

Learning Week Overview

<u>Presenter and Session Title</u>	Accessible through:			Education Connect Members
	Care	AHP	Fitness	
Louise Kelly How Care staff can successfully support older people to move more	✓			
Prof. Anne Forster The REACH research programme: enhance routine physical activity in care homes	✓	✓		
Dr Elissa Burton Increasing physical activity through conversations and relationship building	✓		✓	
Prof. Pip Logan How to reduce falls rates in care homes - research and the real world	✓	✓		
Amy Charters Investigating the role of retirement housing in the primary prevention of falls	✓			✓
Katherine Marwood, Jade Amis & Sarah Wren It's never too late to get active: supporting people aged 75-105 to stay happy, health, and independent	✓			
Dr Juliet Harvey Move towards active wards in hospital		✓		
Vanda Cummins & Edel Brennan Implementing the OEP in Ireland in partnership with fitness professionals		✓	✓	
Lianne McNally #ThinkActivity - building resilience during the COVID pandemic	✓			
Dr Tom Maden-Wilkinson Strength4Life: Application of Strength and Conditioning for Older adults			✓	✓
Dr Dave Tomlinson The deleterious effects of sarcopenic obesity on muscle-tendon characteristics and bone, and its translation to physical function			✓	✓

<u>Presenter and Session Title</u>	Accessible through:			Education Connect Members
	Care	AHP	Fitness	
Dr Anna Lowe Making it easier to be active with a health condition: a national conversation #EasierToBeActive	✓	✓	✓	✓
Sally Hinton Cardiovascular Prevention and Rehabilitation		✓	✓	✓
Prof. Anna Campbell MBE Exercise and cancer: movement matters		✓	✓	✓
Dr Dave Saunders Expending energy during life after stroke	✓		✓	✓
Dr Claire Minshull Exercise-induced muscle damage as a modality to enhance rehabilitation outcomes; it's not all 'bad'! (this session not available on catch-up <u>after</u> the learning week)		✓	✓	✓
Dr Garry Tew Yoga for falls prevention in older adults		✓	✓	
Dr Samuel Nyman The current evidence for Tai Chi in falls prevention			✓	✓
Prof. Helen Jones A UK Clinical Exercise Physiologist: a roadmap		✓	✓	✓
Dr Afroditi Stathi Preventing physical function decline in older people with mobility limitations: The REACT (Retirement into ACTion) 12-month group exercise and behaviour maintenance intervention	✓	✓	✓	
Helen Hawley-Hague Digital support for strength and balance at home: different apps work for different contexts		✓		✓
Helen Hawley-Hague UK wide evaluation of remote physiotherapy, what can we learn for delivery of our evidence based exercise programmes?		✓		

<u>Presenter and Session Title</u>	Accessible through:			Education Connect Members
	Care	AHP	Fitness	
Marina Arkkukangas Otago app		✓		✓
Dr Emma Stanmore Keep on Keep Up (KOKU): an NHS approved, digital falls prevention app to support older adults to maintain function and remain independent.	✓	✓		✓
Melody Chawner Compliance with Falls Exercise Programmes for Patients With Moderate Frailty.		✓		✓
Sarah de Biase & Laura Cook Working together to improve falls prevention exercise care pathways	✓	✓	✓	✓
Nicola Lauchlan Dem Bones, Dem Bones! - Exercise and Osteoporosis			✓	
Janet Thomas Getting to grips with frailty and sarcopenia		✓	✓	✓
Dr Susan Coote Better Balance – development and implementation of falls prevention programmes for people with MS		✓		✓
Debbie Lawrence SEESAW & I - A tool for analysing exercise safety and effectiveness			✓	
Bob Laventure The FFMOT at Home	✓	✓	✓	✓
Bob Laventure Person centred and purposeful conversations - do we have a plan?	✓			✓
Bob Laventure Change over time - Who's in it for the long run?	✓	✓	✓	✓

<u>Presenter and Session Title</u>	Accessible through:			Education Connect Members
	Care	AHP	Fitness	
Bex Townley Promoting and supporting movement in care settings	✓			
Bex Townley There's more to chair based exercise than sitting down	✓		✓	
Sara Paul How to be COVID friendly in face-to-face PSI sessions				✓
Sara Paul Top tips for online delivery (with yoga examples)			✓	✓
Kelsey Leverton Designing a virtual offer for FaME - a service perspective				✓
Dave Montgomery The PSI Role in Cardiac Rehabilitation – a personal perspective				✓
Hannah Marsh A county-wide approach to Falls Prevention - physically and virtually			✓	✓
Emma Rollings The WellBalanced Programme				✓
Astrid Gilmartin Supporting people with learning disabilities, with chair based exercise				✓
Prof. Vicky Goodwin Getting up after a fall: fact or fiction?	✓	✓		✓
Prof. Peter Gore Healthy ageing - how are we doing? Could it be different?	✓	✓	✓	✓

Accessible through:

Presenter and Session Title

Care

AHP

Fitness

**Education
Connect
Members**

Sheila Wilkinson

Active Ageing - 'The Pilates 6 into the Fitness 5' (for PSIs)



Sheila Wilkinson

Active Ageing - 'The Pilates 6 into the Fitness 5'



Cherry Baker

Seated and supported Pilates



Anita Griggs

Sustaining services in a pandemic – busy doing nothing?



Emma Cameron

Continuing to support people living with dementia through the pandemic (experiences from a Memory Club in Berkshire)



Our LIVE Timetable (Updated 19 Mar)

PLEASE NOTE:

Sessions may be subject to change of delivery format without notice.

