

Strength & Balance

●●● Programme Guide ●●●



***Find out what we
have on offer for
Bolton's over 50s***

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A Word from Niall

Improving wellbeing in later life is a key goal of Age UK Bolton. Our Strength & Balance programme aims to provide exercise classes that are available and accessible for older people of all abilities. The exercise sessions also improve mental health as physical activity evidences a lift in mood as well as offering people the opportunity to socialise and make friends. We hope you find this guide useful and we can't wait to see you at one of our classes.

Niall Bradley

Niall Bradley

Strength & Balance Service Manager, Age UK Bolton



About the Programme ●●●



People are living longer but not healthier lives with significant numbers of older people living with multiple long-term health conditions. Our exercise coaches are qualified to deliver specialist sessions designed for those suffering from a range of conditions enabling them to exercise safely and derive health benefits and better manage their symptoms. Strength & Balance sessions are secondary prevention and are focused on ensuring we prevent further falls and hospital admissions.

Our Strength & Balance team, as well as our dedicated volunteers, offer a wide range of services for all different ability groups to help everyone stay stronger and steadier for longer in life!

Places are limited and booking is essential in most cases. To book call 01204 382411 and ask for the Strength & Balance Team.



Meet The Staff ●●●



Niall Bradley

Strength & Balance Manager

niallbradley@ageukbolton.org.uk

07535 641932



Laura Williams

Strength & Balance Coach

laurawilliams@ageukbolton.org.uk

07535 641953



Ste Franklin

Strength & Balance Coach

stephenfranklin@ageukbolton.org.uk

07856 227018

Staff Classes: Monday ●●●

9:30 - 10:30

Strength & Balance

St Peters Parish Church

Niall and Ste

10.30 - 11.30am

Strength & Balance

St Peter's Parish Church

Ste

10.30 - 11.30am

Strength & Balance

Astley Bridge Baptist Church

Laura

12 - 1pm

Strength & Balance (refreshments
and a social after class)

19 Eden Street, BL16NL

Laura

12 - 12:45

Strength & balance: Circuit style

Harwood Methodist Church

(New Building)

Niall & Ste

1 - 2pm

Strength & Balance

Harwood Methodist Church

(New Building)

Niall and Ste

3 - 4pm

Strength & Balance

Blackrod Community Centre

Green Barn Way

Blackrod

Ste

4-6pm (fortnightly)

Strength & Balance

Harwood Methodist Church

(Old Building)

Niall

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Staff Classes: Tuesday ●●●

9.15 – 9.55 am

Gentle Dance

The Ageing Well Centre

Farnworth

Laura

11 – 11.45am

Strength & Balance

The Ageing Well Centre

Farnworth

Laura and Niall

10 – 11am

Strength & Balance

Brightmet Elderdale centre

Ste

12 – 12.45pm

Strength & Balance

The Ageing Well Centre

Farnworth

Laura and Niall

11:15 – 12pm

Chair Based Yoga

Brightmet Elderdale centre

Ste

1.45 – 2.45pm

Gentle Dance

Cornerstone Church,

Bromley Cross

Laura

10 – 10.45am

Gentle Dance

The Ageing Well Centre

Farnworth

Laura

2 – 3pm

Strength and Balance

Little Lever Library

Ste

4 – 6pm

Pulmonary Rehab

Bolton Hospice

Niall

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Staff Classes: Wednesday ●●●

10 – 11am

Strength & Balance (Ladies Only)

All Souls Church

Laura

10.30 – 11.30am

Strength & Balance

Smithills Hall

Niall

11.30-12.30

Tai Chi

Smithills Hall

Niall

2 - 3

Nuffield Health Backwards

Chaining/floor based class

Laura and Ste

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Staff Classes: Thursday ●●●

10 – 10.45pm

Gentle Dance

The John Holt Centre

Laura

1:30 – 2:15pm

Tai Chi

Smithills Hall

Niall

10.45 – 11.30am

Strength & Balance

The John Holt Centre

Laura

2 – 3pm

Low Impact Circuit

Bolton Arena

Ste

1 – 2pm

Strength & Balance

Trinity Methodist Church,

Tonge Fold

Laura

2 – 3pm

Gentle Dance

Trinity Methodist Church,

Tonge Fold

Laura

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Staff Classes: Friday ●●●

10 – 10.45am

Tai Chi

Westhoughton Library

Niall

10.30 – 11.15am

Gentle Dance

Kearsley Mount Methodist Church

Laura

10.30 – 11.30am

Strength & Balance

Bolton Library

Ste

11 – 11:45

Tai Chi

Westhoughton Library

Niall

11.30 – 12.15pm

Strength & Balance

Kearsley Mount Methodist Church

Laura

1 – 2.30pm

Strength & Balance

Egerton URC,

Blackburn Road

Niall

2 – 3pm

Strength & Balance

St Johns Church, Horwich

Ste

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Volunteer Classes ●●●

Monday

10 – 10.45am

Tai Chi

Cornerstone Church,
Bromley Cross

11 – 11.45am

Tai Chi

Cornerstone Church,
Bromley Cross

1.30 – 2.45pm

Chair Based Exercise

Eagley Court, Bromley Cross

2 – 3pm

Pilates

Blackrod Community Centre
Green Barn Way
Blackrod

Tuesday

10 – 10.45am

Keep on Moving

Harwood Methodist Church
(Old Building)

10 – 10.45

Tai Chi

St Luke's Methodist,
Chorley Old road.

