

Swimming

Walking the dog

Taking the stairs

Sex

Washing the car

Mowing the lawn

SECTION 6



ACTIVE FOR LATER LIFE

Promoting physical activity with older people



BEATING HEART DISEASE TOGETHER

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



SECTION 6 – INFORMATION DIRECTORY

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 nor 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)

NAT INFO

4th floor
1 Cathedral Road
Cardiff CF11 9SD
Tel: 02920 371566
Email: enquiries@accymru.org.uk
Website: www.accymru.org.uk

Age Concern England

NAT INFO

Astral House
1268 London Road
London SW16 4ER
Tel: 020 8765 7200
Email: ace@ace.org.uk
Website: 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

NAT INFO

3 Lower Crescent
Belfast BT7 1NR
Tel: 02890 245729
Email: ageconcern-ni@btinternet.com
Website: <http://www.ageconcernni.org/>

Age Concern Scotland

NAT INFO

113 Rose Street
Edinburgh EH2 3DT
Tel: 0131 220 3345
Email: enquiries@acscot.org.uk
Website: www.ageconcernscotland.org.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Alzheimer's Society

TRA

INFO

RES

MED

Gordon House
10 Greencoat Place
London SW1P 1PH

Tel: 020 7306 0606

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

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.

Alzheimer Scotland – Action on Dementia

22 Drumsheugue Gardens
Edinburgh EH3 7RN

Tel: 0131 243 1453

Website: <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

Anchor Trust

INFO

1st floor
408 The Strand
London WC2R 0NE

Tel: 020 759 9100

Email: enquiries@anchor.org.uk

Website: www.anchortrust.org.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Arthritis Care

TRA

INFO

RES

18 Stephenson Way
London NW1 2HD

Tel: 020 7380 6500

Website: www.arthritiscare.org.uk

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.

Association for the Study of Obesity

INFO

RES

Obesity Research Information Centre (ORIC)
The Courtyard
Woodlands
Bradley Stoke
Bristol B32 4NQ

Tel: 01454 616798

Email: oric@endocrinology.org

Website: www.aso.org.uk

Back Care – The National Organisation for Healthy Backs

INFO

16 Elmtree Road
Teddington
Middlesex TW11 8ST

Tel: 020 8977 5474

Website: www.backcare.org.uk

Badminton Association of England

TRA

Bradwell Road
Loughton Lodge
Milton Keynes MK8 9LA

Tel: 01908 268400

Email: enquiries@baofe.co.uk

Website: www.baofe.co.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Beth Johnson Foundation TRA NAT INFO (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 NAT RES

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 MEDE RES INFO

60, Cranmer Terrace
London
SW17 0QS

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

British Association of Cardiac Rehabilitation TRA

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)

