

## Tool 1: Know your friends

This tool will help you to think about the variety of local community organisations and agencies that may be in a position to help your care home increase physical activity. Your local authority may already have much of this information, but each local area will also have unique groups of organisations, many of whom may be already working together. There may be others you wish to add to this list.

Who	What	Contact
Physical activity and sports development officers.	Advice on planning, training, facilities, equipment, leaders and teachers.	
Active ageing development officers.	Advice on local physical activity groups and activities for older people.	
Walking organisations, outdoor adventure and countryside agencies.	Green experiences including walking routes, groups and leaders and opportunities to experience the outdoors.	
Volunteering organisations.	Volunteer buddies, visitors and assistance with activities.	
Schools, further education colleges and youth groups.	Visitors, activity leaders and intergenerational activity.	
Family, friends and relative organisations.	Support, motivation and skills.	
Local business, commerce and industry.	Partnerships and sponsorship.	
Occupational therapists and physiotherapists.	Guidance on physical activity.	

