

Age & Opportunity  
**active**



Incorporating **Age & Opportunity active**,  
The National Sport and Physical Activity Programme  
for Older People

# Energiser Session

Paul Gallier – Age & Opportunity Active

30th June 2021

# Age & Opportunity

is a national organisation that inspires everyone to reach their full potential as they age. Our goal is to turn the period from the age of 50 onwards into one of the most satisfying time of people's lives

**Age & Opportunity** works in a range of areas from the Arts to Education and Physical Activity, for older people

**Active** is the National Programme for Sport & Physical Activity for older people and is an Age & Opportunity Initiative funded by Sport Ireland



## Engage

Age & Opportunity Engage is a programme which offers a range of learning initiatives, courses and workshops for our own personal development as well as opportunities for us to play an active role in our community. Our aim is to facilitate participants to develop resilience, build the skills, know-how and the foresight to achieve the best quality of life. We believe that people who work directly with older people – or whose work affects the lives of older people – should be conscious of their needs and the value of their continuing contribution to society . As organisations become increasingly aware of the value of their older employees, customers and clients – they will be able to benefit from our bespoke training and facilitation and range of national workshops and courses.

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**Ageing with Confidence** Six week course (over six half days) – for older people in local communities – designed to increase confidence, encourage reflection and share experiences.

- **Creative Exchanges** QQI Level 6 Training Course which trains participants to plan and facilitate arts activities for older people in care settings.

- **Changing Gears** A six week course for people in mid- career or anticipating retirement. Changing Gears is about building resilience, taking stock, making changes, bouncing back and moving on in life.





**ARTS** is a programme providing opportunities for older people to engage more in arts and cultural events and initiatives, as well as supporting training and development for older artists. It includes Bealtaine, our national arts festival; our Cultural Companions initiative creating networks of older people interested in arts and culture who accompany each other to events; training for staff and artists to lead arts activities in care settings.



# Aim of Active

to get “more older people  
more active more often”



# Key Elements of Active Programme



**FREE initiative for over 50s**

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**FitLine**  
A friendly word to get you more active.  
Free phone: **1800 303 545**  
FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.

The graphic features a blue background with a pink circle containing the text "FREE initiative for over 50s". Below this are three circular images: a woman smiling on a phone, two women on a bicycle, and two men in purple shirts. The "Age & Opportunity" logo and text are at the top, and the "FitLine" text and description are at the bottom.

- Physical Activity Leaders (PALs)
- CarePALs
- National Grant Scheme
- Go for Life Games
- FitLine
- Active Research



# *Balance*

Normal standing



Semi tandem



Tandem **Age & Opportunity**





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# FitLine

A friendly word to get you more active.

Free phone: **1800 303 545**

FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.

*"The mentors are so supportive and encouraging."*

Agnes – Ardee, Co. Louth

*"I have been with FitLine for a few years and it gives me a great lift to get a phone call every couple of weeks. They have good advice. I live on my own and I love having someone from FitLine ring me regularly."*

Joe – Dublin

*"FitLine gave me the push I needed to stop making excuses to get up and get active."*

Anne – Cork City

*"The last year has been difficult and lonely at times. Having that social connection FitLine provides, has been invaluable during this time, and the motivation and support are wonderful."*

Bridie – Dublin

**FREE  
physical activity  
DVD when you  
sign up!**

## Why call FitLine?

Some find it easy to be physically active but for others it's not so simple. Perhaps you don't know what activity to do or you lose motivation. This is a difficult time for people worldwide as Covid-19 has forced us to change the way we live, but Age & Opportunity will continue to provide safe opportunities for people to be more active.

Our mentors are volunteer older people who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.

## How does FitLine work?

After you've made the first call, our mentors will arrange a time to ring you every two weeks until you're happy with your progress.

## Is there a cost?

No. This is a completely free service for people over 50. It has already been a great help to lots of people who wanted to feel a bit healthier but just didn't have the confidence or information to go about it.

## How do I find out more?

Free phone **1800 303 545** to learn more about FitLine or email [fitline@ageandopportunity.ie](mailto:fitline@ageandopportunity.ie)



**KEEP WELL**



Riailtas na hÉireann  
Government of Ireland

