



Health Improvement Team

Physical Activity Training Guide | 2019-20



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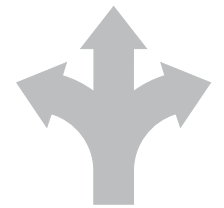
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Chair Based Activity Training Part 1 delivered by LifeDock Training

Chair based activity provides a place of security particularly for those with mobility, balance and confidence problems, and can help improve strength and flexibility.

This fully accredited course (OCN Level 2) has been designed to enable potential leaders to:

- Deliver a safe and effective chair based activity session in a fun way for less active and older people
- Understand the implications of physical activity and the older participant
- Employ motivation techniques and leadership skills
- Understand and implement health and safety issues.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

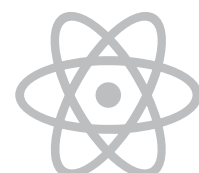
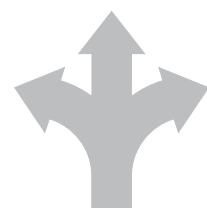
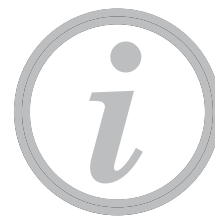
Dates

Wed 19 Jun 2019 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 26 Jun 2019 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 3 July 2019 10am – 12.30pm Knockbracken Hall, KHCP

Attendance on all 3 dates compulsory



Chi Me Training delivered by LifeDock Training

This easy to learn and effective programme will provide all the skills needed to lead groups of older people or those with health issues in a Chi Me session.

This fully accredited course through the Open College Network (OCNNI) is a series of Tai Chi influenced exercises that will equip course participants with the skills necessary to lead group sessions and also enable them to gain benefits by applying the techniques as individuals.

The LifeDock Chi Me course, based on Tai Chi, can significantly reduce the risk of falls in older people. It can also improve muscular strength, balance, co-ordination, flexibility, and relaxation. Chi Me can be easily adapted for anyone, from the most fit to those confined to wheelchairs. People with learning difficulties, depression and those recovering from surgery will also gain benefits. This programme includes specific exercises which may aid in falls prevention.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

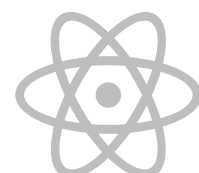
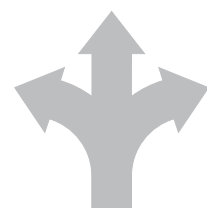
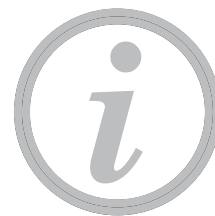
Dates

Wed 11 Sep 2019 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 18 Sep 2019 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 2 Oct 2019 2pm – 4.30pm Lough Moss Centre, Carryduff

Attendance on all 3 days compulsory



Early Movers Training

Early Movers Training is a programme to support understanding and delivery of physical activity for under 5's.

The British Heart Foundation (BHF) Early Movers training aims to promote a greater understanding of the important role physical activity plays in early years' development. It is designed to increase knowledge of the physical activity guidelines for early years as well as provide practical ideas on how to increase physical activity within settings by supporting early years' practitioners and settings in the planning and organisation of physically active play environments for children under five.

Who should attend?

This training is relevant to practitioners, health professionals or individuals of all settings who provide care to children from birth up to the age of five. It can also be used by professionals who provide support to parents/carers, such as health improvement officers, early years advisers, health visitors etc. where physical activity may be one element of a focus on healthy lifestyles.

Training outcomes

By the end of the training session, participants will:

- Understand the importance of physical activity in the early years
- Learn about the physical activity and sedentary guidelines
- Be able to support their setting/s to audit current physical activity provision and take steps to identify areas for improvement
- Have developed confidence to extend the physical activity opportunities available to the young children they work with
- Have additional practical physical activity ideas.