INFO

TRA

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

RES

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

TRA

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

INFO

RES

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

INF

RES

PUB

TRA

Loughborough University
Ashby Road
Loughborough
Leicestershire LE11 3TU

Tel: 01509 223259

Email: bhfncl@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

INFO

PUB

RES

MED

73 – 75 Goswell Road
London EC1V 7ER

Tel: 020 7831 5831

Help line 08458 505020

Website: www.lunguk.org

British Orienteering Federation

TRA

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

TRA

International Surfing Centre
Fistral Beach
Newquay
Cornwall
TR7 1HY

Tel: 01637 876474

Email: info@britsurf.co.uk

Website: www.britsurf.co.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

British Tai Chi Chuan Centre

TRA

208 Maybank Road
South Woodford
London E18 1ET

Tel: 020 8502 9307

Email: jbiatcc@taichiwl.demon.co.uk

Website: www.taichiwl.demon.co.uk

British Triathlon Association

TRA

PO Box 25
Loughborough
Leicestershire LE11 3WX

Tel: 01509 228321

Email: info@britishtriathlon.co.uk

Website: www.britishtriathlon.org

British Trust for Conservation Volunteers

TRA

Sedum House,
Mallard Way,
Potteric Carr
Doncaster,
DN4 8DB

Tel: 01302 388888

Email: information@btcv.org.uk

Website: www.btcv.org/greengym/

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

INFO

TRA

156 Mitcham Road
Croydon
Surrey CR0 3JE

Tel: 020 8683 2602

Email: secretary@bvaf.org.uk

Website: www.bvaf.org.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

British Wheel of Yoga

TRA

25 Jermyn Street
Sleaford
Lincolnshire NG34 7RU
Tel: 01529 306851
Email: office@bwy.org.uk
Website: www.bwy.org.uk

Candoco Dance Company

TRA

2L Leroy House
436 Essex Road
London N1 3PQ
Tel: 020 7704 6845
Email: info@candoco.co.uk
Website: www.candoco.co.uk

Carers UK

INFO

Ruth Pitter House
20-25 Glasshouse Yard
London EC1A 4JT
Tel: 020 7490 8818
Email: info@carersuk.org
Website: www.carersuk.demon.co.uk

Centre for Sheltered Housing Studies (CSHS)

INFO

TRA

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Central Council for Physical Recreation

INFO

Francis House
Francis Street
London SW1P 1DE
Tel: 020 7854 8500

Email: info@ccpr.org.uk

Website: 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

TRA

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

INFO

PUB

TRA

Nutmeg House
60 Gainsford Street
London SE1 2NY
Tel: 020 7357 8182 (minicom)

Email: info@cae.org.uk

Website: www.cae.org.uk

Centre for Policy on Ageing

RES

PUB

19-23 Ironmonger Row
London EC1V 3QP

Tel: 0207 553 6500

Email: cpa@cpa.org.uk

Website: 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.



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Chartered Society of Physiotherapists

RES

PUBS

INFO

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

TRA

Cheltenham Croquet Club
Old Bath Road
Cheltenham
Gloucestershire GL53 7DF

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

Dance 4

TRA

Pre-set
3-9 Hockley
Nottingham NG1 1FH

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

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

INFO

2-4 Cockspur Street
London SW1Y 5DH

Tel: 020 7211 6200

Email: enquiries@cutlure.gov.uk

Website: www.dcms.gov.uk

Diabetes UK

INFO

RES

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

TRA

INFO

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

TRA

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

English Federation of Disability Sport

INFO

PRO

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

TRA

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

English Indoor Bowling Association

TRA

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

English Table Tennis Association

TRA PRO

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

English Women's Indoor Bowling Association

TRA

3 Moulton Business Park
Sirocco Close
Northampton NN3 6AP

Tel: 01604 494163

Email: ewiba@internet.com

Website: www.ewiba.com

Excel 2000

TRA PUBS

1a Norfolk Street
Sheringham
Norfolk NR26

Tel: 01263 825670

Email: excel2000@lara.net

Website: www.excel2000.org.uk

Extend

TRA

2 Place Farm
Wheathampstead
Hertfordshire AL4 8SB

Tel: 01582 832760

Email: admin@extend.org.uk

Website: www.extend.org.uk

Feet for Life

INFO

The Society of Chiropodists and Podiatrists
1 Fellmongers Path
Tower Bridge Road
London SE1 3LY

Tel: 020 7234 8620

Website: www.feetforlife.org



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Fitness Industry Association

TRA

115 Eastbourne Mews
Paddington
London W2 6LQ
Tel: 020 7298 6730
Email: info@fia.org.uk
Website: www.fia.org.uk

Fitness League

TRA

52 London Street
Chertsey
Surrey KT16 8AJ
Tel: 01932 564567
Email: thefitnessleague@cwcom.net
Website: www.thefitnessleague.com

Fitness Northern Ireland

TRA

147 Hollywood Road
Belfast BT4 3B
Co Antrim
Tel: 02890 704080
Email: fitnessni@aol.com

Fitness Professionals (Fitpro)

