

LIVE STRONGER FOR LONGER

SNF Instructor Newsletter
October to December 2023



New Contract

We emailed you all last month to announce the great news that we were successful in winning the contract to continue delivering an evidenced based community Falls Prevention service across Derbyshire and to continue working with care homes to engage them in falls prevention activities. This is the fourth time we have won the contract so we are all extremely pleased.

Thank you to all of you who support the team by completing your weekly registers, it really did help us collect the information needed to add into the tender. And to all of you for leading your sessions and keeping people mobile, socially engaged and preventing falls.

2024 will see us moving into the new contract, to start in April. The two main changes are:

The name – this will be **Live Stronger for Longer** and we will lose Strictly No Falling

FaME Programme (Falls Management Exercise)– 9 sessions a week to take place across Derbyshire to support those with higher falls risks and to combat frailty. These will be led by employed Postural Stability Instructors and Classroom Assistants.

The community classes will continue as they are taking referrals and self-referrals as normal and then referrals from the Postural Stability Groups following discharge.

Jan-March 2024 we will be in the mobilisation period getting everything planned and ready. We will keep you updated!

Spotlight

'Imagine not being able to smell smoke from fire, gas leaks, or food that has gone off. Think about the safeguarding concerns this could raise.

Imagine the impact on someone's wellbeing of not being able to enjoy food and drink, to "smell the roses", or their partner or children.

Significant numbers of people in the UK are affected by a smell and taste disorder that impacts their physical and mental health, wellbeing and safety. Potentially around 1 in 4 people over the age of 65 have a poor, altered or no sense of smell.

Fifth Sense is a charity set up in 2012 with the sole aim of transforming the lives of those affected by smell and taste disorders. Fifth Sense provides information and direct support to individuals and families affected by these conditions and works to improve knowledge and understanding amongst professionals through education and training.



Fifth Sense is offering free information sessions to help individuals and organisations better understand the impact that smell and taste disorders can have on people's health, wellbeing and safety to ensure that people affected by these hidden, under-recognised sensory impairments are given the support they need.

Helen Rhodes is the charity's Engagement and Education Officer and is leading the delivery of these sessions.

If you would like to discuss the support, Helen can offer you and your teams please contact her at helen.rhodes@fifthsense.org.uk

Courses

It has been very busy here at SNF HQ, with 4 courses being taught to lots of wonderful people. We have completed 1 Chair Based Exercise course, 2 Otago courses and 1 EMMA workshop. Which means we have trained up **46 delegates** who are now delivering safe exercise sessions out in the community and care settings. We are proud of you all!



Well done everyone



★ Course:	Candidates:	10/10 feedback ★
CBE	16 people	72%
Otago	20 people	80%
EMMA	10 people	69%

12 week completers

Just a few of our wonderful class members receiving their certificates for attending 12 weeks of exercise. Well done to you all, and well done instructors for keeping your classes fun, safe and beneficial. Keep it up!!



★ FABE training

The badge you can receive for completing these courses.



We have had a wonderfully high rate of people completing our online Falls Awareness and Benefits of Exercise training. There still seems to be a high demand for this outside of Derbyshire, with the main areas being London, Kent and Cheshire. So come on Derbyshire, click on the link and learn the importance of both these issues.

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/falls-awareness-elearning/>

Falls Awareness			Benefits of		
Care Homes	Community	Out of Derbyshire	Care Homes	Community	Out of Derbyshire
13	8	68	6	4	2



This data shows how many people from each area have completed the two different courses, since the last issue - well done to each of you. Remember that both courses are beneficial and compliment each other really well, so please do the Benefits of Exercise



📖 Other news

Please keep safe from scammers, whether that be online, over text or in person. If something sounds too good to be true, it probably is. Always check or ask for help. Age UK Derby and Derbyshire has a great Information and Advice line and are always happy to help.



The floods on the 20th October really caused massive disruption and distress to lots of communities. We thank you for your hard work and for making the right decisions with your classes. This may have meant having to close it for a week, to keep your members dry and safe. Hopefully things and places got dried off quickly and it was business as usual the following week.

