

Resource and knowledge hub

To accompany the physical activity and long term conditions resource pack

1. Resources to support people with long term health conditions to be active
2. Resources to support the health and care workforce to promote physical activity
3. Resources for health and care organisations to support the promotion of physical activity
4. Resources for the sports and physical activity sector to enhance inclusivity and accessibility

March 2022



The
Richmond
Group
of Charities



1. Resources to support people with long term health conditions to be active (including the health and care workforce)

Websites and digital resources

Physical activity website aimed at people with (multiple) long term health conditions

[We Are Undefeatable](#)

Curated suites of accessible and inclusive videos tailored for people with (multiple) health conditions

[We Are Undefeatable YouTube Playlists](#)

Physical activity videos, created for people with (multiple) health conditions and symptoms

[Make Your Move](#)

Activity Alliance, inclusive physical activity programme

[Get Out Get Active Programme](#)

Disability Rights UK, inclusive physical activity project with support tools

[Get Yourself Active](#)

A selection of 10 minute physical activity radio sessions for older people (available via BBC Sounds)

[Demos 10 Today](#)

Apps to support physical activity behaviour change NHS Better Health apps, to support physical activity behaviour change

[Couch to 5K and Active 10](#)

NHS staff physical activity support

[Doing Our Bit](#)

Local areas

Examples of a few local physical activity campaigns and opportunities

Manchester [That Counts](#)

Liverpool [Fit For Me](#)

Sheffield [Move More Sheffield](#)

Examples of activity finders

London area

[London Sport Get Active](#)

Wheelchair sports

[Wheelpower](#)

Disability sport

[Parasport](#)

Long term conditions

[Moving Medicine](#)

Staffordshire area

[Staffordshire Active My Way](#)

Hertfordshire area

[Hertfordshire Moving More](#)

Charity services and condition specific support

Age UK [Physical Activity Support](#)

Age UK [Walking Football Programme](#)

Alzheimer's Society [Physical Activity Support](#)

Asthma + Lung UK [Physical Activity Support for asthma and lung conditions](#)

Bat Bounce [Alzheimer's Therapy](#)

Breast Cancer Now [Physical Activity Support](#)

British Heart Foundation [Physical Activity Support](#)

British Red Cross [Wellbeing Support](#)

Carers UK [Activity Hub for Carers](#)

Diabetes UK [Physical Activity Support](#)

Macmillan Cancer Support [Physical Activity Support](#)

Mind [Physical Activity Support](#)

MS Society [Physical Activity Support](#)

Parkinson's UK [Physical Activity Support](#)

Parkinson's UK [Exercising At Home Toolkit](#)

Rethink Mental Illness [Physical Activity Support](#)

Rethink Mental Illness [Rethink Activity Toolkit for Support Groups](#)

Royal Voluntary Service [Physical Activity Support](#)

Royal Voluntary Service [Virtual Village Hall Seated Exercise](#)