Dates

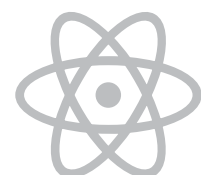
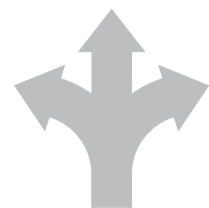
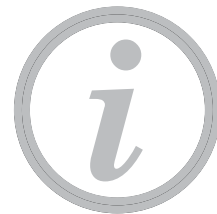
Mon 22 July 2019 6pm – 9.30pm Lough Moss Centre, Carryduff

Tue 1 Oct 2019 6pm – 9.30pm Knockbracken Hall, KHCP

Tue 21 Jan 2020 6pm – 9.30pm Knockbracken Hall, KHCP

Participants only need to attend on one date.

All participants will receive an 'Early Movers' resource pack.



Boccia Training

Boccia is a Paralympic sport that can be played by anyone, with or without a disability. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. It's easy for a beginner to pick up quickly, but builds in intensity and complexity as players hone their skills.

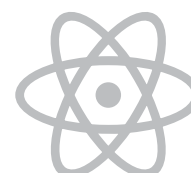
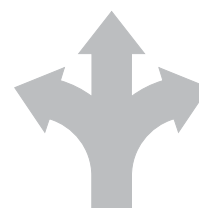
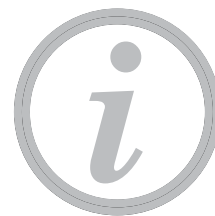
The Boccia Leaders Award provides attendees with a base level of knowledge and skills to plan and lead fun and engaging boccia sessions.

The 3 hour course gives both theoretical and practical guidance surrounding player's needs, how to support players skills development and what the current competition structures are for players wishing to get involved in the sport.

No previous experience necessary.

Dates

Tue 12 Nov 2019 9.45am – 1.30pm Knockbracken Hall, KHCP



Moving More Often Training

Moving more often is aimed at those working with older people, especially frailer older people, encouraging this target group to remain as physically independent as possible.

Who should attend?

The programme targets health and social care workers and volunteers who work with frailer older people and who wish to promote physical activity and movement in a range of community, residential and social care settings.

Learning Objectives

- To highlight the importance of moving more often in later years
- To explore practical considerations when promoting physical activity and movement with frailer older people
- To enable participants to provide a range of activities which enhance existing physical activity programmes including group games.

Course Content

- Activity levels in later years
- Benefits of being active in later years
- Barriers to being active
- Motivation for physical activity and movement
- Preparation and safety for activity
- Activities and games to promote physical activity and movement.

Dates

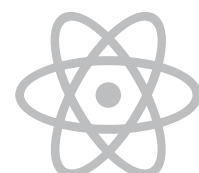
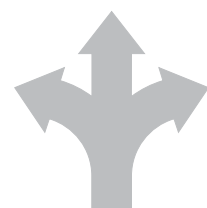
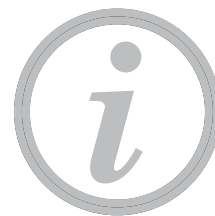
Thu 25 July 2019 9.45am – 3.30pm Lough Moss Centre, Carryduff

Wed 16 Oct 2019 9.45am – 3.00pm Knockbracken Hall, KHCP

Tue 14 Jan 2020 9.45am – 3.00pm Knockbracken Hall, KHCP

Participants only need to attend on one date.

Participants will receive a 'Moving More Often' resource pack, set of games cards and equipment bag.



On Your Feet Exercise course delivered by LifeDock Training

This course is designed for those who are currently working with older people and those with limited mobility, mental and physical disabilities and learning disabilities. This may be in a variety of settings in which the potential student is employed or volunteering.

As the name suggests, this programme encourages the participants to be 'On their Feet' and has been described as 'Exercise in Disguise'. This fully accredited course (through the Northern Ireland Open College Network) has been designed for those who understand the value and rewards of bringing physical activity to frail, older people and those with disabilities.

