

Special Edition Learning Opportunities



This special edition newsletter shares the upcoming opportunities available to Revolutionists throughout the Coach Education Week in 2025.

Activity delivery training

Strength & Balance instructor qualification

📅 10th, 17th, 24th and 31st January 2025, 9:30-16:30

📍 HCPA, Mundells, Welwyn Garden City, AL7 1FT

💷 £375+VAT per person (fully funded option available).

Learn to teach evidence-based falls prevention exercises. Within the UK, falls among individuals over 65 result in an astonishing £4.6 million burden on the NHS each day.



Inclusive Activity Programme

📅 Monday 17th February 2025, 18:30-21:30

📍 University of Hertfordshire, AL10 9EU

Gain skills to engage disabled people and people with long-term health conditions more effectively in physical activity.



Disability Coaching Workshop

📅 Tuesday 18th February 2025, 13:00-15:30

📍 University of Hertfordshire, AL10 9EU

Join Inclusive United's workshop sharing inclusive coaching techniques and practical tools to create safe, supportive, and fun environments for all abilities.

Embedding Falls Prevention Principles into Community Classes

📅 Wednesday 19th February 2025, 10:00-13:00

📍 University of Hertfordshire, AL10 9EU

This masterclass will identify key aspects of strength and balance which could be adopted into community exercise classes.

Judo for safer falling Coaching Course

📅 Friday 21st February 2025, 10:00-15:00

📍 University of Hertfordshire, AL10 9EU

💷 £66.20

A third of people over 65 experience a fall annually, escalating to half among those over 80. This course will upskill Judo coaches to support participants with controlled falls techniques — turning fear into confidence.



Boccia Leaders Award

📅 Saturday 22nd February 2025, 13:30-16:30

📍 Mount Grace School, Potters Bar, EN6 1EZ

💷 £45

An introductory course suitable for individuals with little or no prior knowledge of boccia. Ideal for those looking to refresh and confirm their knowledge.



Special Edition Learning Opportunities



Online training

Live Longer Better Champion training

Designed to equip professionals with the confidence to engage older adults in meaningful conversations about ageing well. This self-paced training features a series of short video modules that fits easily into your schedule.

£ Free redemption code [here](#) for Herts (usually £45 to access)

Introduction to Exercise for Parkinson's

Molyfit course aimed at health and fitness professionals. This online course will take around 2 hours to complete and is accredited by CIMPSA for 2 CPD points.

£ £25

Reducing the risk of falls, frailty and dementia webinar

Monday 17th February 2025, 11:00-12:00.

The webinar will discuss factors that can increase an individual's risk of falling, developing frailty and dementia and ways to minimise that risk.

Supporting people living with Dementia

Tuesday 18th February 2025, 14:00-15:00.

Become a Dementia Friend, learn about the impact of dementia and the small ways you can help.



Essential training

Safeguarding Adults (2 date options)

Wednesday 19th February 2025, 18:00-21:00

Thursday 20th February 2025, 10:00-13:00

University of Hertfordshire, AL10 9EU

Delivered by the Ann Craft Trust, this workshop will cover the essentials of safeguarding adults in sport and activity clubs.

1 Day Emergency First Aid at Work (2 date options)

Tuesday 18th February 2025, 9:30-16:30

Thursday 20th February 2025, 9:30-16:30

Hertfordshire Sports Village, Hatfield, AL10 9EU

£ £80

This qualification enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work.£

Motivational Interviewing

Beginners - Friday 21st February 2025, 9:00-11:00

Advanced - Friday 21st February 2025, 11:00-13:00

University of Hertfordshire, AL10 9EU

Through hands-on practice, attendees will build confidence in using Motivational Interviewing in conversations with clients, helping encourage real, lasting change in a supportive way.

