

What is the Postural Stability—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 also introduced the option of a self referral. 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

New Session!

Hydrotherapy at Armley Leisure Centre Tuesdays 11.30am –12 noon
Starts Tuesday 2nd October. £3.00 per session

Gentle exercises in warm water. Good for anyone with joint, muscle or mobility problems.



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 3783680



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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
Holt Park Active Holtdale Approach Leeds LS16 7RX	Monday 10am - 11.30pm	Hydrotherapy Strength and Balance	Ongoing Weekly
Bramley Trinity Methodist Church Town St, Leeds LS13 2EP	Monday 1pm-3pm	Strength and Balance	28th January 2019
Seacroft Methodist Church 1081 York Rd LS14 6JB	Tuesday 10am-12noon	Strength and Balance	19th February 2019
Armley Leisure Centre Carr Crofts Armley LS12 3HB	Tuesday 11.30-12noon	Hydrotherapy Strength and Balance	Ongoing Weekly
STEP Queenswood Drive LS6 3ND	Tuesday 1pm-3pm	Strength and Balance	16th April 2019
Middleton Community Centre Acre Road, Leeds, LS10 4LF	Wednesday 1.30pm—3.30pm	Strength and Balance	20th February 2019
Moortown Social Club Cranmer Gardens, LS17 5LA	Thursday 1pm-3pm	Strength and Balance	11th April 2019
Garforth NET Dover St, Garforth, Leeds LS25 2LP	Friday 10am-12noon	Strength and Balance	22nd March 2019
Yeadon Methodist Church Chapel Hill, Yeadon, Leeds LS19 7RG	Friday 1pm-3pm	Strength and Balance	26th April 2019

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.

John Smeaton Leisure Centre Smeaton Approach off Barwick Road LS15 8TA	Monday 11-12noon	Aqua—Strength and Balance	Ongoing weekly
Holt Park Active Holtdale Approach Leeds LS16 7RX	Thursday 9.30-10.30	Aqua—Strength and Balance	Ongoing weekly

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