



The challenge: How do we get individuals and those at risk of falling more active and stronger?

This isn't new news. This is a long standing (pardon the pun) issue and one that is potentially only going to get worse as the population is getting older and less money is available.

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.

The courses will be run with two Postural Stability Instructors (PSI'S) and a team of volunteers that will help support the program and those in attendance.

Who does this target?

The courses are targeted towards those who fall or at risk of falling and those who may be unsteady on their feet or lack confidence. These individuals may use a walking stick or walking aid.

They may need access to transport or help with costs.

You might have a family member, neighbour or loved one that fits the bill.

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

01872 266388 email@ageukcornwall.org.uk

What are the screening questions?

The below outline the current screening criteria:

Please describe the client's history of falls and/or lack of confidence and/or problems with balance:

Is the client able to get out of a chair without using arm rests?

Does the client use any mobility aids?

If yes, which aids do they use?

(eligibility criteria: stick(s), 1 crutch, or a 3-4 wheeled walker for outdoor use only)

If the client has any repeat prescriptions/medications please ask them to bring these along with them to the assessment.

How much will this cost?

We are charging £3.50 per class however, we will always have a conversation around funding and support. If you are really struggling, then you can speak with the Age UK Cornwall Helpline, who may be able to organise a benefit check and help with transport. A bursary may also be available and can be discussed at orientation (by PSI).

How long is the course?

The course will run for 25 weeks, where you will follow a specific falls prevention program. It has been designed by Physiotherapists and supporting partners.

There are 12 courses being run in Cornwall in 2019.

Where do they take place?

Our courses are in the following locations:

Pool - Trevenon Church Community Hall, Church Rd, Pool, Redruth TR15 3PT
19/02/2019 Tuesday mornings 9.30 to 11 am, 11.15 to 12.45 pm – Come in and meet Pat and Donna

Penzance - Ludgvan Community Centre, Fairfield, Penzance TR20 8ES
21/02/2019 Thursday mornings 9.30 to 11am, 11.15 to 12.45 pm - Come in and meet Helen and Tim

Bodmin - Lanivet Community centre, Rectory Rd, Lanivet, Bodmin PL30 5HG
22/02/2019 Friday afternoons 1pm to 2.30pm, 2.45 pm to 4.15 pm – come in and meet David and Marcia

What do I wear?

Whatever you fancy. Shoes that are comfortable and trousers where possible, but as long as you are comfortable and in layers then just come along and join in the experience.

Can I attend?

Anyone that fits the criteria can attend! Call the Helpline first to ensure you are well enough to attend. We will ask some simple questions to make sure this is the right program for you.

Will I have to give medical information?

We will ask you questions about your current health and lifestyle, including any medication you might be taking. In the duration of the course we will repeat some of the questions as a way of tracking progression or change in health. This is standard practice.

Will I be assessed?

Yes, you will be assessed. You may not fully realise it, as some of the movements and patterns will be part of the sessions. We try and make everything fun and entertaining for you. These assessments will be repeated periodically.

What if I can't make the sessions?

That is ok, we want you to be there as often as possible and we recognise that sometimes life gets in the way. There are more than one session available in each area, if you cannot attend one, you may get chance to attend another.

To maximise your health, we encourage weekly attendance. Keep talking to the Helpline if you are finding attending a challenge, Age UK Cornwall will be able to help.

I have other questions

Speak to the Helpline on 01872 266388 email@ageukcornwall.org.uk

Let's get the conversation started and we will go from there. You will have a point of contact to support you.

When can I sign up?

We are starting to take bookings now.

How do I refer?

Referrals can be sent to:

01872 266388 email@ageukcornwall.org.uk

Move More Cornwall, Age UK Cornwall & The Isles of Scilly, Boscawen House,
Chapel Hill, Truro. TR1 3BN

Volunteers needed to support the programme

Not only are we starting to recruit people onto the Move More programme, but we are also looking for friendly and committed volunteers to support the project. Age UK Cornwall are advertising on behalf of the programme.

You can find out more about these Volunteering opportunities on these links:

[Move More Bodmin Volunteers](#)

[Move More Penzance Volunteers](#)

[Move More Camborne/Pool Volunteers](#)