



Long Weekend of Learning

25th - 27th March 2022

Programme

UPDATED

15th March 2022

The #LLTLWL22 format

This year we are offering **3 days of virtual and interactive learning** events, each session ranging from 30 minutes to 60 minutes depending on the topic.

Each session falls into one or more of the following formats:



Active learning workout

Choose to participate or observe in a practical and conversation/Q&A in the chat box with the presenter



Hot topic of conversation

A conversational approach encouraging interaction and questions throughout (via the chat box)



How to use 5 LLT resources

A guide to using our resources



Implementation research presentation

What happened and what's the relevance to us?



Conditions Focus (for L3 Ex Ref instructor's ++)

Exercise considerations, red flags and key tailoring examples + scope of practice



Practical Focus

Bite size gems for your learning and application

Timetable

8.15^{AM}
(30 mins)

Active learning workout

A sample of 'upstream' Yoga for you to observe or join in
Sara Paul

Pre-recorded Yoga session with Sara live in the chat box for questions

12.10^{PM}
(40 mins)

Conditions Focus

Osteoporosis – unseen but the exercise prescription stands for all
Prof Dawn Skelton

Dawn will cover the MUST KNOWs for any health or exercise professional designing and leading exercise for people with a diagnosis of osteoporosis including, when to signpost/onward refer to another professional to prescribe exercise

9.00^{AM}
(45 mins)

Implementation research presentation

An update on #EasierToBeActive and a new project to support Strength in Midlife
Dr Anna Lowe & Dr Catherine Homer

#EasierToBeActive (presented at last years conference) explored how we might make it easier for people with health conditions to get involved in sport and physical activity, to help manage their conditions and reduce their symptoms so they can live longer, better quality lives.

12.55^{PM}
(40 mins)

Conditions Focus

What could and should we do for people living with frailty
Janet Thomas

This session will explore the interventions that physiotherapists and exercise professionals could offer for people living with frailty and how these can be tailored to individuals. **Before the session participants should familiarise themselves with the levels of the [clinical frailty scale](#).**

9.50^{AM}
(45 mins)

Conditions Focus

An introduction to adapting exercise for people with underlying medical conditions: conditions, red flags and adaptations
Dr Alison Cowley

This session will cover common pathologies experienced in older age and how they present or may be evident during or after exercise or activities.

LUNCH

UPDATED

1.35^{PM}
(15 mins)

Alas Townley and Skelton - Big Debate

'Circles Versus Line Layouts – what difference does it make?'

BREAK

UPDATED

10.35^{AM}
(15 mins)

Alas Townley and Skelton - Big Debate

'How big can I make my class?'

UPDATED

11.00^{AM}
(30 mins)

How to use 5 LLT resources

How to use The Functional Fitness MOT tool - an educational opportunity
Bob Laventure

This session will focus upon the educational opportunities provided by the use of the FFMOT and FFMOT At Home programme

2.10^{PM}
(60 mins)

Conditions Focus

Re-imagining Physical Activity - An Occupational Perspective
Lyndsey Barrett

This session will explore how Occupational Therapists can utilise sport and physical activity as both a therapeutic means and ends. In particular, highlighting the success of a leisure centre based transition group, supporting individuals to incorporate strength and balance activities in to their weekly routines in partnership with local falls prevention services.

11.35^{AM}
(30 mins)

How to use 5 LLT resources

How to use LLT Home Exercise Booklets
Bex Townley & Dawn Skelton

There is more to home exercise than handing out exercise booklets. This session will overview how/why home exercise programmes should be implicit as part of any group/1-2-1 programme

3.15^{PM}
(30 mins)

Practical Focus

The aerobic curve with fartlek training approach
Sara Paul

Sara will cover the key points required to achieve an aerobic training response whilst considering the essential balance considerations for upstream to downstream sessions for a range of older people

8.15^{AM}
(30 mins)

Active learning workout

“Start the day with Tai Chi!”

Jane Ward

Join Jane live for a 20 minute session followed by 10 minute Q&A

9.00^{AM}
(45 mins)

Hot topic of conversation

PART 1: Fidelity to FaME - when is a strength and balance programme not falls prevention?

Prof Dawn Skelton

This session will identify the content and the principles unique to exercise training that can enhance the benefits of yoga, dance, pilates +++ upstream sessions but cannot replace or replicate the effectiveness of evidence based downstream FaME structured exercise sessions.