Saturday 20th March

9 - 9.20am	LLT Open: A National COVID-19 Resilience Programme Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS
9.30 - 10am		
10.15 - 11.15am	Working together to improve falls prevention exercise care pathways Sarah De Biase & Laura Cook	AVAILABLE ON ALL STREAMS
11.30 - 12.30pm	Compliance with Falls Exercise Programmes for Patients With Moderate Frailty Melody Chawner	AHP LLT EDUCATION CONNECT
12.45 - 1.45pm		
2 - 4pm	SEESAW & I - A tool for analysing exercise safety and effectiveness Debbie Lawrence	FITNESS

Sunday 21st March

9 - 10am	LLT Open: FFMOT at Home Bob Laventure	AVAILABLE ON ALL STREAMS
10.15 - 11.15am	How to be COVID friendly in face-to-face PSI sessions Sara Paul	LLT EDUCATION CONNECT
11.30 - 12.30pm	The PSI Role in Cardiac and Vascular Rehabilitation – a personal perspective Dave Montgomery	LLT EDUCATION CONNECT
12.45 - 1.45pm	Change over time - Who's in it for the long run? Bob Laventure	AVAILABLE ON ALL STREAMS
2 - 3pm		
3.15 - 4.15pm	There's more to chair based exercise than sitting down Bex Townley	CARE FITNESS

Monday 22nd March

9 - 9.20am	LLT Open: Why Pre-fit proved unfit Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS
9.30 - 10am	PSI showcase: The WellBalanced Programme Emma Rollings	LLT EDUCATION CONNECT
10.15 - 10.45am	LIVE Q&A ON: The REACH research programme: enhance routine physical activity in care homes Prof. Anne Forster	CARE AHP
11.30 - 12pm	LIVE Q&A ON: Expending energy during life after stroke Dr Dave Saunders	CARE FITNESS LLT EDUCATION CONNECT
12.45 - 1.15pm	LIVE Q&A ON: Exercise-induced muscle damage as a modality to enhance rehabilitation outcomes; it's not all 'bad'! Dr Claire Minshull	AHP FITNESS LLT EDUCATION CONNECT
2 - 3pm		
3.15 - 4.15pm		
4.30 - 5.30pm	How Care staff can successfully support older people to move more Louise Kelly	CARE
6 - 7pm	Person centred and purposeful conversations - do we have a plan? Bob Laventure	CARE LLT EDUCATION CONNECT

Tuesday 23rd March

9 - 9.20am	LLT Open: LLT Open: The story of MMYM - Celebrating 1 YEAR of MMYM Today! Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS
9.30 - 10am	PSI showcase: A county-wide approach to Falls Prevention - physically and virtually Hannah Marsh	FITNESS LLT EDUCATION CONNECT
10.15 - 11.15am		
11.30 - 12.30pm	Cardiovascular Prevention and Rehabilitation Sally Hinton	AHP FITNESS LLT EDUCATION CONNECT
12.45 - 1.45pm		
2 .30 - 3pm	LIVE Q&A ON: The current evidence for Tai Chi in falls prevention Dr Samuel Nyman	FITNESS LLT EDUCATION CONNECT
3.15 - 3.45pm	LIVE Q&A ON: Better Balance – development and implementation of falls prevention programmes for people with MS Dr Susan Coote	AHP LLT EDUCATION CONNECT

Wednesday 24th March

9 - 9.20am	LLT Open: Tackling the technicalities of tai chi and falls prevention Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS
9.30 - 10am	CBE showcase: Supporting people with learning disabilities, with chair based exercise Astrid Gilmartin	LLT EDUCATION CONNECT
10.15 - 11.15am	Making it easier to be active with a health condition: a national conversation #EasierToBeActive Dr Anna Lowe	AVAILABLE ON ALL STREAMS
11.30 - 12pm	LIVE Q&A ON: Otago app Marina Arkkukangas	AHP LLT EDUCATION CONNECT
12.45 - 1.45pm	A UK Clinical Exercise Physiologist: a roadmap Prof. Helen Jones	AHP FITNESS LLT EDUCATION CONNECT
2 - 3pm		
3.15 - 4.15pm	Getting to grips with frailty and sarcopenia Janet Thomas	AHP FITNESS LLT EDUCATION CONNECT
4.30 - 5.30pm	It's never too late to get active: supporting people aged 75-105 to stay happy, health, and independent Katherine Marwood, Jade Amis & Sarah Wren	CARE
6.30 - 7pm	LIVE Q&A ON: Sheila and Cherry's respective sessions Sheila Wilkinson & Cherry Baker	FITNESS LLT EDUCATION CONNECT

Thursday 25th March

9 - 9.20am	LLT Open: Care to Move - when are we going to shift to workforce approaches to promote movement in care settings? Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS
9.30 - 10am	PSI showcase: Sustaining services in a pandemic – busy doing nothing? Anita Griggs	LLT EDUCATION CONNECT
10.15 - 11.15am	Increasing physical activity through conversations and relationship building Dr Elissa Burton	CARE FITNESS
11.30 - 12.30pm	Exercise and cancer: movement matters Prof. Anna Campbell	AHP FITNESS LLT EDUCATION CONNECT
12.45 - 1.15pm	LIVE Q&A ON: Investigating the role of retirement housing in the primary prevention of falls Amy Charters	LLT EDUCATION CONNECT CARE
2 - 3pm	Strength4Life: Application of Strength and Conditioning for Older adults Dr Tom Maden-Wilkinson	FITNESS LLT EDUCATION CONNECT
3.15 - 4.15pm	Designing a virtual offer for FaME - a service perspective Kelsey Leverton	LLT EDUCATION CONNECT
4.30 - 5.30pm	#ThinkActivity - building resilience during the COVID pandemic Lianne McNally	CARE

Friday 26th March

9 - 9.20am		
9.30 - 10am	Yoga for falls prevention in older adults Dr Garry Tew	AHP FITNESS
10.15 - 11.15am	Getting up after a fall: fact or fiction? Prof. Vicki Goodwin	CARE AHP LLT EDUCATION CONNECT
11.30 - 12.30pm	UK wide evaluation of remote physiotherapy, what can we learn for delivery of our evidence based exercise programmes? Helen Hawley Hague	AHP
12.45 - 1.15pm		
2 - 3pm	Healthy ageing - how are we doing? Could it be different? Prof. Peter Gore	AVAILABLE ON ALL STREAMS
3.15 - 4.15pm	Preventing physical function decline in older people with mobility limitations: The REACT (Retirement into ACTION) 12-month group exercise and behaviour maintenance intervention Dr Afroditi Stathi *	AHP FITNESS CARE
4.30 - 5.30pm	LLT Close: Closing thoughts and key messages from the week and how LLTs involvement in research (past and present) has influenced these Dawn Skelton & Bex Townley	AVAILABLE ON ALL STREAMS

* This session will not be recorded as Afroditi will be presenting preliminary results that will need to be peer reviewed prior to general circulation. Unfortunately this means that the session will not be available to catch up with at a later date.

“On Demand” Sessions



Q&A

PLEASE NOTE: Q&A's for the on demand content will be managed via the forum on the learning week page. With the exception of those marked on the timetable.