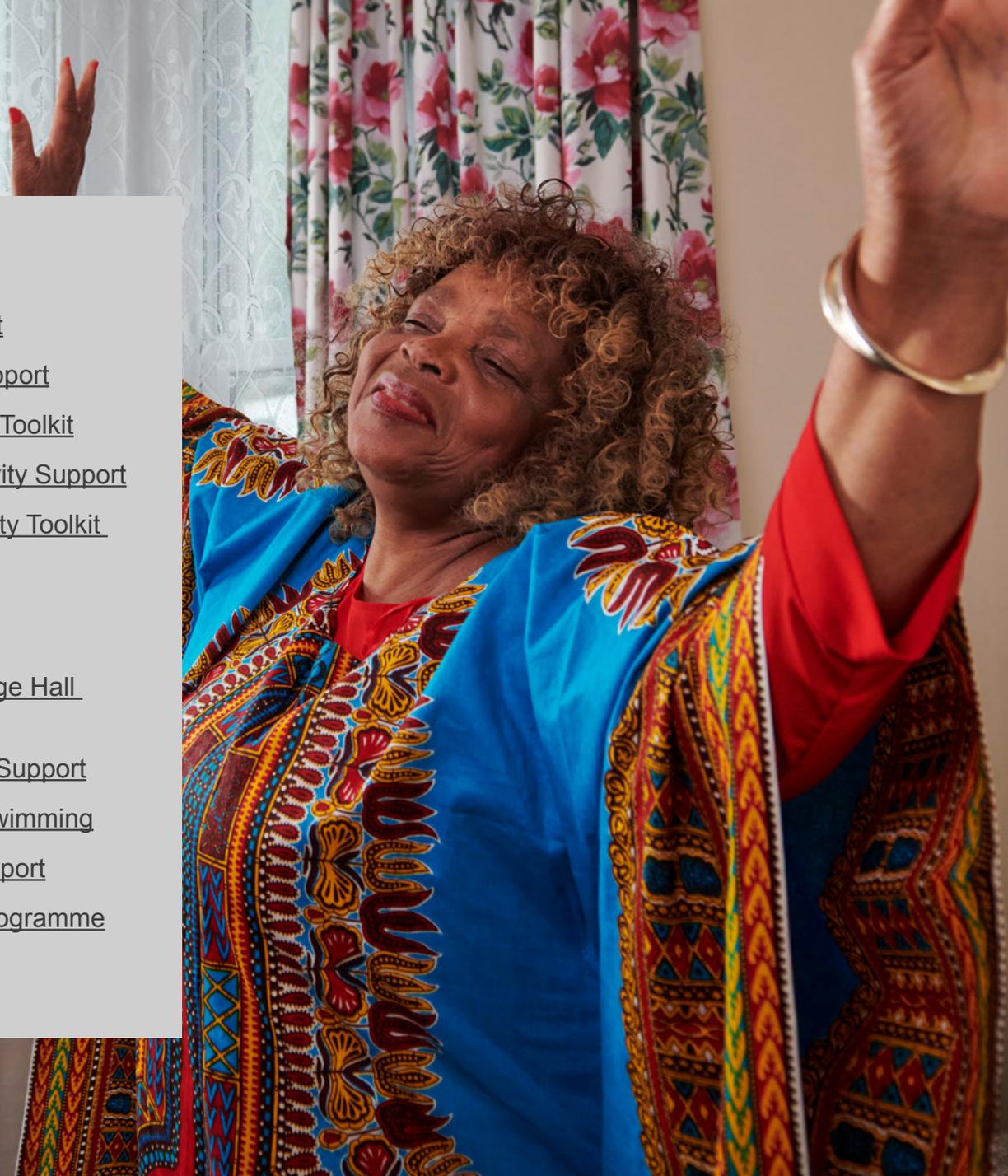
Stroke Association [Physical Activity Support](#)

Swim England [Dementia Friendly Swimming](#)

Versus Arthritis [Physical Activity Support](#)

Versus Arthritis [Active Londoners Programme](#)

Versus Arthritis [Movement Series](#)



2. Resources to support the health and care workforce to promote physical activity

Tools and resources for health and care professionals

Faculty of Sport and Exercise Medicine [Moving Medicine](#)

Moving Medicine [Conversations resource](#)

Activity Alliance [Enabling Healthcare Professionals Video](#)

Royal College of General Practitioners

[Active Practices Toolkit](#)

[Active Practices Video](#)

Public Health England Campaign [Resource Centre](#)

Disability Rights UK [Toolkits and guides for social workers](#)

Active Oxfordshire [Training for health and care professionals](#)

Chartered Society of Physiotherapy

[Physical Activity Support](#)