9.50^{AM}
(45 mins)

Hot topic of conversation

PART 2: How to ensure your falls prevention programme works! – dose, partnership working, progression ++

Prof Dawn Skelton

This session will cover Implementation details, who delivers and who prescribes, prevention or management focus.

BREAK

UPDATED

10.35^{AM}
(15 mins)

Alas Townley and Skelton - Big Debate

QA/QI (quality assurance/quality improvement), “why wouldn’t you?”

11.00^{AM}
(60 mins)

Implementation research presentation / How to use 5 LLT resources

How to use LLTs Quality Assurance Checklists for in-service’ quality assurance

Bex Townley & Kelsey Leverton

This session will cover how to use LLT’s QA documents to support / recognise whether your service is delivering sessions with fidelity/best practice for optimum outcomes. Plus insights and key learning from some of our quality assurance projects around the UK

12.10^{PM}
(40 mins)

Conditions Focus

Exercise for people with Multiple Sclerosis (MS) and other neurological conditions across the disease/disability spectrum

Prof Lorna Paul

This session will explore the potential benefits of exercise for people with neurological conditions with a focus on people with MS

12.55^{PM}
(40 mins)

Conditions Focus

Review of exercise and intermittent claudication

Dr Chris Seenan

This session will cover how walking and exercise programmes can be designed for people with intermittent claudication exploring common barriers and enablers to encourage long-term behaviour change

LUNCH

UPDATED

1.35^{PM}
(15 mins)

Alas Townley and Skelton

‘Is something better than nothing?’

2.10^{PM}
(60 mins)

Conditions Focus

Long covid and lessons learnt from other post-viral conditions such as Myalgic Encephalomyelitis (ME)

Dr Nicola Clague-Baker

This session will explore Long Covid and other Post Viral Fatigue Syndromes (PVFS) and explain the harm of exercise for people with post-exertional symptom exacerbation (PESE) and the need for physiotherapists and exercise professionals to use a pacing approach. **Before the session participants should familiarise themselves with resources on [Longcovidphysio](#)**

3.15^{PM}
(30 mins)

Practical Focus

Pilates as an ‘upstream’ programme for independently active older people

Sheila Wilkinson

As an incredibly popular exercise for the independently active older adult, how does this sit in conjunction with other exercise disciplines to be effectively used as an ‘upstream’ programme for this population. In this session Sheila will demonstrate how the use of the original principles of Joseph Pilates fused with functional movement supports proactive, preemptive falls prevention exercise.

8.15^{AM}
(30 mins)

Active learning workout

Steady and Strong Dance (example session)

Tori Caine

Pre-recorded dance session with Tori live in the chat box for your questions and comments.

9.00^{AM}
(45 mins)

Hot topic of conversation

Do YOU use these 5 strategies for long-term behaviour change?

Bob Laventure

This session will highlight how key behaviour change strategies can be implemented to increase long-term physical activity participation.

9.50^{AM}
(45 mins)

Implementation research presentation

The impact of social, designed and natural environments on physical activity participation – what helps and hinders older people?

Bob Laventure

This session will outline how the social, built and natural environment can both help and hinder participation amongst older populations.

BREAK

UPDATED

10.35^{AM}
(15 mins)

Alas Townley and Skelton

An Alas special about Dance as an Upstream Offer

11.00^{AM}
(30 mins)

How to use 5 LLT resources

LLT launches 'Walk-Ways to Strength and Balance' – more than a walk in the park!

Bex Townley & Dawn McLean

Bex and Dawn will give you an insight into LLT's new bite-size CPD for existing walk leaders/walking sports leaders, and give a glimpse of the 2 FREE resources that accompany this CPD. The Walk-Ways to Strength and Balance Exercise Booklets, and the 'Future Proof your Walking' resource designed to support leaders to offer much more than a walk in the park. If you like what you hear, dates for the 4-hour CPD will be available for booking via our website.

11.35^{AM}
(30 mins)

How to use 5 LLT resources

How to use the LLT "Planning" For I Can' tool for conversations with people living with dementia and their care givers

Bob Laventure

This session will outline how person centred conversations can guide your planning of programmes to support people living with dementia

12.10^{PM}
(40 mins)

Conditions Focus

Introduction to Parkinson's Disease & Exercise

Kathryn Lapicki

This session will cover the key considerations for instructors who have patients with Parkinson's Disease attending their exercise classes

12.55^{PM}
(40 mins)

Conditions Focus

Exercise & Cancer

Prof Anna Campbell

This session will cover the considerations for exercise and cancer and scope of practice of instructors.

