Digenova
Programme planning for exercise and frailer older people.

Exercise for Healthy Ageing (second edition)
By D Skelton.
Published by Research into Ageing, London, 1999.
A programme of exercises specifically devised to help older people increase mobility, balance, strength and power.

Exercise for Older Adults
By C X Bryant and D J Green Eds.
Published by American Council on Exercise 2005
American Council on Exercise’s guide for fitness professionals

Exercise Programming for Older Adults
By KA Van Norman.

Fall Proof!
By Debra J. Rose
A comprehensive balance and mobility training programme

Fitness After 50
By W H Ettinger, B S Wright and S N Blair

Fitness for Life
By S Dinan and C Sharp.
Published by Piatkus Ltd, 1996. ISBN 0 7499 1670 2.
6.3 FURTHER INFORMATION AND READING (CONTINUED)

Functional Fitness for Older Adults
By P A Brill
Ready to use programmes for improving quality of life

The Heidelberg Guidelines for Promoting Physical Activity among Older People
By the World Health Organization.

Increasing Physical Activity Among Older Adults Aged 50 and Older – A Blueprint
By the National Institute on Aging.
Guidelines on promoting physical activity among those aged 50 and over.

Meynell Games on Parachute Play
By F Meynell.
Published by Meynell Games Publications, 1996. ISBN 1 898068 003.
A practical guide to the use of parachute games for programming with older people.

Physical Activity Instruction of Older Adults
By C. Jessie Jones and D.J Rose Eds

Recreation Programming and Activities – for Older Adults
By JE Elliot and JAS Sorg-Elliot.
A practical guide for recreation professionals for use in nursing homes, including activity programming and documentation.

Senior Fitness Test Manual
By R Rikli and J Jones.
Provides a series of easy to use tests to assess physical fitness in older people. The resource includes a video, software and handbook on field testing for older people.
6.3 Further Information and Reading (continued)

Sport England 50+ and All To Play For
Sport England Guidelines for Leaders on the Safe Approach towards Physical activity
Sessions for Older People
By EJ Bassey and PH Fentem and
A Manual for Organisers of Sport and Recreation for Older People
Published by Sport England, London.

Strength Training for Seniors
By WL Wescot and TR Baechle.

Tai Chi in a Chair
By Cynthia Quarta.
Easy 15 minute routines for beginners

The Successful Activity Co-ordinator
By R Hurtley and J Wenborn.
A resource pack aimed at all those with a responsibility for providing activity and leisure opportunities
for older people within residential and nursing care home settings.
3. Selected Research Papers

The following research papers are related to physical activity and older people.

Key texts are marked with a 📚 symbol.


**British Heart Foundation National Centre for Physical Activity and Health.** 2001. Benefits of Physical Activity on Psychological Well-being for Older Adults. Health Fact Sheet 1. Loughborough: British Heart Foundation National Centre for Physical Activity and Health.

**British Heart Foundation National Centre for Physical Activity and Health.** 2002. Physical Activity and the Prevention and Management of Falls Among Older Adults A Review. Health Fact Sheet 2. Loughborough: British Heart Foundation National Centre for Physical Activity and Health.


Skelton DA. 2006. How can the Primary Care Team help Older People stay active and maintain independence? Update (GPs) Feb: 78-81.


4. Academic Journals

Keywords
The following keywords will help with searching for appropriate articles in professional journals and publications:

Older adults, older people, elderly, exercise, physical activity, health

Adapted Physical Activity Quarterly [www.humankinetics.com]
Publisher: Human Kinetics. Quarterly.

Age and Ageing [www.oup.co.uk/ageing]
Age and Ageing is the journal of the British Geriatrics Society and the British Society for Research on Ageing.

Aging and Mental Health [www.carfax.co.uk]
Provides a forum for those involved in examining the relationship between the ageing process and mental health. Publisher: Carfax Publishing.

Journal of Aging and Physical Activity
[www.humankinetics.com/products/journals/index.cfm]
This multi-disciplinary journal examines the dynamic relationship between physical activity and the ageing process. Publisher: Human Kinetics. Quarterly.

Journal of the American Geriatrics Society
[www.blackwellscience.com/journals/geriatrics/index.html]

Mechanisms of Ageing and Development [www.bsra.org.uk/]
The official journal of the British Society for Research on Ageing.

Quality in Ageing [www.pavpub.com]
Published in association with the British Association for Service to the Elderly. Focuses on policy, practice and research. Promotes the development of good practice in health and social care for different population sub-groups, specifically older adults.
5. POLICY DOCUMENTS

The following list is a selection of key policy documents recently published that can provide support for the promotion of physical activity with older people.