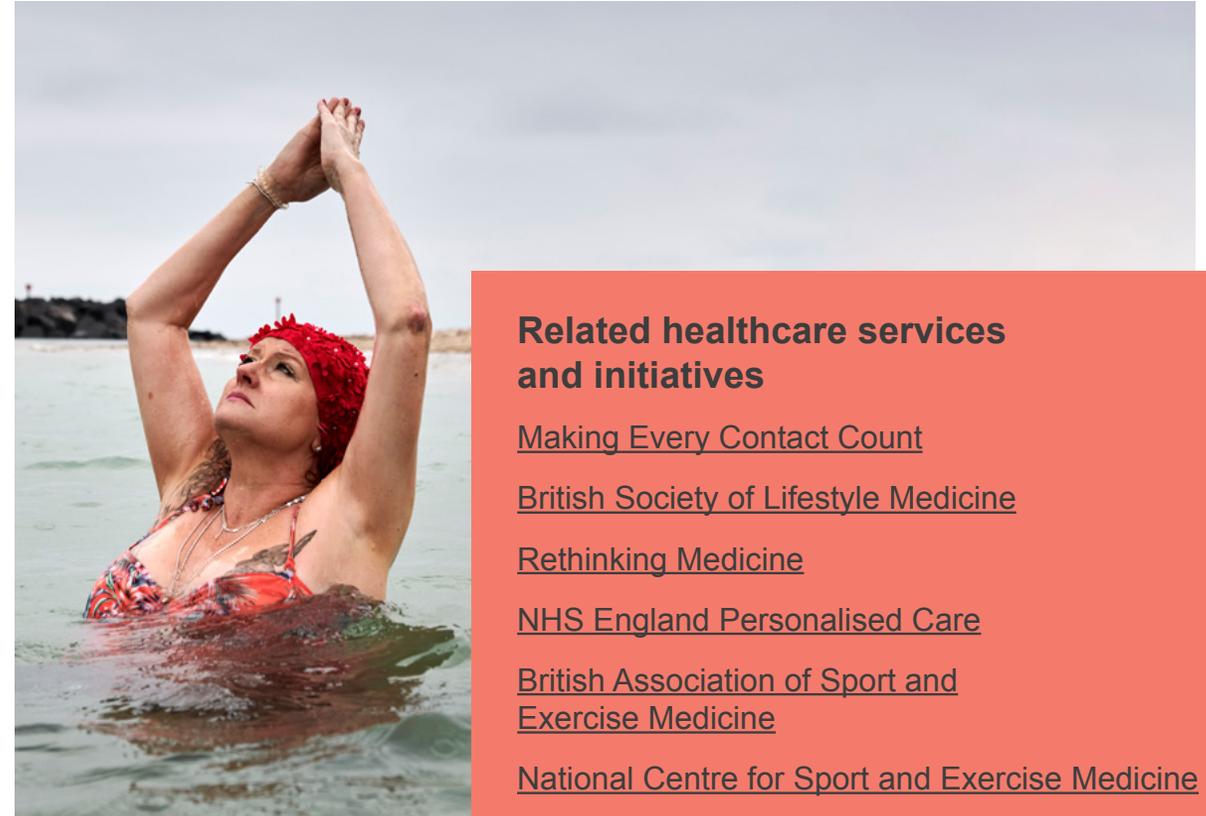
[Stronger My Way resources](#)

British Association of Sport and Exercise Medicine

[Website](#)

[Physical Activity Guide](#)

Academy of Medical Royal Colleges [Review of physical activity for professionals](#)



Related healthcare services and initiatives

[Making Every Contact Count](#)

[British Society of Lifestyle Medicine](#)

[Rethinking Medicine](#)

[NHS England Personalised Care](#)

[British Association of Sport and Exercise Medicine](#)

[National Centre for Sport and Exercise Medicine](#)

[Faculty of Sport and Exercise Medicine](#)

Guidelines and knowledge about physical activity, behaviour change and health

National Institute for Health & Care Excellence (NICE) [Physical activity guidance](#)

NICE [Behaviour change guidance](#)

NICE [Physical activity in general population data](#)

NICE [Physical activity in the workplace guidance](#)

NICE [Physical activity for NHS staff, patients and carers quality standard](#)