TRA

EQU

RES

107-113 London Road
Kalbarn House
London E13 ODA
Tel: 0870 513 3434
Email: info@fitpro.com
Website: www.fitpro.com

Fitness Scotland

TRA

Caledonia House
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 317 7243
Email: admin@fitness-scotland.com
Website: www.fitness-scotland.com



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Fitness Wales

TRA

1B Clarke Street

Ely Bridge

Cardiff CF5 5AL

Tel: 029 2057 5155

Email: enquiries@fitness.wales.co.uk

Website: www.fitnesswales.co.uk

For Dementia

INFO

RES

TRA

MED

6, Camden High Street

London

NW1 0JH

Tel 0845 257 9406

Email: direct@fordementia.org.uk

Website: www.fordementia.co.uk

Foundation for Community Dance

TRA

Cathedral Chambers

Peacock Lane

Leicester LE1 5PX

Tel: 0116 251 0516

Email: info@communitydance.org.uk

Website: www.communitydance.org.uk

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.

Freedom in Dance

TRA

25 Hawk Green Road

Marple

Stockport SK6 7HU

Tel: 0161 427 5093

Email: freedom@amans.fsnet.co.uk

Friends of the Elderly

INFO

40 – 42 Ebury Street

London

SW1W0LZ

Email: info@fote.org.uk

Website: www.fote.org.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Future Fit Training Limited

TRA

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

GOVERNMENT DEPARTMENTS

Details of government departments can be accessed from:

Website: 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

Details of government projects can be accessed from:

Website: www.idea-knowledge.gov.uk

and

Website: www.info4local.gov.uk

See also:

Department for Culture, Media and Sport

Department for Education and Skills

Department of Health

Green Candle Dance Company

TRA

INFO

Oxford House
Derbyshire Street
Bethnal Green
London
E2 6HG

Tel: 0207 739 7722

Email: info@greencandledance.com

Website: www.greencandledance.com

Scotland's health on the Web

INFO

RES

PUB

Online health information provided by NHS Scotland: www.show.scot.nhs.uk/



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Health Promotion Agency for Northern Ireland

INFO

RES

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

INFO

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

PUB

INFO

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

TRA

Imperial House
22-26 Paul Street
London EC2A 4Q E

Tel: 020 7377 1577

Email: admin@istd.org

Website: www.istd.org



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Inclusive Fitness Initiative

TRA INFO

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

INFO

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 (formerly Institute of Leisure and Amenity Management)

TRA PUB INFO

The Grotto House
Lower Basildon
Reading RG8 9NE
Tel: 0845 603 8734
Email: info@ispa.org.uk
Website: www.ispa.org.uk

Institute of Sport and Recreation Management

TRA PUB INFO

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.



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

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

International Longevity Centre UK

RES

22-26 Albert Embankment
London SE1 7TJ
Tel: 0207 735 7565
Website: 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

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

King's Fund

PUB

RES

INFO

11-13 Cavendish Square
London W1G 0AN

Tel: 020 7307 2400

Website: www.kingsfund.org.uk

Laban Guild for Movement and Dance

TRA

34 Tower Road
Strawberry Hill
Twickenham
Middlesex TW1 4PE

Tel: 01737 842834

Email: dance@labanguild.org

Website: www.labanguild.org

Later Life Training Ltd

TRA

Mountgreenan
Strath Fillan
By Crianlarich
Stirlingshire
FK20 8RU

Tel: 01838 3000310

Email: info@laterlifetraining.co.uk

Website: www.laterlifetraining.co.uk

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.

