

# Moving More Often Programme (for frail elderly)

MMO is a training programme for healthcare workers and volunteers who work with frailer, older people.

It will support you to promote physical activity in a range of community, residential and social care settings.

## Who is the training for?

This training is aimed at health care workers, nursing staff or volunteers who work with frail older people in day care, residential or private care settings.

## Aims and objectives

The aims of the training are to:

- Raise awareness of the benefits of physical activity and moving more in later years
- Provide ideas on how to practically increase daily activity levels
- To feel confident in facilitating a range of activities which encourage moving more

The training is a 4-hour session provided free of charge. Applicants will need to outline how they will use the training in order to be accepted onto the programme.

## How to book

Check the Promoting Wellbeing [training brochure](#) and [online calendar](#) for upcoming courses.

Or contact Clare Drummy, Physical Activity Coordinator, to register your interest:  
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