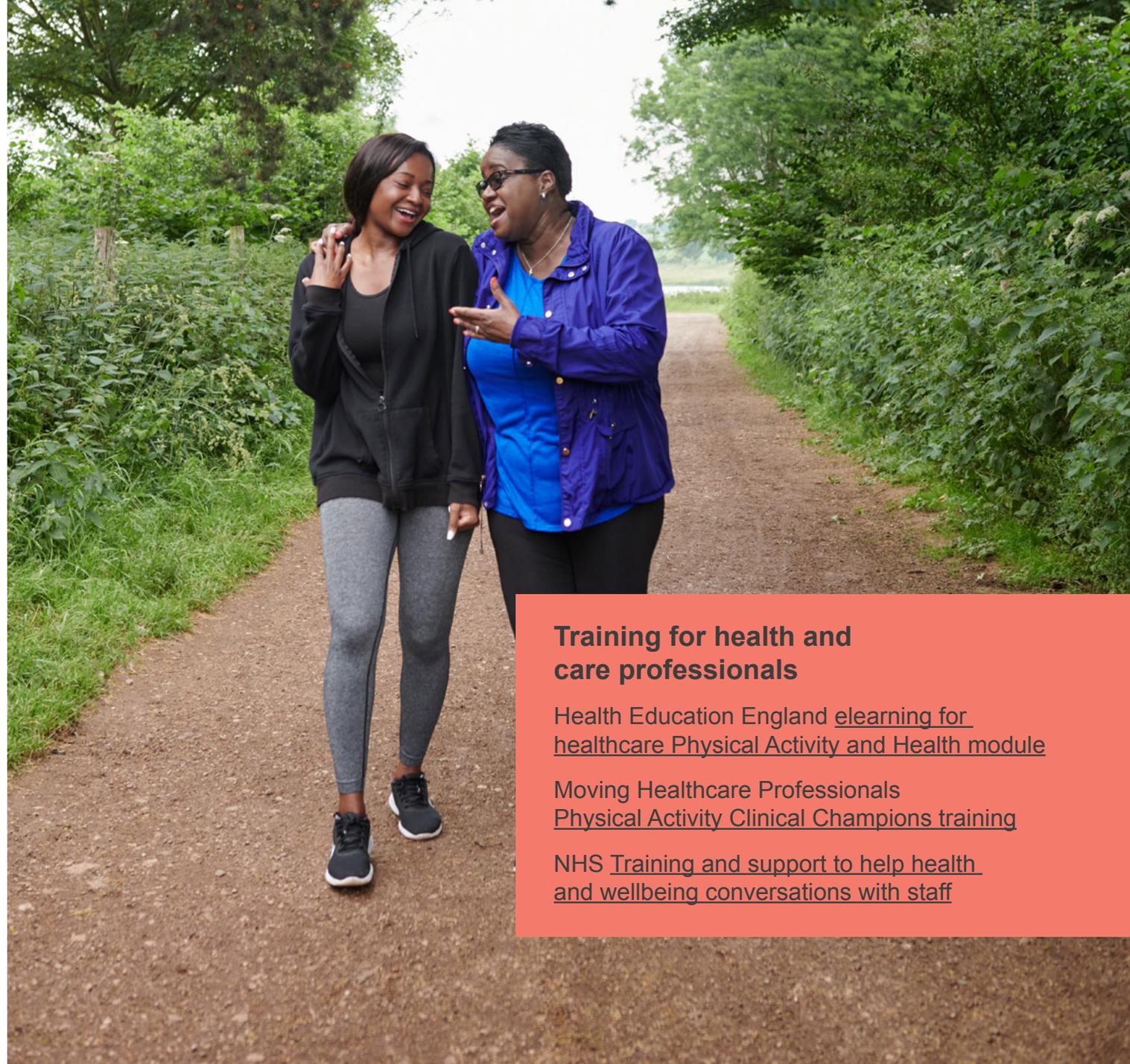
NICE [Physical activity brief advice for adults in primary care](#)