Promoting and supporting movement in care settings

Bex Townley

CARE

Active Ageing - ‘The Pilates 6 into the Fitness 5’ (for PSIs)

Sheila Wilkinson

LLT EDUCATION CONNECT

Active Ageing - ‘The Pilates 6 into the Fitness 5’

Sheila Wilkinson

FITNESS

Keep on Keep Up (KOKU): an NHS approved, digital falls prevention app to support older adults to maintain function and remain independent

Dr Emma Stanmore

CARE

AHP

LLT EDUCATION CONNECT

Exercise-induced muscle damage as a modality to enhance rehabilitation outcomes; it’s not all ‘bad’! (this session not available on catch after the learning week)

Dr Claire Minshull *

AHP

FITNESS

LLT EDUCATION CONNECT

Digital support for strength and balance at home: different apps work for different contexts

Helen Hawley Hague

AHP

LLT EDUCATION CONNECT

Move towards active wards in hospital

Dr Juliet Harvey

AHP

Otago App

Marina Arkkukangas

AHP

LLT EDUCATION CONNECT

PSI showcase: Personal perspectives from a Memory Club

Emma Cameron

CARE

LLT EDUCATION CONNECT

* Pre-record only available on the week of the conference

<p>Top tips for online delivery (with yoga examples) Sara Paul</p>	<p>FITNESS LLT EDUCATION CONNECT</p>
<p>Implementing the OEP in Ireland in partnership with fitness professionals Vanda Cummins & Edel Brennan</p>	<p>AHP FITNESS</p>
<p>The current evidence for Tai Chi in falls prevention Dr Samuel Nyman</p>	<p>FITNESS LLT EDUCATION CONNECT</p>
<p>Dem Bones, Dem Bones! - Exercise and Osteoporosis Nicola Lauchlan</p>	<p>FITNESS</p>
<p>The REACH research programme: enhance routine physical activity in care homes Prof. Anne Forster</p>	<p>CARE AHP</p>
<p>Expending energy during life after stroke Dr Dave Saunders</p>	<p>CARE FITNESS LLT EDUCATION CONNECT</p>
<p>How to reduce falls rates in care homes - research and the real world Prof. Pip Logan</p>	<p>CARE AHP</p>
<p>Seated and supported Pilates Cherry Baker</p>	<p>FITNESS</p>
<p>Better Balance – development and implementation of falls prevention programmes for people with MS Dr Susan Coote</p>	<p>AHP LLT EDUCATION CONNECT</p>
<p>Investigating the role of retirement housing in the primary prevention of falls Amy Charters</p>	<p>CARE LLT EDUCATION CONNECT</p>
<p>The deleterious effects of sarcopenic obesity on muscle-tendon characteristics and bone, and its translation to physical function Dr Dave Tomlinson</p>	<p>FITNESS LLT EDUCATION CONNECT</p>

Presenter Information

Louise Kelly

Care Inspectorate

Sessions:

How Care staff can successfully support older people to move more

Working in partnership with care professionals can have a positive impact on older people's movement levels, physical and mental health. Learn from the Care about Physical Activity (CAPA) Programme and how care staff (from care homes, care at home, day care or sheltered housing) made a difference to people's health and wellbeing. Consider how lessons learned from this project could strengthen your work.

CARE

Prof. Anne Forster

Head of the Academic Unit for Ageing and Stroke Research, University of Leeds

Bio:

Anne Forster, is Head of the Academic Unit for Ageing and Stroke Research, which is based in Bradford Institute for Health Research and part of the University of Leeds. A physiotherapist, she has a long-standing interest in elderly care and stroke and has undertaken a number of Cochrane Reviews, qualitative studies and randomised trials examining the effects of complex interventions in these patient groups. She is an NIHR Senior Investigator and NIHR Training Advocate.

Sessions:

The REACH research programme: enhance routine physical activity in care homes

The development and preliminary testing of strategies to enhance routine physical activity of care home residents to improve their physical, psychological and social wellbeing will be described.

This mixed-methods research programme included qualitative approaches to undertake a needs assessment and gain understanding of the opportunities and barriers for enhancing physical activities in care homes, developing an intervention through a process of intervention mapping, refining the provisional intervention in the CH setting and undertaking a cluster randomised feasibility trial of the intervention.

AHP

CARE

Dr Elissa Burton

*School of Physiotherapy
& Exercise Science, Curtin
University, Perth, Western
Australia*

Sessions:

Increasing physical activity through conversations and relationship building

Elissa will outline the latest physical activity guidelines and discuss how physically active older people are in comparison to the guidelines and what type of activities they like to participate in. She will then talk about some ideas on how we can encourage others to be physically active and to create a physically active lifestyle, not only for those living independently without care but for those receiving home care services also.

CARE

FITNESS

Prof. Pip Logan

*University of Nottingham and
Nottingham CityCare NHS
Partnership*

Sessions:

How to reduce falls rates in care homes - research and the real world

This session will explore Care Homes in the UK and the research evidence for reducing falls rates in older people. It will draw on international studies but also present evidence-based activities and treatments that people can implement in their own work.

AHP

CARE

Amy Charters

Anchor Hanover, Service Improvement Business partner

Bio:

Amy's background in falls prevention started at Age UK where she led the organisation's falls prevention programme, including managing campaigns such as Falls Awareness Week, developing materials to influence policy and practice and developing evidence-based exercise services for the local voluntary sector. After leaving Age UK, Amy worked as a web editor for ProFaNE and as a freelance consultant for the Prevention of Falls Network for Dissemination (ProFouND). More recently, Amy has been supporting the development of projects and services within Anchor Hanover – England's largest provider of specialist housing and care for people in later life. This has included designing and delivering a 12-month project to engage residents in primary prevention.

Sessions:

Investigating the role of retirement housing in the primary prevention of falls

In 2018 Anchor Hanover carried out the Staying Strong project in Hackney. Jointly funded by the council and CCG, the objectives of the project were to explore whether retirement housing could successfully engage residents who hadn't yet fallen in preventative activities. During this session, Amy will share experiences of hosting the Functional Fitness MOT and weekly exercise sessions in communal spaces and give an insight into the benefits and considerations of working with the housing sector.

CARE

CONNECT

Katherine Marwood

*Director of Services
Hertfordshire Independent
Living Service*

Sessions:

It's never too late to get active: supporting people aged 75-105 to stay happy, healthy, and independent

In this session we will demonstrate that it really is never too late to get active and that people of all ages and abilities benefit from support with exercise, even those closer to 100 years old! By providing one to one, personalised support for our clients in their homes, we improve their confidence, balance, mobility, strength, and mental health. This improves their quality of life and helps them to stay happy, healthy, and independent at home.