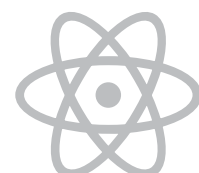
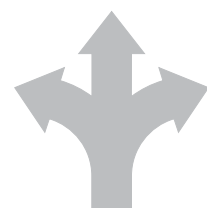
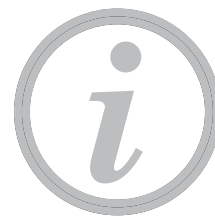
The On your Feet course is for those who find a traditional exercise class too much but are still mobile and active. The course is designed to keep people on their feet, promote independence and improve fitness levels. It also improves reflexes, bone strength (which helps in the fight against osteoporosis), co-ordination and balance, which is a vital aid in falls prevention. There is a very strong social aspect to this course as participants interact with each other, talk, laugh and have fun.

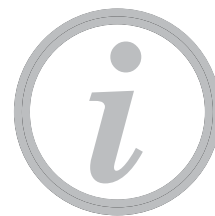
The On Your Feet course can:

- Improve general fitness (including lung function)
- Improve mobility, strength and flexibility
- Improve posture and alignment
- Promote independence
- Improve social life
- Slow down age related illnesses and conditions
- Provide great fun.

As well as all course materials, LifeDock can also provide an ongoing support system ensuring that On Your Feet leaders never feel left on their own after they have completed the training.

This course is designed for those who are currently working with older people and those with limited mobility, mental and physical disabilities and learning disabilities.





This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment.

Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

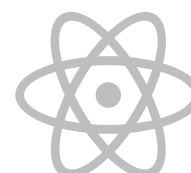
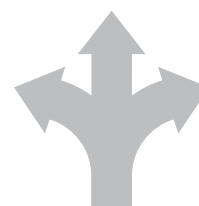


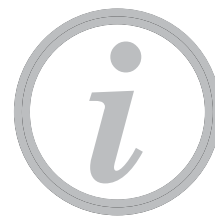
Dates

Wed 8 Jan 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 15 Jan 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 29 Jan 2020 2pm – 4.30pm Lough Moss Centre, Carryduff
Attendance on all 3 dates compulsory





Simply Street Training

Simply Street Training

Simply Street is an easy to learn, pre-choreographed, Hip Hop influenced dance programme. It is designed to get people moving, by equipping leaders to lead a Simply Street session. As well as pre-choreographed routines that can be learned from online tutorials, Simply Street leaders will also learn how to develop their own routines; keeping their sessions, fresh fun and exciting. All ages can enjoy Simply Street but is particularly suitable for young people and children. If you believe in the importance of physical activity and are keen to see people experience the benefits it brings then Simply Street is perfect for you



Simply Street is perfect for anyone who works with young adults, teenagers or children and is passionate to see them becoming more active. We have trained a group of teachers who work in Special Needs schools who have experienced great success with Simply Street. You don't need to be able to dance to lead a session – just a willingness to laugh and 'Learn the moves and pass them on'.



Simply Street is perfect for:

Special needs/learning disability settings, after-schools leaders, youth leaders, community coaches and mental health settings



Objectives

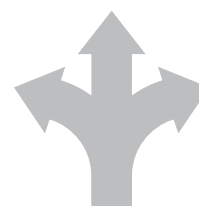
The objectives of this course are to:

- Deliver a safe and effective session
- Learn how to break down, teach, lead a pre-choreographed session
- Understand the implications of physical activity and the young person
- Employ motivation techniques and leadership skills
- Understand and address Health and Safety issues
- Understand how to adapt the session according to the ability and needs of the group

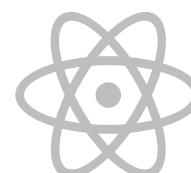


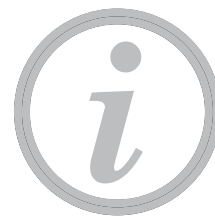
Dates

Thur 3 Oct 2019	9.45am - 5pm	Minor Hall, Lough Moss Centre, Carryduff
Thu 10 Oct 2019	9.45am - 5pm	Minor Hall, Lough Moss Centre, Carryduff
Thu 28 Nov 2019	10am – 12pm	Minor Hall, Lough Moss Centre, Carryduff



Attendance on all 3 dates compulsory





Strictly Active Dance Training

A two-day training course enabling creativity and wellbeing through dance/movement, specially designed for those working with older people or those with limited mobility.