UK Chief Medical Officer [Physical Activity Guidelines 2019](#)

World Health Organisation [Physical Activity Guidelines 2020](#)

Public Health England [Guidance](#)

Faculty of Sport and Exercise Medicine
[Medical Consensus Statement of Risk](#)



Training for health and care professionals

Health Education England [elearning for healthcare Physical Activity and Health module](#)

Moving Healthcare Professionals
[Physical Activity Clinical Champions training](#)

NHS [Training and support to help health and wellbeing conversations with staff](#)

3. Resources for health and care organisations to support the promotion of physical activity

Social return on investment and economic impact

Social Return on Investment of Sport [Sheffield Hallam Project](#)

Sport England [Why investing in physical activity is great for our health – and our nation](#)

Sport England [Measuring Economic Impact](#)

ISPAH [Eight Investments for Physical Activity](#)

Policy

Public Health England [Everybody Active Every Day](#)

World Health Organisation [Global Action Plan for Physical Activity GAPPA](#)

Data

Sport England [National data survey on physical activity: Active Lives](#)

Public Health England [Public health profiles](#)

[Social Prescribing Observatory](#)



4. Resources for the sports and physical activity sector to enhance inclusivity and accessibility

Resources and guidance

Mind [Mental Health and Physical Activity Toolkit](#)

King's Fund guides to how the health and care sector is organised

[Making sense of the health and care system](#)

[Quick watch guides to health and care](#)

Alzheimer's Society [Dementia Friendly Guide](#)

UK Coaching We Are Undefeatable [Workforce Guide](#)

Activity Alliance GOGA project [Disability and inclusive resources](#)

Sport England [Tackling Inactivity Design Principles](#)

EMDUK [Webinars on LTCs for instructors](#)

Activity Alliance [Inclusive Communications](#)

Activity Alliance [Adapting activities](#)

Activity Alliance [STEP tool](#)

Activity Alliance [Opening Doors Guide](#)

Disability Rights UK Get Yourself Active [Resource for inclusive physical activity](#)



Tools

National Centre for Sport and Exercise Medicine
[#EasierToBeActive](#)

Accreditation

[Quest G Plus 37 module for facilities](#)

Insight, learning and evaluations

Mind [Moving towards better mental health: Mind's Physical Activity Impact Report 2018–2021](#)

Mind [Get Set to Go Programme Evaluation Summary 2014–2017](#)

UK Active [Life in our Years](#)

UK Active [Social Prescribing Report](#)

We Are Undefeatable [Local Activation Areas Learning Events](#) – Short events providing a brief overview of evaluation

Get Out Get Active [learning](#)

Disability Rights UK [Get Yourself Active evaluation](#)

We Are Undefeatable [campaign insight and evaluation report on the campaign supporters' hub](#)

Richmond Group of Charities
[Physical Activity Evaluation and Insight Reports](#)

Royal Society for Public Health / UK Active
[Workforce report](#)

Sport for Development Coalition and Mind
[Moving for Mental Health Report](#)

Carers UK [Report on Physical Activity](#)

Public Health England [Covid-19 wider impacts on people over 65](#)

Age UK [One Step at a Time Report](#)

Age UK [Covid-19 Impact Report](#)

Age UK [Covid-19 One Year On Impact Report](#)

Chartered Society of Physiotherapy
[Strength Messaging Insight](#)

Workforce training and standards

Mind [Mental Health Champions Toolkit](#)

Mind [Mental Health Awareness for Sport and Physical Activity+ eLearning](#)

Parkinson's UK [Awareness training for those who promote PA to people with Parkinson's](#)

Activity Alliance [Inclusive Activity Training](#)

CIMSPA [Professional standards for long term conditions](#)

CIMSPA [Training events](#)

For more information:
email richmondgroup@macmillan.org.uk
visit richmondgroupofcharities.org.uk/physical-activity

Imagery on pages 1, 3, 4, 5, 6, 7 and 9 courtesy of [We Are Undefeatable](#)



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