

Course title	Active in Age (delivering fun gentle mobility sessions)
Provider	Age Concern Support Services
Synopsis of course	The course is designed to equip peer mentors and volunteers who have an interest in the care, health and fitness of older adults, with the underpinning knowledge and practical application to mentor and deliver gentle movement & exercise sessions in community and care environments.
Duration	3 days 9.30 – 3.30 (some homework involved)
Accreditation / level	Level 2 Open College Network
Location	Can be delivered anywhere to a minimum of 8 people
Numbers	15 (more if the room can accommodate, max 20)
Contact details	Lee Thompson, 07717816589, leefaf@googlemail.com
Cost	£25 per person for the cost of registering with the OCN (learner expected to deliver at least 3 courses and retain monitoring after completion)