LUNCH

UPDATED

1.35^{PM}
(15 mins)

Alas Townley and Skelton

'To the floor or not to the floor?' - this is the question

2.10^{PM}
(60 mins)

Implementation research presentation

Supporting people to move more frequently

Dawn Skelton & Bex Townley

In this session Dawn will overview the research for supporting people to move more frequently in upstream and downstream settings, and Bex will offer some 'how to' approaches to help make more movement happen!

3.15^{PM}
(30 mins)

Practical Focus

A Gem of a Session about Progression

Bex Townley

Bex will cover the 'go to points' for achieving progression in strength and balance sessions

All of the sessions below will be pre-recorded and offered “On-Demand”, for you to watch at your leisure. These presentations will be available as soon as you are enrolled onto the #LWL2022 page.

Conditions Focus

Osteoarthritis – Implications for Exercise

Louise Egan

This session will cover the causes and common symptoms of osteoarthritis and how this can impact on provision of exercise and individual tailoring

Conditions Focus

‘Walking’ - applications to different functional fitness levels in older people and to diverse community services

Bob Laventure

This session will cover how walking programmes can be designed to accommodate people with different levels of physical (and cognitive) functioning and motivation

Conditions Focus

NEW

What are the pitfalls of delivering falls programmes without with fidelity and what does it mean to outcomes

Dawn Skelton

Conditions Focus

NEW

How has LLT contributed to improved practice in falls prevention in the UK and elsewhere?

Dawn Skelton

Conditions Focus

NEW

What is deconditioning and how has Covid-19 made it worse?

Dawn Skelton

Session Overview

Sara Paul

Later Life Training

A sample of 'upstream' Yoga for you to observe or join in

Pre-recorded Yoga session with Sara live in the chat box for your questions and comments.

Dr Catherine Homer

Sheffield Hallam University

Dr Anna Lowe

Sheffield Hallam University

Updates on #EasierToBeActive and a new project to support Strength in Midlife

#EasierToBeActive (presented at last years conference) explored how we might make it easier for people with health conditions to get involved in sport and physical activity, to help manage their conditions and reduce their symptoms so they can live longer, better quality lives. Strong in Midlife is a research project supported by a Catalyst award from UKRI and Zinc. The aim is to find ways to make it easier for women in midlife to do regular muscle strength training so that they arrive at the 'start line' of later life with better musculoskeletal health and greater physical reserves.

Dr Alison Cowley

University of Nottingham

An introduction to adapting exercise for people with underlying medical conditions: conditions, red flags and adaptations

This session will cover common pathologies experienced in older age and how they present or may be evident during or after exercise or activities. We will discuss 'red flags' and what to do if they arise. The session will also include how exercises can be modified or tailored to meet individuals' needs and expectations and when to seek support from healthcare professionals.

Learning Aims

- Experience/join, or observe an example Yoga session appropriate for 'upstream' programmes/independently active older people
- Understand what we mean by 'upstream/ programmes and where Yoga may be appropriate for in context of a continuum of strength and balance
- For existing Yoga instructors – session ideas

Learning Aims

- Explain the design-led co-production process and will share early findings regarding experiences of midlife, barriers and facilitators to strength training
- Describe the process of generating and refining ideas and share our thoughts on potential solutions

Learning Aims

- Understand common conditions associated with older age and how these can affect exercise
- Identify how exercise and activity may be adapted to support individuals
- Recognise when a 'red flag' is present and when to seek additional help
- Review own practice

Bob Laventure

Later Life Training

How to use The Functional Fitness MOT tool - an educational opportunity

This session will focus upon the educational opportunities provided by the use of the FFMOT and FFMOT At Home programme.

Learning Aims

- Describe how the FFMOT and FFMOT At Home can identify those people who deconditioned during the COVID social restrictions
- Describe how participation in the FFMOT can be used to educate participants and signpost to local activity opportunities
- Review how these relate to their current practice

Bex Townley

Later Life Training

Prof Dawn Skelton

Later Life Training

How to use LLT Home Exercise Booklets

This session will overview how/why home exercise programmes should be implicit as part of any group/1-2-1 programme.

Learning Aims

- Review research of HEPs in achieving required exercise dose
- Discuss ways to support use of HEPs
- Review their own practice

Louise Egan

Later Life Training

Osteoarthritis – Implications for Exercise

This session will cover the causes and common symptoms of osteoarthritis and how this can impact on provision of exercise and individual tailoring.