Leicester College

TRA

Chair-based exercise leadership
Freeman's Park Campus
Aylestone Road
Leicester LE2 7LW

Tel: 0116 229 5512

Fax: 0116 224 0666

Email: jlicata@lec.ac.uk or s4b@leicestercollege.ac.uk

Website: www.leicestercollege.ac.uk/empt/courses.asp



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
Garlohead
Helensburgh
Dunbartonshire G84 0AF

Tel: 01436 810215

Email: info@margaretmorrismovement.com

Website: www.margaretmorrismovement.com



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Medau Society

TRA

8b Robson House
East Street
Epsom
Surrey KT17 1HH

Tel: 01372 729056

Email: medau@nascr.net

Website: www.medau.org.uk

Men's Health Forum

Tavistock House
Tavistock Square
London WC1H 9HR

Tel 0207 388 4449

Website: www.menshealthforum.org.uk

Mental Health Foundation

INFO

PUB

RES

MED

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

Scotland Office

INFO

Mental Health Foundation
Scotland Office
Merchants House
30 George Square
Glasgow G2 1EG.

Tel: 0141 572 0125

MIND

INFO

RES

MED

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

MIND Cymru

INFO

RES

3rd Floor
Quebec House
Castelbridge
Cowbridge Road East
CF11 9AB

Tel: 02920 395123

National Association for Providers of Activities for Older People

TRA

PUB

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/

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

INFO

MED

Summit House
70 Wilson Street
London
EC2A 2DB

Tel: 020 786 5000

Email: info@asthma.org.uk

Website: www.asthma.org.uk

National Heart Forum

INFO

PUB

RES

MED

Tavistock House South
Tavistock Square
London WC1H 9LG

Tel: 020 7383 7638

Email: webenquiry@heartforum.org.uk

Website: www.heartforum.org.uk

A leading alliance of over 40 national organisations working to reduce the risk of coronary heart disease in the UK.



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

National Institute of Adult Continuing Education

PUB INFO

Renaissance House
20 Princess Road West
Leicester
LE1 6TP

Tel: 0116 204 4200
Email: enquiries@niace.org.uk
Website: www.niace.org.uk

NIACEmail: 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

PUB INFO RES MED

Camerton
Bath BA2 0PJ

Tel: 0845 130 3076 (for general enquiries).
Helpline: 0845 450 0230 (for medical queries)
Email: info@nos.org.uk
Website: www.nos.org.uk

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

TRA

9a Cleasby Road
Menston
Nr Ilkley
West Yorkshire
LS29 6JE

Tel: 01943 879816,
Email: info@northernfitness.co.uk
Website: www.northernfitness.co.uk

Openage Project

INFO

1 Thorpe Close
London W10 5XL

Tel: 020 8904 0989
Email: mail@openage.co.uk
Website: www.openage.co.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Parkinson's Disease Society

INFO

MED

RES

215 Vauxhall Bridge Road
London SW1V 1EJ

Tel: 020 7931 8080

Email: enquiries@parkinsons.org.uk

Website: 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)

NAT

PUB

INFO

Inglewood House
Tullibody Road
Alloa FK10 2HU

Tel: 01259 218855

Email: info@pathstohealth.org.uk

Website: www.pathsforall.org.uk

Physical Activity and the Prevention of Osteoporosis

RES

MED

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/

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)

PUB

RES

31-32 Park Row
Leeds LS1 5JD

Tel: 0113 285 5990

Email: info@priae.org

Website: www.praie.org



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Ramblers Association

INF NAT

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

TRA

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

Research into Ageing

INFO

RES

PUB

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

INFO

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

INFO

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

INFO

RES

MED

TRA

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

INFO

RES

PUB

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

INFO

PUB

TRA

MED

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

PUB RES

38A St George's Drive
London SW1V 4BH

Tel: 020 7630 0121

Email: rshealth@rshealth.org.uk

Website: www.rsph.org

Scottish Swimming

TRA

National Swimming Academy
University of Stirling
Stirling FK9 4LA

Tel: 01786 466520

Email: info@scottishswimming.com

Website: www.scottishswimming.com

Seavets

TRA

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

Tel: 01628 412510

Email: seavets@supanet.com.com

Website: www.seavets.co.uk



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Sport England

PRO INFO

16 Upper Woburn Place
London WC1H 0QP
Tel: 020 7273 1500

Email: info@sportengland.org

Website: www.sportengland.org

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

PUB

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

INFO

PUB

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



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Sports Council for Northern Ireland

INFO

PUB

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

INFO

PUB

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

TRA

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.



