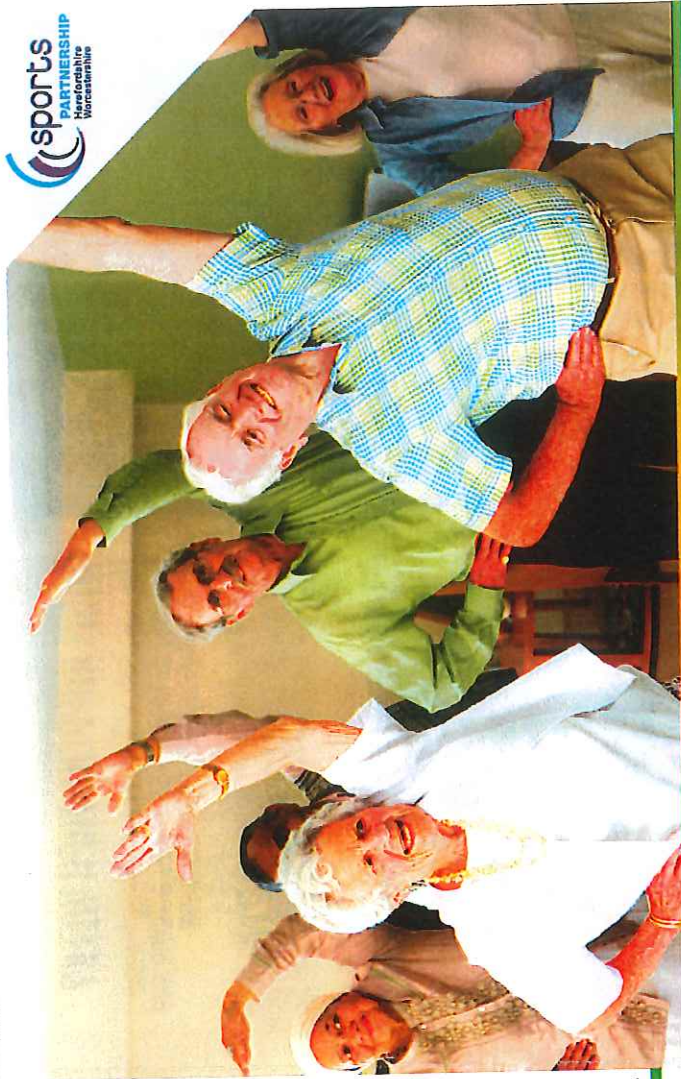


WHAT HAPPENS WHEN THE COURSE FINISHES?

Your instructor will be on hand to help and advise you on suitable activities you can go on to.



SPHW c/o Sarah Blackburn
 Hines Building
 University of Worcester
 Freepost WR333
 Henwick Grove
 Worcester
 WR2 6ZA

Freepost

WHAT OTHER INFORMATION CAN YOU GET?

We can also help with information about staying active and being independent. As well as pointing you in the direction of other people and organisations that can help.

www.sportspartnershipwr.co.uk



To be referred onto the Strength and Balance Programme please fill out the self-referral form attached and post it back to us.

For more information about the classes please contact the Strength and Balance Coordinator at Sports Partnership Herefordshire and Worcester on 01905 855498 or email PSI@worc.ac.uk

NHS
 Myo Foret
 Clinical Commissioning Group

NHS
 Worcester Health and Care
 Clinical Commissioning Group

NHS
 South Worcestershire
 Clinical Commissioning Group

Funded/supported by **WORCESTERSHIRE COUNTY COUNCIL**
 The Sports Partnership Herefordshire and Worcester is a company Ltd by Guarantee and registered with Companies House. Company Number 802276.

STRENGTH AND BALANCE CLASSES

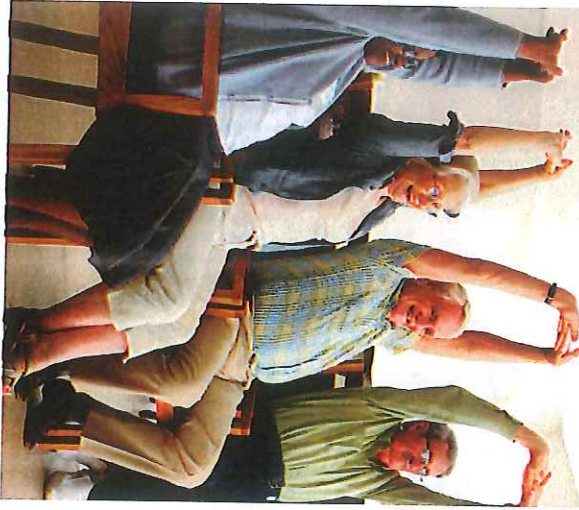
To help reduce your risk of falling

WHAT ARE STRENGTH AND BALANCE CLASSES?



It is an exercise course for older people who have had a fall or who feel unsteady on their feet.

The aim of the classes is to improve your strength and balance, and also to help you feel more confident when you are out and about.



WHAT HAPPENS EACH WEEK?

The instructor will guide you through some exercises to help increase your stamina and help with your balance on the move.

You will then work on exercises to help build your muscle and bone strength and learn how to get up from the floor safely should you have a fall.

Finally at the end of the class you will do some relaxation and stretching.

All of the exercises can be done seated or standing so all abilities can take part.

You will be given an exercise booklet at the start of the course, you will be encouraged to do these exercises at home.



WHERE ARE THE CLASSES HELD?

The classes are held at community venues around Worcestershire and once you have been referred, the Strength and Balance Class Coordinator will contact you to let you know where and when the classes are.

We cannot provide transport but can signpost you to local community transport schemes.

HOW LONG ARE THE CLASSES?

The Strength and Balance Class lasts about 1 hour.



£ WHAT DOES IT COST?

£3 per class each week.

HOW DO I JOIN?

The Strength and Balance Programme is available on referral from your GP or Health Professional or by self-referral, to all older people who have difficulties in maintaining their balance.



To attend a course you will need to complete the attached referral form and post it back, or contact the Strength and Balance Coordinator.



Name: _____

Address: _____

Postcode: _____

Contact No: _____

Do you experience or have any of the following? (Please tick all relevant)

- Fear of falling Feeling unstable History of falls
 Low bone density None of the above