Learning Aims

- Understand how osteoarthritis and joint replacements can affect people's function and ability to exercise
- Adapt their approach to exercise based on individual presentation
- Provide reassurance and education to maximise participation

Janet Thomas

Later Life Training

What could and should we do for people living with frailty

This session will explore the interventions that physiotherapists and exercise professionals could offer for people living with frailty and how these can be tailored to individuals.

Before the session participants should familiarise themselves with the levels of the [clinical frailty scale](#)

Lyndsey Barrett

Sport For Confidence

Re-imagining Physical Activity- An Occupational Perspective

This session will explore how Occupational Therapists can utilise sport and physical activity as both a therapeutic means and ends. In particular, highlighting the success of a leisure centre based transition group, supporting individuals to incorporate strength and balance activities in to their weekly routines in partnership with local falls prevention services.

Sara Paul

Later Life Training

The aerobic curve with fartlek training approach

Sara will cover the key points required to achieve an aerobic training response whilst considering the essential balance considerations for upstream to downstream sessions for a range of older people.

Learning Aims

- Understand the evidence base behind physical interventions for frailty
- Understand how to tailor interventions to people living with different levels of frailty

Learning Aims

- To identify the role of an Occupational Therapy in sport and physical activity/inactivity
- To discuss the use of sport and physical activity for occupational outcomes
- To explore opportunities for supporting and developing strength and balance pathways as part of a multidisciplinary approach

Learning Aims

- Review practice of this component
- Discuss the role of balance/considerations during this component
- Review aim of fartlek approach
- Provide practical examples to achieve the desired training effect

Jane Ward

Later Life Training

Start the day with Tai Chi!

Join Jane live for a 20 minute session followed by 10 minute Q&A with Jane. Experience a short Tai Chi session including movements that can be offered in a class for independently active older people.

Prof Dawn Skelton

Later Life Training

Fidelity to FaME

This session will identify the content and the principles unique to exercise training that can enhance the benefits of yoga, dance, pilates +++ upstream sessions but cannot replace or replicate the effectiveness of evidence based downstream FaME structured exercise sessions.

Prof Dawn Skelton

Later Life Training

When is a strength and balance programme NOT a falls prevention programme?

This session will cover Implementation details, who delivers and who prescribes, prevention or management focus.

Learning Aims

- Gain more understanding about the benefits and challenges of Tai Chi
- Understand how Tai Chi can be a valuable resource of strength, balance and coordination.
- Appreciate the common principles of Tai Chi in all different styles and teaching approaches

Learning Aims

- Possess the knowledge about current research for falls prevention
- Discuss where/how physical activity programmes contribute to a 'falls prevention continuum' but not necessarily evidenced to reduce falls!
- Identify upstream prevention activities for reducing falls risk
- Relate discussion to scope of practice
- Review own practice

Learning Aims

- Possess the knowledge about upstream prevention activities for reducing falls risk and the difference between these and evidence based falls prevention programmes
- Describe key fidelity points to evidence based falls prevention
- Relate discussion to scope of practice
- Review own practice

Bex Townley | **Kelsey Leverton**
Later Life Training | Later Life Training

How to use LLTs Quality Assurance Checklists for in-service' quality assurance

This session will cover how to use LLT's QA documents to support / recognise whether your service is delivering sessions with fidelity/best practice for optimum outcomes. Plus insights and key learning from some of our quality assurance projects around the UK.

Prof Lorna Paul
Glasgow Caledonian University

Exercise for people with Multiple Sclerosis (MS) and other neurological conditions across the disease/disability spectrum

This session will explore the potential benefits of exercise for people with neurological conditions with a focus on people with MS.

Prof Chris Seenan
Glasgow Caledonian University

Review of exercise and intermittent claudication

This session will cover how walking and exercise programmes can be designed for people with intermittent claudication exploring common barriers and enablers to encourage long-term behaviour change.

Learning Aims

- Discuss the fidelity points listed in the LLT QA observation tool
- Review their own practice in respect of the criteria listed in the QA tool
- Explain the scoring of Quality and Fidelity criteria when observing instructor's
- Share key learning from QA visits around the UK

Learning Aims

- Discuss the barriers to engagement with exercise and how these might be overcome, specific symptoms of neurological conditions such as fatigue and thermosensitivity which might need to be considered
- Understanding and working with the persons medications (MedExercise) and finally discussion of the needs of those with higher levels of disability

Learning Aims

- Understand how exercise programmes can be created and modified to meet the needs of people with PAD and IC
- Adapt their approaches to different services, settings and patient preference

Dr Nicola Clague-Baker

University of Liverpool

Long covid and lessons learnt from other post-viral conditions such as Myalgic Encephalomyelitis (ME)

This session will explore Long Covid and other Post Viral Fatigue Syndromes (PVFS) and explain the harm of exercise for people with post-exertional symptom exacerbation (PESE) and the need for physiotherapists and exercise professionals to use a pacing approach.