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Stroke Association

PUB

TRA

INFO

MED

Stroke House
The Stroke Association
240 City Road
London EC1V 2PR

Tel: 020 7756 0300

Helpline 0845 303 3100

Email: info@stroke.org.uk

Website: 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

INFO

NAT

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

Tel: 0117 926 8893

Email: info@sustrans.org.uk

Website: www.sustrans.org.uk

Tai Chi Union for Great Britain

TRA

Peter Ballam
5 Corunna Drive
Horsham
West Sussex RH13 5HG

Tel: 01403 257918

Email: secretary@taichiunion.com

Website: 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)

TRA

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

TRA PUB

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

UK Tai Chi Association

TRA

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)

INFO

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.



6.1 A TO Z OF USEFUL ORGANISATIONS (CONTINUED)

Walking the Way to Health

TRA

NAT

INFO

John Dower House
Crescent Place
Cheltenham GL50 3RA

Tel: 01242 533258

Website: 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

TRA

112 Great Russell Street
London WC1B 3NQ

Tel: 020 7343 1844

Email: theclub@centralymca.org.uk

Website: www.centralymca.org.uk



6.2 INTERNATIONAL WEBSITES

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

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

Canadian Centre for Activity and Aging

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.

Health Canada and the Canadian Council for Health and Active Living at Work

www.activelivingatwork.com

Older adults can stay home and exercise – home support exercise programme.

Website: www.uwo.ca/actage

The American Geriatric Society Foundation for Health in Aging

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.

US Centers for Disease Control and Prevention

www.cdc.gov

Go to Health Promotion – Physical Activity Look at Growing Stronger see

http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger

US National Institute on Aging

www.nia.nih.gov

American Society on Aging

www.asaging.org

Active Ageing Australia

www.activeageingsa.net.au

Sport and Recreation New Zealand

www.sparc.org.nz



6.3 FURTHER INFORMATION AND READING

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.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

1. BOOKS AND REPORTS

Active Living Among Older Adults – Health Benefits and Outcomes

By S O'Brien Cousins and T Horne.

Published by Brunner/Mazel, Philadelphia, 1999. ISBN 1 56032 585 2.

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.

Published by Human Kinetics, Champaign, Illinois, 2001. ISBN 0 7360 3701 2.

Active Older Adults – Ideas for Action

Edited by L Allen.

Published by Human Kinetics, Champaign, Illinois, 1999. ISBN 0 7360 0128.

Aging, Physical Activity and Health

By RJ Shephard.

Published by Human Kinetics, Champaign, Illinois, 1997. ISBN 0 87322 889 8.

Alive and Kicking – The Carer's Guide to Exercises for Older People

By J Sobczak.

Published by Age Concern, London, 2001. ISBN 0 86242 289 2.

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.



6.3 FURTHER INFORMATION AND READING (CONTINUED)



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.
Published by The Stationery Office, London, 2001.

Health Survey for England: The Health of Minority Ethnic Groups 1999

By B Erens, P Primatesta, G Prior.
Published by The Stationery Office, London, 2001.

Health Survey for England 2000. The Health of Older People

Department of Health
Published by The Stationery Office, London, 2001.



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.
Published by The Crowood Press, Marlborough, Wiltshire, 1999. ISBN 1 86126 208 6.



The Heidelberg Guidelines for Promoting Physical Activity among Older People

Published by World Health Organization, Geneva, 1997.

Improving Health through Community Participation – Concepts to Commitment

Published by the Health Development Agency, London, 2000.



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.

Published by the Robert Wood Johnson Foundation. Princeton, New Jersey, 2001.



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

By the World Health Organization.

Published by the World Health Organization, Geneva, 2002.

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.

Published by The Stationery Office, London, 2001.



Physical Activity 'At Our Age' – Qualitative Research among People Over the Age of 50

By H Finch.

