

## Directors welcome and LLT update

Dawn Skelton and Bex Townley

If you have been with us for a while, and follow us on Twitter and Facebook, you will know that LLT are much more than a training provider. But even then you probably won't really know the full extent of our extra curricula activities and projects that have helped support and develop services around the UK and overseas this year.

### LLT breaks new ground:

- Parliamentary Review invite
- Collaboration with AGILE and BASES (<https://bit.ly/2Vm7uzQ>)
- PSI delivery in Malta
- Walkways to Strength and Balance pilot
- LLT 2020 'I Can Activity Calendar'; available to purchase today or online LLT shop
- LLT NEW Membership forums; we have upgraded and added to our existing membership and will be investing more time and energy in supporting post course learning/cpd from this point forward. With this the decision to disband the current closed Facebook group. Details in your delegate packs.

### LLT involvement in National Guidance:

- UK CMOs Physical Activity Guideline update 2019 – Dawn Skelton (DS) chaired Older Adult Panel, Bob Laventure expert on Communications and Surveillance Steering Group (<https://bit.ly/2lEWa3U>)
- Royal Osteoporosis Society Expert Statement on Exercise in Osteoporosis – Strong, Steady, Straight – DS chaired Statement (<https://bit.ly/35dLWtp>) and oversaw the content of patient leaflets and videos (<https://bit.ly/2FulDDi>)
- Scottish Government (Draft) Falls and Fracture Prevention Strategy 2019-2024 – DS on expert panel (<https://bit.ly/2N2FQFF>)
- Public Health England Strength and Balance Quality Markers – DS on expert panel (<https://bit.ly/2KcnbEr>)
- Public Health Wales Guidance on Falls Prevention (<https://bit.ly/35kRaUy>)

### LLT involvement in Research:

- PREFIT study in England (OEP) (<https://bit.ly/31Sx4P8>)
- Care to Move feasibility study in Ireland (<https://bit.ly/2nmwCd7>)
- PhiSICAL toolkit (FaME Implementation Manual (<https://bit.ly/2Ooqw7a>))

# LaterLife training<sup>TM</sup>

2019 CONFERENCES

GLASGOW / BIRMINGHAM

- Spanish OEP research with primary care nurses (<https://bit.ly/30MfYRT>)
- German 'Step by Step' protocol for FaME/OEP exercise after hip and pelvic fracture (<https://bit.ly/2lryb0F>)
- Exergames based on PSI/OEP – cost effectiveness – (<https://bit.ly/2lsw50d>)
- Improving the leisure offer for strength and balance provision for older people in Wigan (<https://bit.ly/2omsSZo>)

## **LLT Partnership Development**

- Leeds Beckett University – Developing Dementia Guidance for Informal Care Givers
- Centre for Ageing Better – raising the bar on strength and balance: the importance of community provision. (<https://bit.ly/35a6aV8>)
- ADL Smartcare – LLT have contributed to correct gifs/technique and text for exercise descriptions (<https://bit.ly/2BI10Ye>)
- Otago App (Android phones) with FoU i Sörmland, Sweden (<https://bit.ly/2oSaibN>)

## **LLT Bespoke Training**

- Wigan – LLT were involved (with others) in a co-creation project with 50+ and 65+ year olds to improve the leisure offer by 'Inspired Wigan'. Full report here <https://edshare.gcu.ac.uk/4781>
- Various over and above usual CPD; bespoke study days to therapy services around principles of exercise and progression, evidence based programmes for fall prevention.

## **LLT providing quality assurance for PSI/OEP services**

- Leicester
- Devon and Cornwall
- Hampshire - pending

## **LLT support to external groups:**

- Alzheimer's Society Steering group. Dementia Friendly Physical Activity and Sport publication.
- Moving More Memories – Edinburgh City Council Dementia Programme steering group
- Hertfordshire Sport England Funded Healthy Independent Living Service Active Ageing programme ((<https://bit.ly/2nlkFI>))

## **LLT new team members:**

- Kathryn Lapicki, Louise Egan (physiotherapists, PSI tutors)