



**Move More Cornwall**

**Showcase event 3rd June 2019**

**Refer to Move More today!**

## What a brilliant day

On the 3rd June, we invited professionals, charities and clients to a showcase event which highlighted some of the support & care offered across Cornwall.

The showcase event was a massive success and hugely inspirational as many Move More attendees shared stories and told us how the program had positively impacted on their lives.

Helen Tite, Director of iCareiMove, said **"We want to thank everyone that came to the event and joined our Q&A sessions & took part in the free demos. It really was a moving experience as attendees shared their life-changing stories and successes."**

Move More is a Cornwall Council Public Health funded program and delivered by iCareiMove Limited with partners including Age UK Cornwall and Cornwall Foundation Partnership Trust. Move More is a 25-week course, designed by Physiotherapists and Health Professionals, to help reduce falls. The sessions are led by two Postural Stability Instructors (PSIs) and a supporting team of wonderful volunteers. **Since February, classes have been running in Pool, Penzance & Bodmin and outcomes are exceeding our initial expectations.**



## Who is it for?

Anyone who has lost the confidence or ability to lead a mobile and active life. The person may use a walking stick or walking aid. They may have been in hospital previously and have lost some confidence. **You might have a family member, neighbour or loved one that could really benefit from this course.**

*Contact the Age UK Cornwall Helpline to start the conversation and we can support you and provide advice on what to do next.*

## The difference we want to make

We firmly believe in changing the narrative and experiences of our ageing population and care sector, our vision is to support ageing safely, healthily and happily. Our aim is to provide support for individuals to have more control, choice & independence in later life.

## How do I make contact?

Please call the Age UK Cornwall Helpline on 01872 266388 or [email@ageukcornwall.org.uk](mailto:email@ageukcornwall.org.uk)

**We are taking bookings for September courses TODAY!**

