

*The Strength & Balance Programme helps:*

- Build strength and flexibility*
- Improve balance and co-ordination*
- Improve mobility and posture*
- Reduce your risk of falls and injury*



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UNITED ANGLO  
CARIBBEAN SOCIETY

Together we are stronger



# The Ealing Strength & Balance Programme

StayActive4Life working in partnership with the United Anglo Caribbean Society have been commissioned by Ealing Public Health to deliver a FREE Strength and Balance Programme to help reduce the risk of falls.

## ***The programme outline:***

The Otago Strength and Balance programme is designed specifically to prevent falls and consists of a set of muscle strengthening and balance retraining exercises. All the exercises are individually prescribed and increase in difficulty.

The programme consist of 10 sessions and participants are recommended to attend two classes per week.

Classes at different levels are offered as adults who have recently fallen will have very different requirements from active older adults whose physical function has only slightly declined.

**(1) Better Balance** - Suitable for individuals who may have recently fallen or feel that they are at high risk of falling. The classes are designed to increase your confidence and independence through a tailored exercise class based on the OTAGO exercise framework. Education and support is provided to help participants better manage their condition.

**(2) Strength & Balance - Level 1** - These classes are designed for those individuals who have either completed The Better Balance Programme or are identified as not being at such high risk of falling. Additional strength exercises as well as coordination movements are added to build upon the gains already made. The classes are ongoing so participants can continue to attend post funded intervention.

**(3) Strength & Balance - Level 2** - These classes are also ongoing as it is important that the benefits gained are maintained and further increased. Additional exercises to build cardiovascular fitness as well as more complex and dynamic movements are added to further build upon the gains already made.

## **The benefits of attending the programme?**

Maintaining muscle strength and balance is crucial in helping people stay mobile and independent as they get older, reduce their risk of falls and help them keep doing the daily activities that are important to them.

Evidence shows that specific programmes for improving strength and balance can reduce the risk of falls by as much as 55%. Strength, flexibility, balance and reaction time are considered the most readily modifiable risk factors for falls.

Being active and especially into older age can help to slow down the rate that muscles deteriorate. This can help people remain active and independent as long as possible and also reduce the risk of falls in later life.

## **Where are the classes delivered?**

We have community classes running across the Borough and currently have classes in; Acton, Ealing, Greenford, Northolt, Perivale and Southall. We also have Online classes available.

## **How can I join a class?**

You can either self-refer or speak to a health professional (GP, physiotherapist or Social Prescriber) for a referral.

All referrals for StayActive4Life should be sent to:  
Strength.balance@nhs.net

We would strongly recommend all participants to try and commit to attending two classes a week over a 5-week duration to give themselves the best chance to make noticeable and ongoing improvements.

## ***Can we host a Strength & Balance Programme?***

If you manage a group, a sheltered house, or maybe a church and would like to host a Strength & Balance Programme we would love to hear from you.

## About StayActive4Life

At StayActive4Life we believe that everybody deserves the help and support to live a more active and healthy life. We know you want to keep on the move, feel better and have more energy.

Our approach is all about maintaining independence, building confidence, making friends and above all... having fun!

As we understand how important it is to prevent frailty and reducing the risk of falls, we encourage participants to start our classes when they are active so we can help prevent the first fall. If you want to positively influence your health and wellbeing, then our trained instructors are ready to get you started with a great variety of enjoyable physical activities to benefit your health.

Over the past few years my team and I have helped thousands of people to improve their balance and would love to help you too.

## What participants say about the classes

“The teacher is very, very good and I found since I have been coming to the classes my balance has got better. I would recommend the Strength & Balance programme to everybody”.

“I could not rate the teacher any higher or suggest any improvements. I always feel much better after each class”.

“Since joining the Strength & Balance class I am more conscious of my posture and have improved my strength, balance and co-ordination”.

“I have been very impressed by the standard of instruction, the variety of the programme and the attention the teacher gives to all the needs of the individuals”.

“The participants are very friendly and make new attendees feel very welcome and I love the music as it makes you want to dance. I come out feeling so much better”.