Skills gained

Participants will experience and learn about the benefits that dance/movement can bring to residents in their workplace. Each Participant will be given a Toolkit providing a clear outline of simple ideas and suggestions that can be delivered with the accompanying music CD.



Background

Strictly Active 2015/16 was a first fully supported Dancer in Residence scheme for four care settings across Belfast. Professional dance practitioner, Anthea McWilliams has worked in community dance practice in Northern Ireland since 1988; she designed and delivered the programme spending 10 full days at each setting from July 2015-March 2016. The Tool Kit for staff was designed for use after completion of the residency to enable staff and participants, friends and family to continue dancing and moving a little more for a little longer.



THE DANDER DANCE... a small chorus/group of people moving slowly along to music with rollators/walking aids. Led by a dance professional or member of staff, the danderdance (5-10mins) is enjoyable yet physical and guides danderists simply from start to finish along a safe path/route inside or outside. Choose music with a song/tune that most people know or recognize that works best. Enthusiasm is essential.



***Participants please wear loose, comfortable clothing and flat shoes suitable for moving in. No dance experience necessary.**

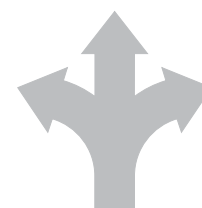


Dates

Tue 15 Oct 2019 9.30am – 4pm Lough Moss Centre, Carryduff

Tue 22 Oct 2019 9.30am – 4pm Lough Moss Centre, Carryduff

Attendance on both dates compulsory

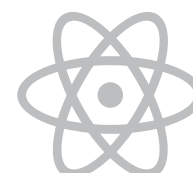


Or alternatively

Tues 4 Feb 2020 9.30am - 4pm Lough Moss Centre, Carryduff

Tues 11 Feb 2020 9.30am - 4pm Lough Moss Centre, Carryduff

Attendance on both dates compulsory.



Walk Leader Training delivered by Health Improvement Team, Belfast

This one day training will equip those attending with the skills necessary to promote and lead safe and enjoyable walking sessions for people of all ages and abilities.

The training involves:

- The rationale of health walks
- The importance of exercise in relation to physical and mental health
- Leading a walk
- Safety issues and necessary forms that need to be filled in
- Motivating and encouraging people to take up walking as a form of physical activity
- It is expected that those who complete the training will be influential in leading walks in their local areas. This training is available to anyone ages 18 or over and training is free.

Please note this is a basic level course which promotes low level health walks for people who are inactive.

All participants will be expected to be active as Walk Leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.

Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.

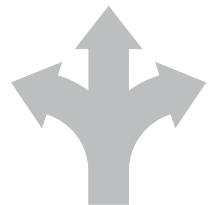
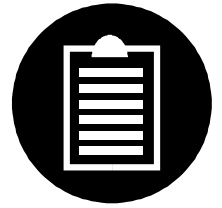
Dates

Tue 18 Jun 2019 9.45am – 3.30pm Lough Moss Centre, Carryduff

Thu 18 Jul 2019 9.45am – 3.30pm Lough Moss Centre, Carryduff

Tue 24 Sep 2019 9.45am – 3.30pm Clady Villa, KHCP

Tue 25 Feb 2020 9.45am – 3.30pm Lough Moss Centre, Carryduff

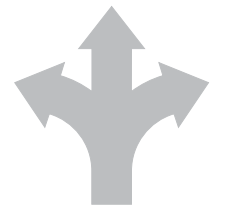
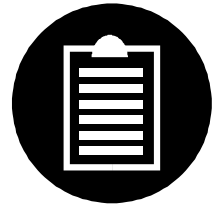


booking information

If you would like to book a place on any of these courses please contact

healthimptraining@belfasttrust.hscni.net

Some courses are subject to a criteria for attendance, and an eligibility form will be sent to those who express an interest in attending.



Courses funded by the Public Health Agency