11 – 12pm

Walking Netball

Bolton Arena
Horwich

11 – 12pm

Chair Based Exercise
Little Lever Library

12 – 12.45pm

Yoga

Harwood Methodist Church
(Old Building)

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Volunteer Classes ●●●

Thursday

10 – 11am

Chair Based Exercise/Movement
to Music
Whitecroft Housing Centre

10 – 12pm

Tai Chi
Slaterfield Community Centre
Carrington Drive

10-11.15am

Chair Baed Exercise
Crompton court
Little Lever

10.30 – 12pm

Chair-based exercise and social
Grace Church Centre
Somerset Road

11 - 12.15pm

Chair Baed Exercise
Crompton court
Little Lever

2 – 4pm

Tai Chi
Hulton Lane Community Centre

Please be aware that due to high demand, some classes will have a waiting list. Call 01204 382411 for availability and booking

Top Tips

for staying steady and well!

Find us online!

www.ageukbolton.org.uk



1

Stay Active, Move More

- Drink regularly throughout the day to stay hydrated
- A healthy diet rich in calcium, vitamin D and protein keeps your bones and muscles strong in later life
- Ask your GP to review your medicines every 12 months



2

Improve Your Health

- Sit less and move a little bit more each day to feel and move better
- Strength and balance activities at least 2x week are key to independence
- Exercise improves mobility, builds confidence and boosts your mood
- Join a new activity class to meet new people and stay healthy together



3

Foot Care and Footwear

- Make sure your shoes and slippers fit properly
- Avoid narrow heels, open backs or worn soles
- Seek support for painful conditions e.g. bunions



4

Take Care of Your Eyes and Ears

- Have your eye sight and hearing checked annually - it's free if you're over 60
- Keep your glasses clean and hearing aid batteries charged



5

Home Safety.

- Look out for trip hazards in your home e.g. loose wires, rugs, uneven floors and pets
- Have bright lighting on stairs and at night near the bathroom
- Ensure walking sticks and other aids are in good condition



Simple ways to remain independent and active throughout life



Subscribe to the Age UK Bolton YouTube channel for some great video content including Strength & Balance videos and examples of our work in the local area.

30 DAY FALLS PREVENTION S&B EXERCISE CALENDAR



Keep yourself moving and
keep yourself strong with our
30 day exercise calendar!

GET YOURS NOW

CALL: 01204 382411

OR VISIT

AGEUKBOLTON.ORG.UK

Make life a little easier at home with a local brand you can trust!

Bolton **ageUK** Home Services

Shopping & Cleaning for Bolton's over 50s

Our Service

- Friendly & reliable assistant designated to you.
- DBS Checked.
- Household Cleaning and shopping.
- Companionship & running errands

**100% of customers would
recommend Home Services***

Call
01204 382411
for more details and pricing
or visit ageukbolton.org.uk

"I'm over the moon
with the service I really
do value the support
and I honestly couldn't
do without it."



Volunteer with **Bolton ageUK**



Call Tara on 01204 382411

Join our Facebook Groups for more workouts

Together While Apart



- Exercise Videos
- Entertainment
- Quizzes
- Chat

STRENGTH & BALANCE



**EXERCISE VIDEOS FROM AGE UK
BOLTON AND BEYOND!**

Notes ●●●

You can use this page to make any notes. Maybe on your progress or to record ideas for exercises to do at home.



Strength & Balance

●●● Programme Guide ●●●

***Our Strength & Balance team,
as well as our dedicated volunteers,
offer a wide range of services for
all different ability groups to help
everyone stay stronger and
steadier for longer in life!***



www.ageukbolton.org.uk



fallsprevention@ageukbolton.org.uk



01204 382411

Find us on social media



Registered Charity Number: 223240

Our Falls Prevention and Strength & Balance Partners

**Bolton
Council**

**Bolton
Library and
Museum Services**

**Directions
For Men**



**Wellbeing Hub
at Bolton Hospice**



ambition
for ageing

Greater
Manchester
Nutrition &
Hydration



Public Health
England



Bolton Pulmonary Fibrosis
Support Group



**COMMUNITY
FUND**