

## ***Key lessons from the review***

Following three years of joint working, last summer the BHF National Centre for Physical Activity and Health at Loughborough University and the ActiveAge Unit, Age Concern England undertook an assessment of the impact of the **Someone Like Me** programme.

### **Top 10 tips on planning Senior Peer Activity Motivator Programmes**

The following have been identified as the top 10 key areas of learning from programmes currently involved in the “**Someone Like Me**” Programme. They are seen as essential to the successful planning of any local programme.

- Ensure that there is clarity for all concern concerning the role of the Senior Peer Activity Motivator, its potential and limitations.
- Link local programmes to mainstream national and local health and physical activity promotion to ensure long term sustainable programme development. This is not a bolt on project
- Ensure the work is strategically linked to the priorities of all programme partners and their priorities.
- Key human resources and experience that must be committed to each local programme include those associated with the key areas - those of :- working with older people, physical activity, health promotion, education and training and working with volunteers
- Anticipate at least a 18 month planning cycle for a local programme.
- Be prepared to incorporate the skills and experiences that older people bring with them to local programmes
- Trainers need to respond to specific requests for information from Senior Peer Activity Motivators reflecting a wide range of older people’s needs and interests and anticipate a demand for additional and progressive education and training.
- Support strategies must be included within initial programme planning and need to be clear, pro-active as well as responsive and include additional education and training needs.
- Negotiate assessment and evaluation activities with participants, Senior Peer Activity motivators and all programme partners.
- Senior Peer Activity Motivators remain loyal to local programmes. Few leave, mainly the result of changes to their own health and the desire to become more fully involved in teaching/leading physical activity programmes.