

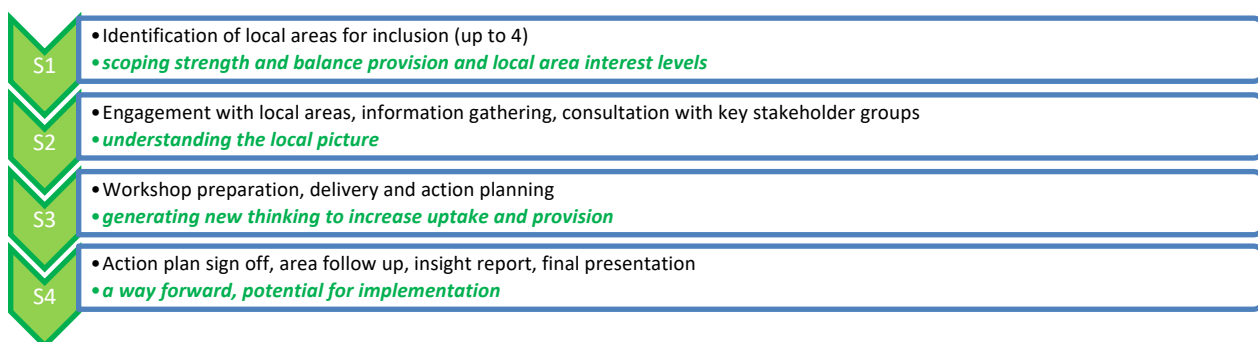
The *Centre for Ageing Better* has recently commissioned the Healthy Ageing Research Group (University of Manchester) and Consultants from Later Life Training to *work with local areas to increase provision and uptake of strength and balance training programmes.*

The Centre for Ageing Better are working with Public Health England (PHE), NHS England and others to increase awareness and uptake of strength and balance activity. This includes contributing to and supporting the *National Falls Prevention Coordination Group* (NFPCG), who have developed the Falls and Fractures Consensus Statement and Resource Pack, which recognises the importance of strength and balance programmes as part of a whole-system approach to reducing risk for falls. The Centre for Ageing Better, in partnership with PHE, has also funded the Chief Medical Officers' (CMO) Expert Group for Physical Activity to review and strengthen the evidence base for muscle and bone strengthening and balance activities, to be published in April 2018.

A dedicated project team has been established to take forward a project to, work with a small number of areas (3-4) to take a whole-system approach to understanding the barriers and enablers to implementing evidence-based practice and improving referral pathways to increase access to, and uptake of, strength and balance programmes. The overall aim of the project is to support up to 4 local areas to think through their local challenges, to generate new ideas of how to address these barriers collaboratively, and to develop an action plan to improve strength and balance provision and uptake. All learning will be shared nationally as part of the project outputs.

#### Key activities for the project include:

- Identifying local areas for inclusion in the programme.
- Scoping interviews with key local stakeholders.
- Mapping out existing provision and current barriers to providing strength and balance training
- Collection and analysis of available local secondary data.
- Engagement with older people through existing forums and mechanisms.
- Understand how far each area's approach could be improved and collaborate with them to develop a local action plan for overcoming local challenges.
- Delivery of a workshops in each area with local stakeholders to enable insight and inform action planning.
- Increasing uptake and advising on evidence-based and implementation best practice.



The project timescale is **7 months**, commencing mid-February and completing with all deliverables achieved by end of September 2018 ideally.

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