

<b>Course title</b>	<b>Active in Age (delivering fun gentle mobility sessions)</b>
<b>Provider</b>	Age Concern Support services
<b>Synopsis of course</b>	The course is designed to equip peer mentors, volunteers, care workers and those within or having 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.
<b>Duration</b>	3 days 9.30 – 3.30 (some homework involved)
<b>Accreditation / level</b>	Level 2 Open college network, GCSE level.
<b>Location</b>	Can be delivered anywhere to a minimum of 8 people
<b>Numbers</b>	15 (more if the room can accommodate, max 20)
<b>Contact details</b>	Lee Thompson, 07717816589, leefaf@googlemail.com
<b>Cost</b>	Free (learner expected to deliver at least 3 courses and retain monitoring after completion)