CARE

Dr Juliet Harvey

*Practice Development
Physiotherapist, NHS Greater
Glasgow & Clyde*

Bio:

Juliet Harvey is a Practice Development Physiotherapist for NHS Greeter Glasgow & Clyde. She has a research interest in the interaction of health and sedentary behaviour across the life course. She completed her PhD in 2016 and her research portfolio can be found [here](#). Juliet works across several Physiotherapy and AHP workstreams with a particular focus on participatory approaches to change that is collaborative, person-centered and clinician led. Juliet is Project Lead for the #ActiveWards Special Interest Group at GGC.

Sessions:

Move towards active wards in hospital

This session will cover interventions to reduce sedentary behaviour in sheltered housing setting and the clinical environment with an emphasis on working together to achieve culture change.

AHP

Dr Tom Maden- Wilkinson

*Senior Research Fellow in
Neuromuscular Physiology,
Advanced Wellbeing Research
Centre, Sheffield Hallam
University*

Sessions:

Strength4Life: Application of Strength and Conditioning for Older adults

This talk will look at the Strength4Life programme run at Sheffield Hallam University where we run community classes and educational workshops around resistance training for older adults with a specific focus on those individuals with high functioning to keep them strong and resilient as they get older.

CONNECT

FITNESS

Dr Dave Tomlinson

*Musculoskeletal Science
and Sports Medicine
Research Centre, Manchester
Metropolitan University
Manchester, UK*

Sessions:

The deleterious effects of sarcopenic obesity on muscle-tendon characteristics and bone, and its translation to physical function

The session will discuss how the impact of obesity on muscle-tendon characteristics, and bone differs as we age, and how this then translates to poor physical function, functional disabilities and an increased fall risk. It will also examine the importance of how obesity is defined when identifying at risk groups and prescribing exercise interventions.

FITNESS

CONNECT

Dr Anna Lowe

*Programme Manager, National
Centre for Sport & Exercise
Medicine, Sheffield*

Sessions:

Making it easier to be active with a health condition: a national conversation #EasierToBeActive

#EasierToBeActive is a funded project that aims to:

- Understand what was needed to create ‘friction-less’ experiences for people with health conditions when they interact with the physical activity the system
- Create consensus about what quality physical activity experiences look like for people with health conditions
- Involve a wide community of stakeholders to co-create solutions
- Generate new insight and recommendations to those who provide, design and commission physical activity and health and care services

In this session we will give an overview of the rationale for the project, our methods and our findings so far. This session is relevant for anyone that designs, commissions or delivers physical activity interventions for people with health conditions.

AHP

CARE

CONNECT

FITNESS

Samuel Nyman

Bournemouth University Clinical Research Unit, Department of Medical Science and Public Health, Bournemouth University

Bio:

Dr Samuel Nyman is Head of the Bournemouth University Clinical Research Unit and Principal Academic in Psychology. His research focuses on falls prevention and physical activity promotion among older people and people with dementia. He was chief investigator of the [TACIT Trial](#) that used Tai Chi to improve balance among community-dwelling older people with dementia and their carers. His interests include the use of behaviour change techniques to increase adherence to exercise interventions, clinical trials, and the psychology of ageing. He is currently Editor-in-Chief of [Journal of Aging and Physical Activity](#).

Sessions:

The current evidence for Tai Chi in falls prevention

This presentation will give an overview of the effectiveness of Tai Chi to prevent falls among older people. Drawing on randomised controlled trials and systematic reviews, mainly with community-dwelling older people, the evidence will be reviewed followed by practical recommendations for exercise practitioners.

CONNECT

FITNESS

Dr Dave Saunders

University of Edinburgh

Sessions:

Expending energy during life after stroke

Sitting less and moving more have much potential for health and wellbeing after stroke. This can be achieved through methods involving exercise to increase fitness, being more physically active and reducing sedentary behaviour; all involve different ways of expending energy. These 'energy expending interventions' offer multiple benefits, which are valued by people after stroke. It could be that different combinations of "energy expending interventions" targeting fitness, activity and sedentariness in different cohorts will provide most benefits across stroke as a whole?

CARE

FITNESS

CONNECT

Dr Claire Minshull

*Director: Get Back To Sport;
Principal Research RJAH
Orthopaedic Hospital, Oswestry
UK*

Bio:

Claire is one of the most highly respected rehabilitation and conditioning specialists in the UK. She has worked in the field of sports medicine and health for over 20 years as a Senior Lecturer, Researcher, Consultant and as a Practitioner. She has designed, led, and managed major clinical and non-clinical research trials, supervised several PhD students, and has published over 30 research papers in peer-reviewed journals. Claire's area of expertise means that she uniquely spans the gap between the physiology of conditioning and physiotherapeutic rehabilitation. She founded Get Back To Sport, an international education and training company, to translate scientific research findings into enhancing clinical practice.

Sessions:

Exercise-induced muscle damage as a modality to enhance rehabilitation outcomes; it's not all 'bad'

Exercise-induced muscle damage is characterised by a delayed-onset muscle soreness (DOMS) that peaks 1- to 2-days following novel or predominantly eccentrically-based exercise. Within rehabilitation settings, DOMS has been traditionally viewed as 'bad' and something that should be avoided. However, eccentric exercise conveys many beneficial effects for muscle function and adaptation. These include enhanced gains in muscle strength, fast twitch muscle fibre recruitment and, a protective effect against repeated exposures. Here we will explore the specific advantages that eccentric exercise has for neuromuscular adaptation within clinical and health settings.

AHP

CONNECT

FITNESS

Prof. Helen Jones

*Liverpool John Moores
University*

Bio:

Professor Helen Jones (Professor in Cardiovascular Physiology) is an academic member of staff with teaching duties across undergraduate Physiology and postgraduate Clinical Physiology modules for degrees within the School of Sport and Exercise Sciences. Helen is a member of the Cardiovascular Health Sciences Research Group within the Research Institute for Sport and Exercise Sciences. Her research focusses on understanding how exercise can improve vascular health in both healthy and diseased individuals, with a specific interest on female health. Helen is working on enhancing clinical exercise provision for individuals using mobile health technology and also leading on a project to advocate and promote University trained and accredited Clinical Exercise Specialists as a recognised health professional

Sessions:

A UK Clinical Exercise Physiologist: a roadmap

This talk will outline our aim and agenda to establish and promote accredited and registered health professional specialising in exercise assessment, guidance and programming that are embedded into the care pathway from acute management to rehabilitation and in the community.