**Increasing Physical Activity Among Older Adults Aged 50 and Older – A Blueprint**
By the National Institute on Aging.
Guidelines on promoting physical activity among those aged 50 and over.

**At Least Five a Week**
A report from the Chief Medical Officer 2005 Department of Health.
Evidence on the impact of physical activity and its relationship to health.

**Keep Fit for Life. Meeting the Nutritional Needs of Older Persons**
By the World Health Organization.
Published by the World Health Organization, Geneva. 2002.


**Better Health in Old Age**


**As Fit as Butchers’ Dogs? A Report on Healthy Lifestyle Choice and Older People**

**Our Health, Our Care, Our Say**: a new direction for community services. 2006. Department of Health.
A Sure Start to Later Life - Ending Inequalities for Older People. 2006. Social Exclusion Unit.


My Home Life – Quality of Life in Care Homes Edited By Tom Owen and The National Care Homes Research and Development Forum. 2006. Help the Aged.


Regional Strategies and Demographic Ageing – Age Proofing Toolkit Nottingham Trent University. 2004.

Active Living for Older Adults: Management Strategies for Healthy and Livable Communities; International City/County Management Association. 2003.


The inclusion of suppliers on this list does not imply a recommendation from the BHF. You should check for yourself as to the quality and value for money of different products.

**Betterlifehealthcare**
Mobility aids, bath lifts and mobility scooters.
56 Liverpool Road
Penwortham
Preston, PR1 0DQ
Tel: 0800 328 9338
Email: info@betterlifehealthcare.com
Website: [http://www.betterlifehealthcare.com](http://www.betterlifehealthcare.com)

**Human Kinetics Europe**
International publisher that leads in the field of exercise and older people
107 Bradford Road
Stanningley
Leeds LS28 6AT
Tel: 0113 255 5665
Email: hk@hkeurope.com
Website: [www.humankinetics.com](http://www.humankinetics.com)

**Davies Sports (Division of Novara)**
Movement, softplay and equipment
Novara House
Excelsior Road
Ashby Park
Ashby De La Zouch
LE65 1NG
Tel: 0870 6000 195
Email: customercservice@daviessports.co.uk
Website: [www.daviessports.co.uk](http://www.daviessports.co.uk)

**Maudesport**
Movement, softplay and equipment
Unit 23, Empire Close
Empire Industrial Estate
Aldridge
West Midlands
WS9 8UQ
Tel: 01922 459571
Email: sales@maudesport.co.uk
Website: [www.maudesport.com](http://www.maudesport.com)

**Jabadao Centre for Movement Studies**
Movement and dance materials
Branch House
18 Branch Road
Armley
Leeds LS12 3AQ
Tel: 0113 231 0650
Email: info@jabadao.org
Website: [www.jabadao.org](http://www.jabadao.org)

**Nottingham Rehab Supplies**
Fitness and rehab equipment
Findel House
Excelsior Road
Ashby de la Zouch
Leicestershire LE65 1NG
Tel: 0870 6000 197
Email: info@nrs-uk.co.uk
Website: [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)
6.3 Further information and reading (continued)

Physical Company Ltd
Fitness equipment
2a Desborough Industrial Park
Desborough Park Road
High Wycombe
Buckinghamshire HP12 1PG
Tel: 01494 769222
Email: sales@physicalcompany.co.uk
Website: www.physicalcompany.co.uk

Robinson Healthcare
Hip protector pads
Waterside
Walton
Chesterfield S40 1YF
Tel: 01246 505450
Email: hc@robinson.uk.com
Website: www.robinson.uk.com

Rompa International
Movement, soft-play materials
Goyt Side Road
Chesterfield
Derbyshire
S40 2PH
Tel: 0800 056 2323
Email: sales@rompa.com
Website: www.rompa.com

Speechmark (formerly Winslow Publishing)
Publications and recreational games
Telford Road
Bicester
Oxfordshire OX6 0TS
Tel: 01869 244644
Email: info@speechmark.net
Website: www.speechmark.net

SportEX Health and SportEx Medicine Magazines
Information for health, fitness and sports medicine professionals
86-88 Nelson Rd
Wimbledon SW19 1HX
Email: info@sportex.net
Website: http://www.sportex-medicine.com/newsite/common/mainframe.asp

Third Age Press
Publications
6 Parkside Gardens
London SW19 5EY
Tel: 020 8947 0401
Email: dnort@globalnet.co.uk
Website: www.thirdagepress.co.uk