Age & Opportunity Active

CarePALs Workshop



Age & Opportunity Active in partnership with the HSE invites staff of day or residential care settings to take part in our upcoming CarePALs workshops.

CarePALs aims to empower those working in day and residential care settings to lead suitable physical activities with older people who live in or visit their setting. This means that physical activity sessions can be delivered by staff and therefore included as part of the daily or weekly routine without cost to the care setting. The expected outcomes of CarePALs:

* Enhanced health of older people in care
* Staff of care settings enabled to lead Health Enhancing Physical Activity (HEPA) Sessions for older people with varied levels of ability on a regular basis
* Increased awareness of social, psychological and physical benefits of physical activity for older people of all ages and abilities
* Opportunities for those promoting physical activity in care settings to network with peers

Participants do not need to have any background or formal experience in leading physical activities but they must be working in a care setting. Also, their employer must commit to enabling them to lead physical activity back in their own care setting following participation in CarePALs. The HSE is funding these workshops so there will be no charge to participants**.**

**The training will consist of 4 x 2 hour sessions, held over 4 weeks and delivered via Zoom.**

There are morning or afternoon sessions being offered. You must stay with the same group for the duration of the 4 weeks. See choice of dates below:

**Course 6 - Each Tuesday starting 5th October – 26th October 2021**

**Group A : 10.00 – 12.00 or Group B : 14.00 – 16.00**

**OR**

**Course 7 – Each Wednesday starting 6th October – 27th October 2021**

**Group A : 10.00-12.00 or Group B : 14.00 -16.00**

****As places are limited please confirm which course you wish to attend by contacting Ciara at Age & Opportunity Active ph 01 8057733 or email [active@ageandopportunity.ie](mailto:active@ageandopportunity.ie) before **28th September 2021**