Before the session participants should familiarise themselves with resources on [Longcovidphysio](#) and [PhysiosforME](#).

Learning Aims

- Understand the different types of Long Covid and the link between Long Covid and other PVFS
- Understand how to provide safe management strategies for people with Long Covid and other PVFS with PESE

Sheila Wilkinson

Later Life Training

Pilates as an 'upstream' programme for independently older people

As an incredibly popular exercise for the independently active older adult, how does this sit in conjunction with other exercise disciplines to be effectively used as an 'upstream' programme for this population.

In this session Sheila will demonstrate how the use of the original principles of Joseph Pilates fused with functional movement supports proactive, preemptive falls prevention exercise..

Tori Caine

Steady and Strong Dance (example session)

Pre-recorded dance session with Tori live in the chat box for your questions and comments. This 20-minute session shows how dance artists (who have undertaken OEP Leader training) can use creativity, imagery and musicality when leading 'upstream' dance programmes using the Otago exercises for independently active older adults.

This session is not designed for exercise professionals to use/copy, but to see and experience how balance and mobilising exercises from Otago can be incorporated into dance for 'upstream' programmes.

Learning Aims

- In the chat box dialogue with Tori, Dawn and Bex will support understanding of what we mean by 'upstream/ programmes and where dance may be appropriate
- Place 'dance' in context of a continuum of strength and balance

Bob Laventure

Later Life Training

Do YOU use these 5 strategies for long-term behaviour change?

This session will highlight how key behaviour change strategies can be implemented to increase long-term physical activity participation.

Learning Aims

- Understand the importance of long-term behaviour change strategies
- Describe how strategies can be implemented
- Discuss the phases of change for participants during the physical activity journey
- Review their own practice

Bob Laventure

Later Life Training

The impact of social, designed and natural environments on physical activity participation – what helps and hinders older people?

This session will outline how the social, built and natural environment can both help and hinder participation amongst older populations.

Learning Aims

- Describe the research that informs the importance of social and environmental factors
- Review how these relate to their own practice

Bex Townley | **Dawn McLean**
Later Life Training

Introduction to a new resource for walk leaders

This session will discuss how to use LLT's Walk-Ways to Strength and Balance – an introduction to our 'future proof your walking' resource.

NB: this session is designed for existing walking leaders/ walking sports leaders (know your scope of practice).

Bob Laventure
Later Life Training

How to use the LLT “Planning” For I Can’ tool for conversations with people living with dementia and their care givers

This session will outline how person centred conversations can guide your planning of programmes to support people living with dementia.

Kathryn Lapicki
Later Life Training

Introduction to Parkinson’s Disease & Exercise

This session will cover the key considerations for instructors who have patients with Parkinson’s Disease attending their exercise classes.

Learning Aims

- Summarise the missed opportunities for promoting strength and balance to compliment walking activities
- Discuss how the LLT Walk-Ways resources can support and educate walking participants or get ‘even more’ (benefits) from their walking activities

Learning Aims

- Identify the key features of conversations designed to support people living with dementia
- Review their own practice

Learning Aims

- To understand the basic pathology of Parkinson’s Disease and how medication affects symptoms
- To be able to recognise symptoms caused by Parkinson’s Disease in class participants
- To know how to adapt exercise within a PSI class to ensure patients with Parkinson’s Disease are achieving to the best of their ability
- To recognise when to refer people with Parkinson’s Disease on to other services

Anna Campbell

Napier University

Exercise & Cancer

This session will cover the considerations for exercise and cancer and scope of practice of instructors.

Bex Townley

Later Life Training

Supporting people to move more frequently

In this session Bex will draw on experiences and research insights about ways of supporting and encouraging the 'reduce sedentary behaviour' message

Bex Townley

Later Life Training

A Gem of a Session about Progression (Maintaining Gains of FaME and beyond)

Bex will cover the 'go to points' for achieving progression in strength and balance sessions.