AHP

CONNECT

FITNESS

Melody Chawner

*Community Physiotherapy Team
Lead and Falls Project Lead*

Sessions:

Compliance with Falls Exercise Programmes for Patients With Moderate Frailty

This session will present data from a service which has been providing evidence based falls prevention exercise according to the international evidence base for 13 years. It will outline what we understand about the barriers to exercise amongst those with moderate frailty and how to target resource towards those most likely to benefit.

AHP

CONNECT

Dr Susan Coote

Multiple Sclerosis Society of Ireland

Bio:

Dr Susan Coote is a physiotherapist specialising in neurological rehabilitation. For over 15 years she led the MS research team at the University of Limerick researching the benefits of exercise and physical activity to reduce symptom severity and improve quality of life for people with neurological conditions living in the community. She has published over 70 research papers and received over €2m in research funding supervising many PhD students in the area of exercise and MS. She currently works in MS Ireland running projects funded by SlainteCare Integration fund, the Social Innovation Fund and Disability Services which implement into practice the research findings and learning's of the benefits of exercise for people with MS.

Sessions:

Better Balance – development and implementation of falls prevention programmes for people with MS

This presentation will review the falls risk factors and the evidence for interventions to reduce falls for people with MS. The theory underpinning the development of Better Balance, a multifactorial falls prevention programme, will be outlined. The implementation of this programme in person and online will be discussed with practical tips for falls prevention for this population.

AHP

CONNECT

Helen Hawley-Hague

Research Fellow, University of Manchester

Bio:

Helen is a Research Fellow at the University of Manchester in the School of Health Sciences. She worked in the NHS for 9 years, commissioning assistive technology, falls and fracture rehabilitation, and long-term conditions services. Recently, she completed a usability study of teleconferencing to deliver falls rehabilitation exercises (pre-COVID), and a multi-centre feasibility randomised control trial testing smartphone apps to support home-based exercise. She is lead for the evaluation of remote rehabilitation commissioned by the Chartered Society of Physiotherapy. She has provided consultancy to health, social care and third sector organisations across the country, bringing multiple partners and patients together to plan effective services. She is also trained as a PSI instructor and has spent many years researching adherence to exercise both in groups and at home!

Sessions:

Digital support for strength and balance at home: different apps work for different contexts

Adherence to strength and balance exercises is challenging. We present two different apps designed to support older adults to carry out evidence based home exercise that have been tested in two different populations. We will briefly present research findings but focus on an introduction to the applications and where they can support and enhance your existing delivery. We will also look to engage with you around what further improvements we could make to meet your needs.

AHP

CONNECT

UK wide evaluation of remote physiotherapy, what can we learn for delivery of our evidence based exercise programmes?

During the COVID-19 pandemic rehabilitation services, such as physiotherapy changed from working face-to-face to using remote methods of contact like video (remote consultation).

In this session we will discuss relevant findings from the literature on remote delivery of physiotherapy, our UK wide survey of 1620 remote physiotherapy services and their delivery during the COVID19 pandemic and some of the data we have collected on case studies to date. We will discuss the challenges and advantages of carrying out assessments of patients and delivering both group and one to one exercise remotely.

AHP

Sara de Biase

MSc BSc (Hons) MCSP

AGILE Chair (October 2019-October 2021)

*Allied Health Professional Lead
Older People's Mental Health
Service, Bradford District Care
NHS Foundation Trust, UK.*

*Improvement Associate,
Yorkshire & Humber
Improvement Academy, UK*

Bio:

Sarah De Biase is a physiotherapist specialising in the care and support of older people. Sarah has more than 18 years NHS experience across acute, community and mental health care services for older people. Sarah is currently Chair of AGILE (Association of Physiotherapists working with Older Adults, recognised by the CSP).

Sarah's substantive role is as Allied Health Professional Lead for Older People's Mental Health Services at Bradford District Care NHS Foundation Trust; she also works with the Yorkshire and Humber Improvement Academy. Sarah previous roles include heading up a national quality improvement programme aimed at improving systems of care for older people living with frailty, working with health and care professionals to support earlier identification and severity grading of people living with frailty using the electronic Frailty Index

Sessions:

Working together to improve falls prevention exercise care pathways

This session will discuss and demonstrate how partnership working between physiotherapists & exercise professionals can achieve effective exercise dose in falls prevention exercise care pathways; and provide an overview of the ingredients identified to be essential for sustainable collaboration and which are most likely to have an impact on outcomes for older people at risk of falls

AHP

CARE

CONNECT

FITNESS

Marina Arkkukangas

PhD, RPT

Research and Development,
Region Sörmland

School of Health, Care and
Social Welfare, Mälardalen
University.

Bio:

The knowledge of a persons' behaviour in relation to physical activity places Marina in the position of integrating behavioural medicine into the field of physiotherapy. Marina has a lengthy experience and a special interest in fall prevention, which derives from both clinical experience and research that Marina has been conducting the last 10 years. Integrating technology into the fall prevention work and learning safe falling techniques, are two of the latest research topics in Marinas research.

Sessions:

Otago app

Experiences of the Otago application. Practical, evidence based briefing and experiences from older adults using the application regularly in daily life.

AHP

CONNECT

Debbie Lawrence

Bio:

Debbie has close to 40 years' experience working in the exercise and fitness sector in a variety of teaching, assessing and quality assurance roles. She is a technical writer and develops resources for several awarding organisations and training providers; and is also the published author of 13 books with Bloomsbury publishing. She teaches qigong class online and is a qualified integrative counsellor

Sessions:

"A SEESAW & I" - A tool for analysing exercise safety and effectiveness

The first part of this session introduces the 'SEESAW and I' tool (Speed. Environment and equipment. Effectiveness. Stability. Alignment. Weight. and Individual) which can be used to analyse exercise safety and effectiveness. Part two of the session will take an applied approach using example exercises.

FITNESS

Dr Emma Stanmore

University of Manchester

Bio:

Emma is a Reader and Deputy Lead for the Healthy Ageing Research Group, University of Manchester. Emma has over 25 years combined experience in healthcare, research and teaching with a particular focus on the promotion of healthy ageing and innovation. Emma has completed research projects investigating fall prevention interventions, incidence of falls, fear of falling and risk factors for older adults; the effectiveness and cost-effectiveness of Exergames for falls prevention exercises amongst older people. Emma also has a track record of developing successful healthcare innovations in collaboration with software developers, clinicians and engineers and also implementing change in the NHS (new hospital at home services and interdisciplinary roles). She has been a recipient of numerous scientific awards and has held grants as Principal Investigator from Arthritis Research UK, Innovate UK, ESRC, Wellcome Trust and NHS Trusts and as Co-I from the European Commission and Innovation Fund Denmark.