Published by the Health Education Authority, London, 1997. ISBN 0 7521 0850 6.

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.

Published by the Health Education Authority, London, 1999. ISBN 0 7521 1573 1.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

Physical Dimensions of Aging

By W Spirduso.

Published by Human Kinetics, Champaign, Illinois, 1995. ISBN 0 87322 323 3.

Promoting Physical Activity; a Guide for Community Action

By the US Department of Health and Human Services.

Published by Human Kinetics, Champaign, Illinois, 1999. ISBN 0 7360 0152 2.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

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.)

Published by British Medical Journal Books, London, 2000. ISBN 072791 3662.

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.

Published by Human Kinetics, Champaign, Illinois, 2001. ISBN 0 7360 3701 2.

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.

Published by Winslow Press, 1997. ISBN 0 927935 11 2.

A practical guide to a range of activities for residents in nursing homes.

Activity Planning at Your Fingertips

By M Knoth.

Published by Winslow Press, 1997. ISBN 0 927935 08 2.

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

Published by Age Concern, London, 2001. ISBN 0 86242 289 2.

Advice and guidelines for carers on exercise programmes.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

Develop an Activities Programme

By T Briscoe.

Published by Winslow Press, 1991. ISBN 0 86388 092 4.

A practical guide for nurses working with older people.

Exercise for Frail Elders

By E. Best Martini and K A Botenhagen-Digenova

Published by Human Kinetics, Champaign, Illinois 2003 ISBN 0-7360-368-3

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.

Published by Human Kinetics, Champaign, Illinois, 1995. ISBN 0 87322 657 7.

Fall Proof!

By Debra J. Rose

Published by Human Kinetics, Champaign, Illinois 2005 ISBN 0-7360-4088-9

A comprehensive balance and mobility training programme

Fitness After 50

By W H Ettinger, B S Wright and S N Blair

Published by Human Kinetics, Champaign, Illinois, ISBN 0-73600-4413-2

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

Published by Human Kinetics, Champaign, Illinois 2004 ISBN 0-7360-4656-9

Ready to use programmes for improving quality of life

The Heidelberg Guidelines for Promoting Physical Activity among Older People

By the World Health Organization.

Published by the World Health Organization, Geneva, 1997.

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

By the National Institute on Aging.

Published by Robert Wood Johnson Foundation. Princeton, New Jersey, 2001.

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

Published by Human Kinetics, Champaign, Illinois 2005 ISBN 0-7360-4513-9

Recreation Programming and Activities – for Older Adults

By JE Elliot and JAS Sorg-Elliot.

Published by Venture Publishing, State College, PA, 1991. ISBN 0 910251 46 0.

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.

Published by Human Kinetics, Champaign, Illinois, 2001. ISBN 0 7360 3356 4.

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 Basseby 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.

Published by Human Kinetics, Champaign, Illinois, 1999. ISBN 0 87333 952 5.

Tai Chi in a Chair

By Cynthia Quarta.

Fair Winds Press. ISBN – 1-931412-60-X

Easy 15 minute routines for beginners

The Successful Activity Co-ordinator

By R Hurlley and J Wenborn.

Published by Age Concern, London, 2001. ISBN 086242 265 5.

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.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

3. SELECTED RESEARCH PAPERS

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

Key texts are marked with a  symbol.



American College of Sports Medicine. 1998. Position Stand: Exercise and Physical Activity for Older Adults. *Medicine and Science in Sports and Exercise*; 30: 6. 992-1008.

Atienza AA. 2001. Home-based physical activity programmes for middle aged and older adults: Summary of empirical research. *Journal of Aging and Physical Activity*; 9: S38-S58.

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.

Browson RC, Gurney JG, Land G. 1999. Evidence based decision making in public health. *Journal of Public Health Management and Practice*; 5: 86-97.

Eakin EG, Glasgow RE, Riley KM. 2000. Review of primary care-based physical activity intervention studies: Effectiveness and implications for practice and future research. *Journal of Family Practice*; 49: 158-68.