Learning Aims

TBC

Learning Aims

- Identify what we mean by 'moving more' and what counts
- '7 days of movement prompts' review and how it might be used
- Discuss key principles of LLTs Care to Move approaches and insights from research

Learning Aims

- Summarise progression theory
- Provide practical examples of how to plan for and achieve the desired training effect for FaME components e.g strength, balance, getting up from the floor

Bob Laventure

Later Life Training

'Walking' - applications to different functional fitness levels in older people and to diverse community services

This session will cover how walking programmes can be designed to accommodate people with different levels of physical (and cognitive) functioning and motivation.

Louise Egan

Later Life Training

Osteoarthritis – Implications for Exercise

This session will cover the causes and common symptoms of osteoarthritis and how this can impact on provision of exercise and individual tailoring.

Learning Aims

- Understand how walking programmes can be modified to meet the needs of older people with different levels of function
- Adapt their approaches to different services and settings

Learning Aims

- Understand how osteoarthritis and joint replacements can affect people's function and ability to exercise
- Adapt their approach to exercise based on individual presentation
- Provide reassurance and education to maximise participation

Our Presenters

Tori Caine

Tori has been teaching, choreographing and producing dance classes and performances for 25 years. Focusing on the theatre genres of Ballet, Tap, Modern, Jazz, National and Folk Dance, her practice involves students of all ages and abilities. She is also the South Coast Representative for the ISTD Examining Board and responsible for local member CPD. She is particularly proud of her own successful Adult Programme of Tap, Ballet and Dance Fit classes which has remained popular on Zoom during the pandemic. Tori also teaches Dance for Parkinson's and is part of the 'Steady & Strong' Team delivering strength and balance classes promoted by Hampshire County Council's Falls Prevention Department and she has completed LLTs OEP Leader Training

Sessions



Steady and Strong Dance

Sunday 27th March

Prof Anna Campbell

CanRehab

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 & Cancer

Sunday 27th March

Dr Nicola Clague-Baker

University of Liverpool

Dr Clague-Baker has been qualified as a physiotherapist for 31 years. She has worked clinically in Manchester, Cardiff, Philadelphia (USA) and Leicester. For the last 15 years she has taught neurological physiotherapy and research at Coventry University, University of Leicester and University of Liverpool. She was funded by the Stroke Association to complete her PhD on the topic of cardiovascular fitness in people post-stroke. She has published and presented this work nationally and internationally. In 2021, she was funded by the ME Association to investigate the physiological effects of everyday activity for people with Myalgic Encephalomyelitis (PwME). Also in 2021 she was funded by the University of Liverpool to explore the use of heart rate monitoring (HRM) in PwME.

In addition, she has conducted a survey of and is planning a randomised controlled trial exploring the use of transcutaneous vagus nerve stimulation (tVNS) for PwME. Her ongoing research interests relate to neurological physiotherapy, in particular ME, LongCovid and stroke and in the areas of fatigue management, exercise-based rehabilitation, mental health and healthy lifestyles. She continues to work clinically seeing private neurological patients

Dr Alison Cowley

University of Nottingham

Dr Alison Cowley is an Associate Chief AHP (Research and Innovation) and physiotherapist at Nottingham University Hospitals NHS Trust. She is an Honorary (Clinical) Assistant Professor in the Academic Unit of Injury, Inflammation and Recovery Sciences, School of Medicine at the University of Nottingham. She sits on the British Geriatrics Society England Council and the Nurse and AHP Council. Alison developed an interest in working with older people living with frailty and models of rehabilitation both within the acute, elective surgical and community setting. She has worked in a number of clinical, operational, transformational and research roles within the NHS and Academic Health Sciences Network.

Sessions



Long covid and lessons learnt from other post-viral conditions such as Myalgic Encephalomyelitis (ME)

Saturday 26th March

Sessions



An introduction to adapting exercise for people with underlying medical conditions: conditions, red flags and adaptations

Friday 25th March

Louise Egan

Later Life Training

Louise qualified as a Chartered Physiotherapist in 2007 and initially worked within a community rehabilitation team, before becoming a Specialist Physiotherapist within a falls and osteoporosis service. Louise worked at South Tees NHS Foundation Trust until September 2021 and now works as a Physiotherapy Lecturer at Teesside University, teaching on the BSc, MSc and apprenticeship programmes. She qualified as PSI in 2009 and is now a PSI tutor with Later Life Training.

Dr Catherine Homer

Sheffield Hallam University

Catherine was awarded her MA in Public Health with distinction from Sheffield Hallam University in 2011. Previously she completed her BSc (Honours) Physical Activity, Exercise and Health at Leeds Metropolitan University in 2003. In June 2020 Catherine completed her PhD titled – the patient experience of bariatric surgery: a longitudinal qualitative study.

