

## What is the Falls Prevention Programme?

Active Leeds offer a structured 20 week **Falls Prevention Programme** of exercise for people at the risk of falls. These sessions are designed to improve balance, strength and co-ordination for people with low mobility. There is a focus on improving confidence and reducing the fear of falling. Building and maintaining strength and balance can help individuals carry on doing the things they enjoy and stay independent.



The sessions involve a program of chair based exercise with the option of, and progression to, standing. The sessions offer participants the chance to practice specific exercises with other people who have experienced a fall or loss of confidence. Sessions are delivered by qualified instructors in a range of community venues across Leeds.

After finishing the class there is opportunity for refreshments and social chat. The sessions cost £2.00 per person per class. There is reduced cost transport available for individuals who are without transport within a 5 mile radius of a venue.

For individuals with lower mobility, the Falls Prevention Programme offers an 8 week community led physiotherapy programme for people that need extra support. There is the option to attend the 20 week programme on the completion of the physiotherapy led sessions.

## How to Access the Programme

To attend the Falls Prevention Programme individuals can be referred by their physiotherapist or a health professional. We have now also introduced the option of a self referral. **The Falls Prevention Referral Form** can be found on our website or you can request a form by getting in touch.

On the referral form please let us know which class venue the participant would prefer (our current sessions are overleaf) as we try our best to make sure participants access the session that is most convenient for them. As a guide our classes are aimed at individuals who:

- Have a history of falls and/or problems with mobility/balance/confidence
- Is a patient registered with a Leeds GP

There is further information and guidance on our webpage or if you need more information please get in touch!



## What Happens After the Programme?

We support community based exercise providers to ensure they are delivering safe and effective exercise classes to people who are at risk of falls. To attain the 'Make it Fall Proof' award, classes have been fully assessed to ensure they deliver the right level and standard of class. After the 20 week programme we will inform participants of appropriate community sessions they may like to attend to keep active. We also have Aquatic exercise sessions designed to support maintaining strength and balance.

Please get in touch if you would like more information about any of our sessions on:

Email: [health.programmes@leeds.gov.uk](mailto:health.programmes@leeds.gov.uk) or Phone: 0113 3780288



## Fall Prevention 20 Week Programme Class Venues

Please find below a list of the venues we currently have Falls Prevention classes. You can keep up to date with new sessions by visiting our website or please get in touch.

Venue	Day & Time	Activity	Start Date
<b>Kippax Parish Hall</b> Church Lane Kippax LS25 7AG	Monday 10am –12 noon	Chair Based	Nov 2017
<b>St Johns Church Hall</b> Dixon Lane Road LS12 5DU	Monday 1pm - 3pm	Chair Based	Nov 2017
<b>Seacroft Methodist Church</b> 1081 York Rd LS14 6JB	Tuesday 10am-12noon	Chair Based	Nov 2017
<b>St Aidans Church</b> Elford Place West LS8 5QD	Tuesday 1pm-3pm	Chair Based	Nov 2017
<b>Bramley Baths</b> Broad Lane, Bramley LS13 3DF	Tuesday 1pm-3pm	Chair Based	Nov 2017
<b>Moortown Social Club</b> Cranmer Gardens, LS17 5LA	Thursday 1pm-3pm	Chair Based	Nov 2017
<b>Church of Nazarene</b> Hunslet Hall Rd, Beeston, LS11 6TT	Friday 10am-12noon	Chair Based	Jan 2018
<b>The Green</b> Seacroft Green, Seacroft LS14 6JL	TBC	Chair Based	Early 2018

## Progression Classes

Contact the team if you want to know more about activity sessions in your area or look at our website. Why not try our new Mobility & Wellbeing Aqua Class. Gentle exercises in the water. Good for anyone with joint, muscle or mobility problems.

<b>Holt Park Leisure Centre</b> Holtdale Approach Leeds LS16 7RX	Thursday 2.30pm-3.30pm	Mobility & Wellbeing Aqua	Nov 2017
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