Sessions:

Keep on Keep Up (KOKU): an NHS approved, digital falls prevention app to support older adults to maintain function and remain independent

The world pandemic has led to an increased need to prevent functional decline in older adults shielding or recovering from COVID-19. Online or digital exercise provision has become the new normal leading to opportunities to support older adults to take control of their health. This session will give an overview of the research and development for 'Keep On Keep Up' (KOKU); an NHS approved, digital falls prevention system, to promote access and engagement to personalised and progressive strength and balance exercise for older adults. KOKU draws on health behaviour change theory to increase adherence through digital nudges, feedback and rewards. It also incorporates health literacy games to improve awareness of bone health, diet, safety at home, and hydration. See <https://kokuhealth.com/>.

After attending this session, participants will be able to:

- Consider the barriers and facilitators in delivering tailored digital exercise for older people through examining acceptability and usability feedback that may influence uptake and adherence.
- Understand the processes, behaviours and practices that may aid implementation of digital health solutions to supplement exercise programmes for older adults to improve function and prevent falls.

AHP

CARE

CONNECT

Prof. Anna Campbell MBE

Can Rehab

Bio:

Anna Campbell is Professor in Clinical Exercise Science at Edinburgh Napier University. Her first degree is in Immunology and she has a PhD in Biochemistry. For the past 19 years she has worked in the field of exercise oncology and has been instrumental in the implementation of evidence-based exercise programmes for people affected by cancer across UK. She is principal investigator / co-investigator on Macmillan, NIHR, CSO and Breast Cancer Now funded research grants and has published over 50 peer reviewed research papers and three educational book chapters on the subject of cancer and exercise.

As key advisor to Macmillan Cancer Care, she worked on the development of the MoveMore programmes in Scotland and the evaluation of the UK wide MoveMore programmes, Professor Campbell is also Director of CanRehab (www.canrehab.co.uk) - an international provider of training on exercise based cancer rehabilitation for health professionals and fitness specialists. She is part of a small international working group of exercise experts responsible for updating the evidence-based exercise prescription guidelines and the guidelines for the provision of clinical and community based exercise programmes for cancer patients and survivors. The findings were published in three papers in November 2019.

Sessions:

Exercise and cancer: movement matters

Description to follow...

AHP

CONNECT

FITNESS

Dr Afroditi Stathi

University of Birmingham

Bio:

Afroditi Stathi is Associate Professor of Active Ageing and Health at the University of Birmingham. Her research interests cover the promotion of active ageing and the development of lifestyle interventions targeting lifelong health and well-being. Her research is firmly based on public engagement and interdisciplinary collaborations with national agencies, national and international academics, policy-makers, primary care trusts, public health departments, service providers, local councils, volunteer organisations and charitable trusts. In 2019, Afroditi served on the Older Adults Expert Working Group for the update of the UK Chief Medical Officer Physical Activity Guidelines. Afroditi has attracted in excess of £5million in external funding from agencies such as the National Institute for Health Research (Public Health Research Programme), (Research for Patient Benefit programme); MRC (Lifelong Health and Well-being Initiative), (National Prevention Initiative), EPSRC, and European Commission.

Sessions:

Preventing physical function decline in older people with mobility limitations: The REACT (Retirement into ACTION) 12-month group exercise and behaviour maintenance intervention

Description to follow...

AHP

CARE

FITNESS

Janet Thomas

NHS Fife / Queen Margaret University

Sessions:

Getting to grips with frailty and sarcopenia

Several tests and measures can be used to help you understand whether the older adult you are assessing might be defined as being frail or have sarcopenia. This session will look at how you can practically assess for these issues and then give you some pointers as to how to address physical frailty and sarcopenia. This session is aimed at practitioners working with older adults as part of a health or care pathway but will be of interest to all working with older adults.

AHP

CONNECT

FITNESS

Hannah Marsh

*Health & wellbeing manager,
Stevenage FC Foundation*

Sessions:

A county-wide approach to Falls Prevention - physically and virtually

Stevenage FC Foundation is the official charity of Stevenage Football Club, working across Hertfordshire to deliver a variety of educational, sporting and health activities to help improve the lives of our community. We work in partnership with Herts Sports Partnership, who since 2019 have commissioned the Foundation to coordinate and deliver Falls Prevention classes in all 10 Hertfordshire Districts. Since the pandemic began we have continued to run several weekly virtual classes that have been successfully attended by many of our existing participants and our aim is to return to physical classes once restrictions allow this.

CONNECT

FITNESS

Emma Rollings

*Clinical lead for WellBalanced
programme & PSI*

Bio:

Emma worked in the NHS for over 10 years as a Physiotherapy Technical Instructor in a specialist 'Balance & Bone Health' team. She completed her PSI qualification in 2017 and started teaching strength and balance classes with WellBalanced in 2019, eventually leaving the NHS later that year to work on WellBalanced full time. Other qualifications include Bsc (hons) in Sport & Exercise Science and Clinical Pilates Instructor (APPI).

Sessions:

The WellBalanced Programme

WellBalanced is a community based service, providing a Strength & Balance programme for falls prevention in West Sussex, run by AHS Wellbeing CIC. This session will outline our programme structure and history, then describe our journey over the past year - How we've continued to support participants and provide our service during the pandemic; Explaining some of the challenges we've faced, how we've tackled these and how we've adapted.

CONNECT

Anita Griggs

Vista Wellbeing (CIC)

Bio:

An experienced exercise specialist and PSI, Anita is a director of Vista Wellbeing, a community interest company providing physical activity programmes to people with long term health conditions. She also leads the physical activity component of the early cardiac rehabilitation programme for the Northern Devon Healthcare Trust and uses her PSI skills across both roles.

Sessions:

Sustaining services in a pandemic – busy doing nothing?

Vista Wellbeing is a 'not for profit' CIC, delivering physical activity sessions to people with long-term conditions. Based in North Devon, we aim to bridge the gap between NHS rehabilitation services and mainstream leisure. Majority of our clients are older adults and independently mobile. Pre COVID, we operated in community halls, outdoors and in the hospital gym in the evenings. Now, we deliver some sessions on-line, via zoom. This session will provide an overview of how we have continued to provide our exercises service to our community during the pandemic.