Catherine is passionate about physical activity, wellbeing, public health, and related research which helps to address health inequalities and support people to live longer, healthier lives. Catherine has held practice roles in public health and physical activity development in local authorities and the NHS for 15 years.

Catherine is keen on developing and delivering coproduced research with the public and practice stakeholders. Catherine has been involved in setting up a Public Involvement in Research Groups (PIRG) to ensure the public review and contribute to research that is undertaken at the Advanced Wellbeing Research Centre. She is a member of the Public and Research Collaborative (PaRC) management group and is working with colleagues at Leeds Beckett University and Public Health England to develop a Yorkshire and Humber Obesity Research Alliance to create applied research studies.

Kathryn Lapicki

Later Life Training

Kathryn is a senior Physiotherapist working within the NHS in Hampshire. As well as seeing patients who have fallen or who are at risk of falling, a large part of her work is supporting people with Parkinson's Disease at all stages of the disease.

Sessions



Osteoarthritis – Implications for Exercise
ON DEMAND

Sessions



An update on #EasierToBeActive
and a new project to support
Strength in Midlife

Friday 25th March

Sessions



Introduction to Parkinson's
Disease & Exercise

Sunday 27th March

Bob Laventure

Later Life Training

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



How to use The Functional Fitness MOT tool - an educational opportunity

Friday 25th March



‘Walking’ - applications to different functional fitness levels in older people and to diverse community services

ON DEMAND



Do YOU use these 5 strategies for long-term behaviour change?

Sunday 27th March



The impact of social, designed and natural environments on physical activity participation – what helps and hinders older people?

Sunday 27th March



How to use the LLT “Planning” For I Can’ tool for conversations with people living with dementia and their care givers

Sunday 27th March

Kelsey Leverton

Later Life Training

Kelsey has over 20 years' experience in the health and fitness industry and has been tutoring and assessing for over 13 years with LLT. For Later Life Training, Kelsey mainly delivers and assesses the Otago and assesses on the Postural Stability Instructors course. On a daily basis she delivers 'movement snacks' on LLT's Make Movement Your Mission via Facebook. She holds a Professional Certificate in Education (PCE) teaching qualification and is a CYQ L3 Assessor. She is also a Quality Assurance assessor for LLT and locally across Leicester, Leicestershire and Rutland she is involved in quality assurance visits to support PSI's delivering on the Steady Steps program. This work supports standardisation, implementation and the quality and fidelity to the program.

Dawn McLean

Dawn McLean is a retired Later Life Training and Nordic Walking UK tutor now running her own business as a self employed Nordic Walking Instructor in Preston Lancashire

Sessions



How to use LLTs Quality Assurance Checklists for in-service' quality assurance

Saturday 26th March

Sessions



Introduction to a new resource for walk leaders

Sunday 27th March

Sara Paul

Later Life Training

Sara Paul (nee Wicebloom) is PSI/EfS/OEP Practical Tutor and Senior Assessor. Sara previously headed up the YMCAfit Inclusive Fitness Initiative project and worked for YMCAfit as a Senior Course Director in Circuit Training, ETM, Fitness for Disabled People, Group Indoor Cycling, Gym Instruction, Studio Resistance and Walking. She also worked with Yoga Professionals. She is a qualified Assessor (D32/33/A1) and has an MSc in Sport and Exercise Science and a PGCE in Education. She is also BACR qualified. Sara worked in exercise prescription and falls prevention for 2 London boroughs from 1997-2008, including running community falls exercise service for Islington for 2 years. She has written a book - 'Training Disabled People', published 2007 and various articles about health related fitness for disabled people and older people in industry press, eg REPs Journal, FitPro.

Prof Lorna Paul

Glasgow Caledonian University

Lorna has been a Chartered Physiotherapist for thirty years. After graduating she worked as a clinical physiotherapist for a few years before taking up a Lecturing post at Glasgow Caledonian University. After 13 years she moved to the University of Glasgow as a Reader in Rehabilitation and returned to GCU over four years ago as Professor of Allied Health Science.