This picture was taken at around 11am on the day of the floods, just before it got really bad. It is at a Heanor class venue, where the waterfall is coming from the football ground above, down to the bowls green.



Milford House have reached GOLD on our Active Care Home Mark standards. They have worked so hard and their passion for keeping people independent and active really shines through. Well done to you all.





Get to know me

.We would like to get to know you lovely instructors a bit more, so we have asked you these questions for a little ice breaker. These are just a few of the answers and so will add others in future newsletters—thanks for playing along.

1. What is your favourite thing about yourself?
2. If you could have a superpower, what would it be?
3. If you had to watch one movie on repeat, what would it be?
4. As a child, what did you want to be when you grew up?
5. If you were stranded on an island, what three things would you want to have?
6. What's something on your "bucket list"?
7. If you could give your teenage-self one piece of advice, what would it be?



This is Becki from Wildminds Nature Connections. One of our lovely instructors from South Derbyshire

1. My ability to talk to anyone about anything.
2. To be able to eat what I wanted and not put weight on
3. Harry Potter and The Order of the Phoenix
4. A nurse during the week and an artist at the weekend (obviously clueless to real life).
5. Some plastic sheeting to gather water, a bush knife, my kindle (full of books I haven't had chance to read yet).
6. To visit Japan
7. I'm not sure. The "mistakes" I made as a teenager are what have made me the person I am now. If I didn't have those learning experiences, I might be someone different



Hello, I am Emma and I am one of the Falls Prevention team at Age UK Derby and Derbyshire, I also have a class in Heanor.

1. My humour
2. To control the weather like Storm
3. The Labyrinth
4. The Pink Power Ranger
5. My kids, my cat and cake
6. To skydive
7. Don't overthink everything



This is Lisa, our wonderful CBE, Otago and Tai Chi instructor from South Derbyshire. She is pictured outside her summer house.

1. My ability to see the funny side of life and to make people feel better with a laugh.
2. I would be able to heal others or fly
3. Despicable Me
4. An air hostess - that really ages me! My Dad worked in Nigeria so we flew out every holiday when I was little during the 70s and it was the golden age of travel.
5. A big, sharp knife, a Tesco round the corner and my old iPod with my favourite songs.
6. I'd like to travel through the Rockies by train
7. Make the most of every opportunity that comes your way and if it doesn't fill you with joy let it go and try something else.



Presentations



Another part of our Falls Prevention Advisor role is to deliver presentations and talks to various groups of people. This might include professional bodies, coffee morning groups, day centres or care support groups. This is a great way to talk about our project and the benefits of being more aware of falls, and the causes/issues caused, and how regular exercise can help prevent these occurring or resulting in injury.

Emma Richards was just coming out of her car in Heanor and a lady approached her saying she recognised her from somewhere. After a moment of thinking, the lady asked if Emma was at a falls' presentation at the Wilmot Street Over 50s Forum a couple of weeks before (21st November), Emma said she was there with Jo Briggs.

The lady went on to say that just a couple of days after the talk, she found herself on the floor and was worried about getting up. She then remembered the falls talk and how Emma was lay on the floor, staging a fall, while Jo and the members instructed her to get up. She remembered that she needed to sit for a minute and breathe, to regulate her heart rate, and then the processes needed to get back up safely.

She said she was up in no time and was really happy with herself and that she attended such a worthwhile presentation. She was so thankful towards The Live Stronger for Longer team and Age UK Derby and Derbyshire.



Emma and some lovely Time Swap members now all more knowledgeable in falls related issues

This quarter alone, we have given a falls presentation to 8 different groups. This means approx. 130 more people are more aware of the importance of exercise and how to reduce their chance of having an injurious fall.



Festivities

This is Alan, a lovely resident of Mlford House being Santa to some very excited children. No fake beard was needed



A few pictures of Christmas dinners with our lovely class members, showing that we are more than just exercise groups, we are friends and a place to socialise.



Jo, Emma, Sarah and Alison would like to wish you a very Merry Christmas and a peaceful New Year. Thank you for all your hard work and commitment to help make our project successful. We look forward to working with you and making lots of amazing things happen in 2024 and helping people Live Stronger for Longer x