CONNECT

Prof. Vicki Goodwin

Associate Professor of Ageing and Rehabilitation, University of Exeter

Bio:

Vicki is a community physiotherapist by background and a former LLT tutor (2003-16). She is the former Chair of AGILE and of the British Geriatrics Society Falls and Bone Health specialist section. She is now an academic with research interests in falls and frailty. In 2015 she was made a Fellow of the Chartered Society of Physiotherapy and was made an MBE in the 2017 New Year's Honours for services to physiotherapy.

Sessions:

Getting up after a fall: fact or fiction?

the session will provide an up-to-date overview of the current evidence regarding getting up after a fall along with considerations for practice..

AHP

CARE

CONNECT

Dr Garry Tew

Northumbria University

Bio:

Garry is an Associate Professor of Exercise and Health Sciences at Northumbria University. He studied sport and exercise science through his undergraduate and postgraduate years, with a keen interest on physiological and functional adaptations to exercise training. His postdoctoral research began in 2006 at Sheffield Hallam University where he completed a PhD in the physiological effects of exercise training in people with peripheral vascular disease. He has gone on to lead several randomised controlled trials of exercise training in a range of clinical populations, including inflammatory bowel disease, abdominal aortic aneurysm, prostate cancer, and older adults with multimorbidity. His research aims to improve the evidence base for exercise training in the management of chronic disease and he is currently leading a NIHR-funded national trial of yoga for older adults with multimorbidity. Garry reviews for various journals and grant awarding bodies, and is a member of the Older Adults Expert Working Group for the 2018 UK Chief Medical Officers Physical Activity Guideline Update.

Sessions:

Yoga for falls prevention in older adults

This talk will provide a summary of the evidence on yoga for falls prevention in older adults.

AHP

FITNESS

Vanda Cummins & Edel Brennan

Bio:

Edel Brennan and Vanda Cummins are HSE Senior Physiotherapists working in Primary Care in The North West of Ireland and Dublin respectively. Edel works in mostly rural areas, while Vanda in urban areas. Both have experience delivering falls prevention exercise groups to older adults and Edel is also a PSI instructor. They met on a course with LLT in 2018 when training to become OEP leaders and Cascade OEP Trainers. Following this course they starting working collaboratively to develop 6 month OEP's across agencies. They jointly trained their physiotherapy colleagues and then fitness instructors as OEP leaders so they could work together to deliver 6 month Otago programmes. They are both passionate about trying to follow the evidence and 'raising the bar on strength and balance' while trying to keep older people engaged and educated in the process

Sessions:

Implementing the OEP in Ireland in partnership with fitness professionals

Edel and Vanda will discuss why and how they started this collaborative project, including networking with potential partners, getting buy-in and securing funding, developing a pathway and collaborative agreement (MOU), OEP leader training, recruiting, implementing and evaluating 6 month programmes in 9 sites across Dublin and the North West. They will share their learnings and recommendations for sustainability and why they are trying to strengthen links with AFFINITY a National Falls and Bone Health Initiative.

AHP

FITNESS

Prof. Peter Gore

CEng FIMechE FRSA

*Newcastle University & ADL
Smartcare*

*Professor of Practice in healthy
ageing, co-founder of ADL
Smartcare specialising in
healthy ageing*

Bio:

A Professional Engineer, technologist and designer by background, he came into the field of disability and ageing in 1993 after returning to the UK, and spent several years as a reviewer and Project Technical Assistant to the EC's ageing research program. He has focused on the malleability of ageing and the role of different interventions since joining Newcastle University as a Professor of Practice in 2007. He was lead author of the Compression of Functional Decline paper in 2018 and co-author of the 2020 paper on the costs associated with LifeCurve™ position, following a study of 15,000 people in Scotland. In 2002 he co-founded and is CEO of ADL Smartcare which provides expert-curated advice around healthy ageing. His work in the UK and overseas involves close working with AHPs and various other stakeholders, including large and small businesses, health & social care professionals etc

Sessions:

Healthy ageing - how are we doing? Could it be different?

Practical ideas using digital systems, for how we could achieve significant improvements - especially for AHPs

AHP

CARE

CONNECT

FITNESS

Sally Hinton

BACPR

Bio:

Sally is the British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Executive Director responsible for supporting the BACPR executive committee across all aspects of the work of the association and responsible for the expanding education programme including the BACPR Exercise Instructor qualification, range of CPD courses and on line education. She is both founder chair of the ACPICR (Association of Chartered Physiotherapists interested in Cardiac Rehabilitation) and the BACPR Exercise Professionals Group committee. Sally completed an MSc in Health Promotion at Brunel University with a dissertation in patients' compliance with exercise after cardiac rehabilitation and has many years' experience lecturing in the field of Cardiovascular Rehabilitation. Sally has been involved with the development and review of many national guideline documents within the speciality including the BACPR Standards and Core Components for Cardiovascular Prevention and Rehabilitation (2017), a key document for the cardiovascular prevention and rehabilitation programmes within the UK.

Sessions:

Cardiovascular Prevention and Rehabilitation

The aim of the session is to provide an overview into the field of physical activity and exercise in cardiovascular prevention and rehabilitation. Background evidence along with an overview of the practicalities and guidelines from British Association for Cardiovascular Prevention and Rehabilitation (BACPR) of exercise programming and prescription will be covered. This will lead into highlighting the important role of the specialist BACPR exercise instructor in the long term management of individuals with cardiovascular disease.

AHP

CONNECT

FITNESS

Lianne McInally

AHP Senior Manager
East Ayrshire HSCP, NHS
Ayrshire and Arran

Bio:

Lianne McInally, MBA Public Services Management, BSc (Hons) Occupational Therapy, Scottish Improvement Leader is AHP Senior Manager for East Ayrshire HSCP. Lianne previously worked in Quality Improvement in NHS Lanarkshire. She launched the Lanarkshire Falls Strategy in September 2020. Other roles include National Project lead for Up and About in Care Homes -The Management of Falls and Fractures in Care Homes for Older People Improvement Project and Improvement Advisor and Living Well in Communities where she was programme lead for Falls & Frailty. She has supported Care Homes in East Dunbartonshire to reduce falls for residents between 50-63%. Other work included the testing of the electronic frailty index in Scotland and development of interventions to support people when identified as mild, moderate or severely frail. Working with local Health & Social Care Partnerships to develop Scottish Ambulance Service Falls & Frailty pathways. As part of #ThinkActivity project, she developed an activity passport for people to take ownership for their own health and wellbeing.
#frailty5 #actiononfalls #thinkactivity.

Lianne has just retired as Falls Forum Lead for the Royal College of Occupational Therapists Specialist Section for Older People and recently launched the 2nd Edition *Occupational therapy in the prevention and management of falls in adults – practice guideline*.

