

Someone like me...

March 2007 Update

Someone Like Me gets a *new look*

We hope you like our *new look*, something we've been working on for some time. Not only does our new look apply to our *Someone Like Me* update, but we've also revised and updated our *planning and training materials*. (Details on page 2).

1. New courses planned for June and October 2007

Make a note of these dates

Thursday 7th June –
Cross Street Chapel,
Manchester

Tuesday 12th June –
FitPro, London

Thursday 11th October
Crystal Leisure
Centre, Stourbridge

Thursday 18th October
– Chesterton Medical
Centre Cambridge

Four courses are now planned for 2007 which will provide opportunities for professionals to consider both

- The planning of local programmes
- The planning of cascade training for Senior Peer Activity Motivators

Further details of these courses and application forms can be found at

www.laterlifetraining.co.uk or
www.bhfactive.org.uk

These courses will also make the new *Someone Like Me!* materials available to those attending (see below),.



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2. New revised planning and training materials

More than four years experience of promoting physical activity through the training and support of Senior Peer Activity Motivators has enable the Someone Like me programme to accumulate a wealth of experience in the planning and development of local programmes. Building on this experience, the programme has now revised its materials in readiness for the next series of training courses.

Available on CDs to those participating in new courses, the materials comprise a number of new products designed to assist both the planning of local programmes as well as the delivery of training activities to Senior peer activity motivators..

Details of how previous course participants can access these materials will be made available through our next update.

What's included ?

- 1. A new tutor training manual** - designed to provide information and resources for those proving training activities for Senior Peer Activity Motivators. (includes photo-copiable materials available for distribution to Senior Peer Activity Motivators and use during training activities).
- 2. Senior Peer Activity Motivator Support pack** - designed as a resource for Senior Peer Activity Motivators, during and after training (NB This resource is also provided in Gujerati, Urdu and Punjabi
- 3. A Guide to planning for local programme coordinators**, designed to assist in the planning, implementation and evaluation of a local programme.
- 4. Making the Case** – a fully scripted Powerpoint presentation designed to assist you make the case for the development of a local program me with local partner agencies

How well are you doing ?

We need the evidence !

With PCTs and Local Authorities increasingly called to account for evidence of effectiveness and good practice, The **Someone Like Me** programme is constantly looking for case studies of effective programmes. We know that collecting evidence of impact is a demanding task and not one that volunteer mentors always take to, but if you have exciting stories to tell about your local programme, we'd like to hear from you. Over the next three months, we will be looking for examples of how local programmes are making a difference. E.g. after 18 months, one programme in the North east had established 15 new activity groups and within a year of training 12 mentors had made over 4,000 contacts with people in the East Midlands. To assist the collection of this information, we have prepared a new **impact assessment questionnaire**, designed to capture all the relevant information about local programmes.

Win a copy of our new training materials

Local programmes that complete a copy of the impact assessment questionnaire before 1st August 2007 will receive a complimentary copy of our new resources. The questionnaire can be found on-line at www.laterlifetraining.co.uk or www.bhfactive.org.uk

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3. Activity Friends in Ashfield celebrate their success

Celebrating success

To celebrate the success of the East Midlands based **Activity Friends** programme, mentors and their new found Activity Friends were invited by the programme to the Tin Hat Community Centre, Selston, North Nottinghamshire for a celebratory birthday and evaluation party.

Led by Tim Corbin, the programme coordinator, Ashfield and Mansfield Activity Friends has been in existence for two years, during which time two training courses, attracting 12 mentors have led to the initiation of a variety of new activities in the local community including regular walks, Tai Chi, dancing, bowls and Boccia groups and a village flower planting scheme.

Capturing local impact

The evaluation party was designed to capture the experiences of local **Activity Friends**. To ensure that the lessons were not only recorded but passed on immediately, members of the programme steering group were invited as discussion group facilitators to learn first hand from those involved.

The enthusiastic and vocal contributions of over 25 Activity Friends, were followed by lunch and the cutting of a birthday cake by Cllr. Joan Taylor a member of the programme steering group and keen supporter of the scheme. With the continued support of Nottinghamshire County Council, the local PCT and the contributing agencies, plans are now in hand to extend **Activity Friends** across the whole of Nottinghamshire.

4 New Government programme targets peer mentors

Partnerships for Older People Projects (POPPS)

The Department of Health's Older People and Disability Division is leading a project 'Partnerships for Older People Projects' (POPP). The strategic aim of the project is to test and evaluate (through pilots to be established during 2006/07 and 2007/08) innovative approaches that sustain prevention work in order to improve outcomes for older people. POPP pilots are aimed at enabling older people to have greater personal control over their health and wellbeing, to be empowered to manage their changing needs and to remain

independent wherever possible. Following a rigorous selection process 19 POPP proposals have been awarded funding. A number of the selected projects have chosen peer mentoring as part of their strategic approach to reaching and working with older people.

Details of the POPPs can be found at the Department of health website at www.dh.gov.uk and follow the links to Policy and Guidance and health and Social Care.

A round 2 POPP application process is currently under way.

Further information

- concerning Senior Health Mentoring can be obtained from

Age Concern
www.

http://www.ageconcern.org.uk/AgeConcern/staying_228.htm

- about the Someone Like Me programme can be obtained from **BHF National Centre for Physical Activity and health, Loughborough University**
www.bhfactive.org.uk and

Later Life Training Ltd
Email
Info@laterlifetraining.co.uk
Website
www.laterlifetraining.co.uk

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5. Other information

New publications and resources

Fit as a Butcher's Dog !

Newly published by Age Concern, a report on healthy lifestyle choice and older people including physical activity and leisure time.

Working with Older Men

Also recently published by Age Concern, an informative look at the debate concerning older men and services provided for them and the need for service providers to address key issues

To order a copy of these reports contact Age Concern – Policy and Campaigns at www.ageconcern.org.uk

Step to the Future Exercise Video and DVD

Step to the Future is a new programme of exercises from Help the Aged. Presented by Seona Ross, who celebrates her 90th birthday this year, and advised by postural stability experts Sheena Gawler and Susie Dinan, this programme of aerobic endurance and strength exercises is designed to keep older people active into later life. The DVD is also available in Hindi.

To order contact Help the Aged Home Shopping 0870 7700441 for £12 each (plus p&p). Quote product codes N2701 (VHS) or N2702 (DVD) or via Help The Aged Website <http://www.helptheaged.org.uk/>



Someone Like Me programme partners

Someone Like Me is a partnership programme involving the BHF National Centre for Physical Activity and Health at Loughborough University, Later Life Training and Age Concern – Ageing Well

The Mentoring and Befriending Foundation

The MBF aims to ensure that mentoring and befriending are at the centre of current and future national volunteering strategies

MBF National Conference 3rd May 2007 - Tackling Social Exclusion

The conference hosts over 30 workshops covering a wide range of sector groups and issues - related to mentoring and befriending programmes

For details of conference and the MBF visit www.mandbf.org.uk

Next edition of the Someone Like Me Update

In our next edition of the *Someone Like Me Update* we will be launching details of the local coordinators forum web page where through a dedicated log-in, those involved in local schemes will be able to exchange their ideas and practice

Anything else ?

Let us know – your views, experiences and activities. We are more than happy to feature your work in next editions of update.

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