Eakin EG. 2001. Promoting physical activity among middle-aged and older adults in health care settings. *Journal of Aging and Physical Activity*; 9: S29-S37.

Fox KR. 1999. The influence of physical activity on mental well-being. *Public Health and Nutrition*; 2 (3A): 411-18.

Gardner MM, Robertson MC, Campbell AJ. 2000. Exercise in preventing falls and fall related injuries in older people: a review of randomised controlled trials. *British Journal of Sports Medicine*; 34: 7-17.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

King AC, Haskell WL, Young DR, Oka RK, Stefanick ML. 1995. Long term effects of varying intensities and formats of physical activity participation rates, fitness, and lipoprotein in men and women aged 50-65 years. *Circulation*; 91: 2596-604.



King AC, Rejeski J, Buchner DM. 1998. Physical activity interventions targeting older adults – a critical review and recommendations. *American Journal of Preventative Medicine*; 15 (4): 316-33.

Robertson MC, Devlin N, Gardner MM, Campbell AJ. 2001. 1: Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. Randomised controlled trial. *British Medical Journal*; 322: 1-6.

Skelton DA, Young A, Greig CA, Malbut KE. 1995. Effects of resistance training on strength, power and selected functional abilities of women aged 75 and over. *Journal of the American Geriatrics Society*; 43; 1081-87.

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



Stewart AL, Mills KM, Sepsis PG, King AC, McLellan BY, Roitz K, Ritter PL. 1998. Evaluation of CHAMPS, a physical activity promotion program for older adults. *Annals of Behavioural Medicine*; 19 (4): 353-61.

Stewart AL. 2000. Community based physical activity programs for adults aged 50 and older. *Journal of Aging and Physical Activity*; 2000, 9: S71-S91.



6.3 FURTHER INFORMATION AND READING (CONTINUED)

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.

Published by Robert Wood Johnson Foundation. Princeton, New Jersey. 2001.

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.



Choosing Activity: a physical activity action plan. 2005. Department of Health.

Choosing Health? Choosing Activity: A consultation on how to increase physical activity. 2004. Department of Health.

Supporting People with Long Term Conditions: An NHS and Social Care Model to support local innovation and integration. 2005. Department of Health.

Better Health in Old Age

By Professor Ian Philp. 2005. Department of Health.

Communities for Health, Learning from the Pilots 2007. Department of Health.

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

Age Concern National Consumer Council. 2006.

Our Health, Our Care, Our Say: a new direction for community services. 2006. Department of Health.



6.3 FURTHER INFORMATION AND READING (CONTINUED)



A Sure Start to Later Life - Ending Inequalities for Older People. 2006. Social Exclusion Unit.

Active Ageing – A Policy Framework World Health Organization. 2002. Geneva.

With Respect to Old Age – A Report by the Royal Commission on Long Term Care.
Royal Commission on Long Term Care. 1999. London: The Stationery Office.

Transport 2010 – The 10 Year Plan. Department of the Environment, Transport and the Regions. 2000.
The Stationery Office

Walk In to Work Out – Encouraging Walking or Cycling to Work. Department for Environment,
Transport, Local Government and the Regions. 2002. The Stationery Office.

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.

Older People – A Changing Approach – Independence and Well Being. Audit Commission. 2004.

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.

**Living Well in Later Life A review of progress against the National Service Framework
for Older People.** Commission for Healthcare Audit and Inspection. 2006.

Wanless Social Care Review – Future Options for Older People: King's Fund. 2006.



6.3 FURTHER INFORMATION AND READING

6. EQUIPMENT AND RESOURCE PROVIDERS

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>

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

Davies Sports (Divison of Novara)

Movement, softplay and equipment

Novara House
Excelsior Road
Ashby Park
Ashby De La Zouch
LE65 1NG

Tel: 0870 6000 195

Email: customerservice@daviessports.co.uk

Website: 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

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

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



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