Lorna has a special interest in neurological rehabilitation and particularly the use of technology to support the rehabilitation of people with long term conditions. She is co-founder of [Giraffe Healthcare Community Interest Company](#), an online platform for the remote delivery of physiotherapy and podiatry

Sessions



A sample of 'upstream' Yoga for you to observe or join in
Friday 25th March



The aerobic curve with fartlek training approach
Friday 25th March

Sessions



Exercise for people with Multiple Sclerosis (MS) and other neurological conditions across the disease/disability spectrum
Saturday 26th March

Dr Chris Seenan

Glasgow Caledonian University

Chris Seenan is a Senior Lecturer, Researcher and Physiotherapist with a specialist interest in pain science, cardiovascular disease, amputee management and the psychosocial aspects of health and disease. I have expertise and interest in low-cost, non-invasive, patient-centred interventions for pain relief, structured patient-centred education and exploring the effects of these interventions on free-living physical activity, function, quality of life and the psychosocial aspects of chronic conditions. I am currently investigating the effects of Transcutaneous Electrical Nerve Stimulation (TENS) and patient-centred education on physical activity in patients with Peripheral Arterial Disease (PAD) and Intermittent Claudication (IC), funded by the Chief Scientist Office (CSO).

Prof Dawn Skelton

Later Life Training

Dawn Skelton is an exercise physiologist with a scientific research background. She is currently Professor of Ageing and Health at Glasgow Caledonian University, in 2015 received an Honorary Doctorate for Umea University in Sweden for her work with exercise and older people and in 2016 was honoured by the Chartered Society of Physiotherapy with an Hon FCSP. She was also awarded a Fellowship from the Royal College of Physicians of Edinburgh - FRCP Edin. Her current research projects focus on the determinants and interventions to reduce sedentary behaviour, adapting the FaME programme for visually impaired older people and the use of the Functional Fitness MOT in outpatient musculoskeletal physiotherapy clinics to increase physical activity of older people.

She specialises in research and health promotion concerning exercise and older people. Along with Susie Dinan Young, she designed and undertook the FaME (Falls Management Exercise) programme which forms the basis of the Postural Stability Instructor Training delivered by LLT.

In 2004, she was co-awarded (with Susie Dinan-Young) a Certificate of Recognition from AGILE (Chartered Physiotherapists working with Older People) for “Distinguished service in clinical / management / educational practice”. For 8 years she was Vice-Chairman of the charity EXTEND. She is proud to be a Dementia Friend.

Sessions



Review of exercise and intermittent claudication

Saturday 26th March

Sessions



Fidelity to FaME

Saturday 26th March



When is a strength and balance programme NOT a falls prevention programme?

Saturday 26th March

Janet Thomas

Later Life Training

Janet is a physiotherapist working part time for NHS Fife working clinically with older people in an Assessment and Rehabilitation Centre. She also works part time for Queen Margaret University with a focus on practice education. She is a past chair of AGILE: Chartered Physiotherapists working with Older People and is the Secretary of IPTOP: The International Association of Physiotherapists Working with Older People. She has a PG Cert in Professional Education and looked at Falls risk measures as part of her MSc Physiotherapy. She is a PSI theory tutor for LLT and qualified PSI. She is co- founder of Physiotalk and is passionate about using social media to share, inform, collaborate and influence.

Bex Townley

Later Life Training

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



What could and should we do for people living with frailty

Friday 25th March

Sessions



How to use LLTs Quality Assurance Checklists for in-service' quality assurance

Saturday 26th March



Introduction to a new resource for walk leaders

Sunday 27th March



Supporting people to move more frequently

Sunday 27th March



A Gem of a Session about Progression

Sunday 27th March

Jane Ward

Later Life Training

Jane has devoted over 35 years to studying and teaching Tai Chi. She is a trained Postural Stability instructor and the Tai Chi consultant for Later Life Training. She specialises in classes for the 60+ age group and those referred by health professionals. In her Tai Chi classes, she works with many people suffering from balance problems, Parkinson's, osteoporosis and cardiovascular disease as well as stroke survivors and those with COPD. In addition to her Tai Chi training, Jane is qualified as a specialist fitness instructor with qualifications in exercise for older adults, exercise after stroke and in cardiac rehabilitation

Sheila Wilkinson

Later Life Training

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

Lyndsey Barrett

Sport For Confidence

Lyndsey Barrett is an Occupational Therapist and the co- founder of Sport for Confidence CIC. Lyndsey has a passion for tackling inequalities, creating opportunities through sport and physical activity, empowering people and enabling choice. She is driving forward the placement of Occupational Therapists in mainstream leisure centre environments and demonstrating how this can have a positive impact on peoples lives to deliver occupational outcomes through inclusive opportunities

Sessions



Start the day with Tai Chi!
Saturday 26th March

Sessions



Pilates as an 'upstream' programme for independently older people
Saturday 26th March

Sessions



Re-imagining Physical Activity- An Occupational Perspective
Friday 25th March