



Move More Cornwall

Getting you back on your feet!

What is Move More?

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 Cornwall is a 25-week course, designed by Physiotherapists and Health professionals, to help reduce falls. It will be run with two Postural Stability Instructors (PSIs) and a supporting team of wonderful volunteers. **The classes are launching in Pool, Penzance & Bodmin in early February.**



The Challenge

Our challenge is to provide confidence and support to anyone who feels unsteady on their feet, or has reduced mobility due to frailty or a fall. **The aim is to help people become more active and stronger, and through this prevent falls and improve wellbeing in later life.**



Who does this target?

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.

Volunteer for us

Age UK Cornwall are advertising **NOW** for people who would like to make a difference with this active programme. Please contact us to be part of this exciting course, assisting and supporting those in attendance.

How do I make contact?

Please call the Age UK Cornwall Helpline on 01872 266388 or email@ageukcornwall.org.uk