Lianne has delivered lectures, poster presentations and workshops at various National and International Conferences.

Sessions:

#ThinkActivity - building resilience during the COVID pandemic

The session will focus on the importance of taking action early to prevent and manage falls, frailty and bone health

CARE

Nicola Lauchlan

*Clinical Specialist
Physiotherapist, Later Life
Training*

Bio:

Nicola qualified in 1999 as a physiotherapist and has a variety of experience working with older people and people with mental ill health. She specialised in falls and bone health for 7 years until very recently when she moved to a post in mental health physiotherapy, and was part of the expert working group for ROS who produced the consensus statement. Nicola also completed a MSc in Advancing Healthcare Practice with the Open University in 2017, and used exercise for bone health as the focus for her final year studies. She is proud to be an associate tutor for Later Life Training, specialising in delivery of training for exercise instructors and physiotherapists in exercise for bone health.

Sessions:

Dem Bones, Dem Bones! - Exercise and Osteoporosis

Are you a fitness or exercise instructor working with people aged 65+? Are you aware of the guidelines around working with people who have osteoporosis? If not, this session is for you! It is an introduction to the Strong, Steady, Straight consensus statement produced by the Royal Osteoporosis Society (ROS) in an effort to make exercise safe and effective for people with poor bone health.

FITNESS

Cherry Baker

Cherry Baker Education

Sessions:

Seated and supported Pilates

Description to follow...

FITNESS

Astrid Gilmartin

Sessions:

CBE showcase: Supporting people with learning disabilities, with chair based exercise

Description to follow...

CONNECT

Bob Laventure

Later Life Training

Bio:

A background in physical education, physical activity, ageing and health promotion, as a Director of Later Life Training, Bob has a specific interest in translating evidence into practice across all sectors relating to ageing and physical activity. In addition to the implementation of the Functional Fitness MOT programme and the application of motivational theory and practice, Bob also has experience of working with voluntary sector and sporting organisations, people living with dementia and the care home sector.

Sessions:

The FFMOT at Home

The Functional Fitness MOT programme has recently been enhanced to enable professionals to provide and support remote delivery to people in their own homes. Whilst retaining the principles of education about functional fitness, understanding self-assessment and conversations to initiate new behaviours, the practical application of these principles has had to change. This session will look at how the principle of engaging in remote conversations can be applied to a range of examples contained within the Functional Fitness MOT at Home through the use of a range of Personas exemplifying different levels of functional fitness, motivation and life circumstances.

AHP

CARE

CONNECT

FITNESS

Person centred and purposeful conversations - do we have a plan?

Recent trends towards personal care, personal budgets and self-management of disease and conditions suggest that the individual is the starting point of conversations and is seen as the potential source of person-centred solutions. This session will look at how we can apply behaviour change theory to our practice in having purposeful and person-centred conversations and do we have an informed plan to guide such conversations.

CARE

CONNECT

Change over time - Who's in it for the long run?

So much evidence confirms that real change in relation to becoming more active requires at least 6 months to establish sustained behaviours and maintain outcomes. This session will look at the individual, social, structural and other reasons why sustained behaviour is so difficult and ask, are there limits to the role of the exercise teacher or instructor, and if so what can they be doing to improve sustainability?

AHP

CARE

CONNECT

FITNESS

Bex Townley

Later Life Training

Bio:

Bex has worked in the fitness/leisure sector since 1988 working in military, private, corporate and public leisure facilities. Like many other fitness professionals Bex has completed training in many of the 'REPs level 4' qualifications for working with clinical population groups. Completing LLTs PSI training in 2006, she went on to implement falls prevention programmes in South Wales working in partnership with adult social care and health sector partners as a self-employed and employed specialist exercise professional. She went on to establish and develop community exercise based provision working alongside the Welsh National Exercise Referral Scheme and as part of therapy led provision in the Hywel Da Community Recourse Team and Reablement team. Bex is a director of Later Life Training her role now includes all things LLT team support, course development, Internal QA, training, and of course Make Movement Your Mission since March 2020!

Sessions:

Promoting and supporting movement in care settings

This short 30 min session is designed to support physical activity coordinators in adding purposeful movements and prompts to support existing physical activity sessions to be 'even more effective'.

CARE

There's more to chair based exercise than sitting down

Not all seated exercise sessions are the same, not all exercise instructors are the same and perhaps most importantly, not everyone that sits down to exercise are the same! Bex shares experiences and thoughts on how to get 'even better' outcomes from seated exercise with particular focus on exercise training outcomes for older people.

CARE

FITNESS

Sheila Wilkinson

Later Life Training

Bio:

Sheila Wilkinson is an LLT tutor & assessor and Pilates international presenter, tutor & assessor. Sheila specialises in exercise theory and practical training for people working with the older population. Sheila prides herself on delivering a high standard of specialised training courses. With over 20 years of experience she is inspirational with a genuine passion for her subject.

Sessions:

Active Ageing - 'The Pilates 6 into the Fitness 5' (for PSIs)

Explore how we use the 6 essential principles of Pilates in each of the 5 components of fitness to elicit improvements in habitual physical activity - How does this relationship link into FaME.

CONNECT

Active Ageing - 'The Pilates 6 into the Fitness 5'

Explore how we use the 6 essential principles of Pilates in each of the 5 components of fitness to elicit improvements in habitual physical activity.

FITNESS

Emma Cameron

Later Life Training

Sessions:

Continuing to support people living with dementia through the pandemic (experiences from a Memory Club in Berkshire)

CARE

CONNECT

Sara Paul

*Later Life Training, GetSetFit
and Equal Adventure*

Sessions:

How to be COVID friendly in face-to-face PSI sessions

Sara will present her top tips for when in-person delivery resumes.

CONNECT

Top tips for online delivery (with yoga examples)

Sara will present her top tips on how to present yourself in pre-recorded and live sessions with a client

FITNESS

CONNECT

Kelsey Leverton

*Later Life Training &
Live Well Leicester and
Leicestershire and Rutland
Sport*

Sessions:

Designing a virtual offer for FaME - a service perspective

Sharing experience and practice in setting up and launching a new exercise based service for the older person with use of technology within the offers!

CONNECT

Dave Montgomery

Later Life Training

Sessions:

The PSI Role in Cardiac and Vascular Rehabilitation – a personal perspective

Dave will take a case study approach in describing how the PSI approaches further support results in cardiac rehabilitation programmes

CONNECT