

Embargo: 00.01hrs Friday 18<sup>th</sup> November 2022

## **Bexhill on Sea Town Council invites fitness trainers to focus on the elderly and apply for an “Old and Bold” Bursary**

A partnership between Bexhill-on-Sea Town Council and Active Rother

Most of us will live longer if we do more. But with age and health challenges, over the years most people get less active, less strong and more frail. The Town Council discovered that there is little expert support in Bexhill specifically designed for old people who want to keep fit, strong and supple. Furthermore, there are few professional trainers in Bexhill qualified to train them. So, the Council is launching the “**Old and Bold**” scheme.

The “**Old and Bold**” scheme enables providers of physical fitness in Bexhill to gain an enhanced professional qualification, by way of a financial grant from the Council, to train older people who want to be stronger and fitter. “I know personally that once you get to a certain age, it is easy to go gently downhill, you feel awkward trying to get fit and you don’t exactly look your best in lycra. In any case, where do you get expert training?” said Viv Taylor Gee, town councillor for Central Ward. “So **Old and Bold** was born. We aim for Bexhill to be one of the best places around for older people to keep fit safely.”

A select number of bursaries will be awarded. Providers are invited to apply to Active Rother and get their internationally recognised qualification using an online platform, the YMCA Awards Level 3 Award in Adapting Exercise for Independently Active, Older People (10 CIMSPA points), fully paid for, with CIMSPA membership included.

This project is being carried out in partnership with Active Rother, whose work is well known in the town. The course is rigorous, and applicants will be selected to take the four 3-hour online sessions spread out over 8 weeks. and attend three one-hour face to face sessions in Bexhill. They will be assessed on a case study, a workshop and a theory paper. This is a great opportunity to expand the portfolio of people who already teach fitness to groups or individuals, or indeed yoga, pilates, or dancing.

**To apply**, you must be over 16, with at least three months of teaching experience and already have one of the following qualifications or equivalents:

- Level 2 Gym Instructor

- Level 3 Personal Trainer
- Level 2 Exercise to Music
- Level 3 Pilates Instructor
- Level 3 Yoga Instructor

In the Town Council's recent Big Survey, Bexhill residents ranked well-being and tackling isolation as one of the highest priorities of concern. We hope that the end result of this bursary scheme will be more trainers for over-65s who become not only healthier and fitter, but who feel less isolated and have more fun.

For further information, to discuss a potential application, or to request an application form, please contact:

Stuart Ramsbottom – Active and Healthy Communities Specialist (*working Monday, Tuesday and Wednesday*) [stuart.ramsbottom@rother.gov.uk](mailto:stuart.ramsbottom@rother.gov.uk)

or

Adrian Gaylon – Sports Development Officer [adrian.gaylon@rother.gov.uk](mailto:adrian.gaylon@rother.gov.uk)

To find out more details of the award, please additionally see Active Rother website - [Funding opportunity - instructor training for older adults' programmes - Active Rother](#). All candidates who wish to be considered will need to complete an application form and return by midday on Monday December 5th

Notes to editors: -

The full report on the results of 'the Big Survey 2021' is available here:

[www.bexhilltowncouncil.gov.uk](http://www.bexhilltowncouncil.gov.uk)

For press enquiries please contact the town clerk.

Contacts: Julie Miller Town clerk to Bexhill-on-Sea town council

[town.clerk@bexhilltowncouncil.gov.uk](mailto:town.clerk@bexhilltowncouncil.gov.uk) 07769 254176