

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 'Strength and Balance' sessions are designed to improve strength, balance 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 mixture of chair based exercises and standing strength and balance exercises. 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 or £3.00 per person for Hydrotherapy classes. There is a limited amount of transport available subject to personal circumstances.

How to Access the Programme

To attend the Falls Prevention Programme individuals can be referred by their physiotherapist or a health professional. We have 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, via phone or email.

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. We will from time to time combine classes to ensure that people can access our services quickly. We will ensure that you are fully informed of any changes

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, see overleaf.

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

Email: health.programmes@leeds.gov.uk or Phone: 0113 3780288



Fall Prevention Strength and Balance 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
Kippax Parish Hall Church Lane Kippax LS25 7AG	Monday 10am –12 noon	Strength and Balance	8th January 2018
Holt Park Leisure Centre Holtdale Approach Leeds LS16 7RX	Monday 10am - 11.30pm	Hydrotherapy Strength and Balance	4th December 2017
Trinity Methodist Church Upper Town Street, Bramley, LS13 2EP	Monday 1pm— 3pm	Strength and Balance	8th January 2018
St Aidans Church (spaces still available) Elford Place West LS8 5QD Referrals taken till 10th December	Tuesday 1pm-3pm	Strength and Balance	28th November 2017
Church of Nazarene Hunslet Hall Rd, Beeston, LS11 6TT	Friday 10am-12noon	Strength and Balance	5th January 2018
Future Programmes	Day & Time	Activity	Start Date
Leeds City Museum Cookridge Street, Leeds LS2 8BH	TBC	Strength and Balance	February 2018
Armley Leisure Centre Carr Crofts Armley LS12 3HB	TBC	Hydrotherapy Strength and Balance	February 2018
The Green Seacroft Green, Seacroft LS14 6JL	TBC	Strength and Balance	February 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 Aqua Strength and Balance Class. Gentle exercises in the water. Good for anyone with joint, muscle or mobility problems. This class is open to everyone.

Holt Park Leisure Centre Holtdale Approach Leeds LS16 7RX	Thursday 2.30—3.30 pm	Aqua—Strength and Balance	4th January 2018
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