

Spring Edition

April - June 2024



Strong and Steady Launch

The beginning of April marked the launch of our new Strong and Steady programme within the Live Stronger for Longer service.

The team have been busy getting their classes established as well as a lots of training completed.

Our Strong and Steady classes are based all around Derbyshire: Ashbourne, Bakewell, Bolsover, Buxton, Chesterfield, Glossop, Ilkeston, Ripley and Swadlincote

The eligibility criteria for Strong and Steady is aged 65+, living in Derbyshire and they must have some difficulty moving and walking.

Our intensive strength and balance programme offers a FREE 24 week programme of exercise (PSI) to improve strength and balance with fun activities to help make the most of life.

A place on the programme includes a period of free transport and sessions include activities, refreshments and all equipment. Strong and Steady could change lives helping people Live Stronger for Longer.

If you know someone that could benefit from the programme see our website.



We're hiring
see website for vacancies

Shouting about LSFL

On TV and Radio



At the beginning of April our Strong and Steady team met with Heidi from BBC Radio Derby for an interview about all things LSFL. Here she is dressed in the age simulation suit (GERT). All the staff tried the suit on too, the GERT suit offers the opportunity to experience some of the impairments an older person may have, this is such a valuable tool to have used prior to delivering services to older people.

The interview was on the Radio Derby, followed by BBC sounds, then a couple of weeks later it was on BBC evening news. Heidi did a great job for us in getting the word out there about our Live Stronger for Longer service.

We also had a section on Amber Sound in April, where Emma spoke about the new and updated services.

Whats next?

Following the successful interview and demonstration of the GERT suit, we have lots more to come.

A new TV show loaned the GERT suit from us, this should be on our screens in the near future with Ralph Little and Will Mellor trying it out.

Jo Briggs and Di Cliff will be venturing to London to appear on the Jeremy Vine show on 27th June - pop it in your diary and tune in!

We've even had an enquiry from Morning Live - BBC morning news show... watch this space.

Our aim is to get everyone talking about about Live Stronger for Longer!



Happy News



100 years!

Gerald Humphries (the one in the red jumper) has recently turned 100 years of age and attends my Thursday Otago class in Ashbourne and has done so with his wife for around 5 years. He is out and about quite regularly and also attends the local Stroke club meetings as well as still going away on holiday. As a regular member he enjoys his ginger nut biscuits at the end of class with his tea, his wife doesn't like them so it's his treat with us!

--

Regards Tina Dodsworth
Principal
The Ashbourne School of Dance

12 week certificates

Congratulations to everyone who have completed their 12 week chair based exercise programmes around Derbyshire, below are just some of the photos we've received. Well done!



Left to right, Betty Thompson, Elizabeth O'Reilly and Michael Bates - Sawley class. Followed by Pauline and Michael - Newhall class pictured with their class instructor.

Out and about

Morley Women's Institute

Jo did a talk with the Morley WI on 14th May, we received lovely feedback along with a donation:

"Thank you so much from all at Morley W.I, for coming to talk to us about Falls prevention last week, we found it very informative it certainly made us all think about what we can do to keep ourselves safe. The little things we can do to improve our balance and the simple things we need to put in place to help if we should fall.

*It was wonderful to hear how you are getting the message out there.
The media interest and GERTS trip to London with you. We hope our donation to Age UK Derby and Derbyshire, will help in some way with the valuable work you are doing."*
- Morley WI



Buxton Garden Pavillion



Emma and Sarah went to an event at Buxton Garden Pavilion. They managed to speak to lots of people and meet lots of great services.

Here, there and everywhere

We've been out and about all around Derbyshire shouting about Live Stronger for Longer, here's a list of some of the places we've been: Chesterfield Carers event, Alzheimer's Society Brain Health Event, Ilkeston Football club, Bolsover TV and Amber Valley Community Information and Advice event.

If you want us to come to an event,
email: administration@ageukdd.org.uk

Case studies



Changing lives

Recently a gentleman in his mid 60's joined the Horsley Community class with Di Cliff. After two weeks attending he told the instructor how much he enjoys the class and commented that the class is addressing his balance problem.

The gentleman also asked the instructor if she knew of any other social outlets. The instructor was able to signpost him to the groups at the Age UK Derby and Derbyshire Chaddesden day centre. He is now linked in to the breakfast group and joined the Rock of All Ages choir. The instructor thinks he will also join the Monday dance classes at Chaddesden when he's ready.

This goes to show how much of a difference joining a class can make to a person's life. Well done Di Cliff.

Social media

As part of the launch we've made a massive push on social media to get the word out about Live Stronger for Longer. As a result of this we've had lots of tags and comments - all positive, about the service.

One post in particular came through about the Strong and Steady programme via Facebook:

"I took my elderly parents to see the new 'Age UK' 'Strong and Steady' classes which started today and will continue for 24 weeks (free of charge). It was absolutely brilliant for my parents who are 91 and 87 years old) - two very friendly ladies tailored the exercises for each individual participant and can highly recommend for anyone 65+ who wants some gentle exercise (much of it chair based)."

To keep up to date with everything we're doing please follow us on social media:

Facebook @livestrongerforlonger

Twitter/X @lsflDerbyshire

Instagram @lsfl_Derbyshire

Meet the team

Hello, I am Jo Briggs. I have worked at Age UK Derby and Derbyshire for almost 12 years as the Falls Prevention Service Manager.

I live in Nottingham and have done so all my life. I spend a lot of spare time wandering the hills in the Peak District and many other places.



Hi, I'm Emma and I have worked on the Strictly No Falling project since 2018. I was originally working on our sub-project called Zing My Zimmer.

I teach a Chair Based Exercise and Otago class to a wonderful group in Heanor. Prior to this, I worked in a care home in Amber Valley for about 6 years.

I am happy to come and help deliver some demos and falls prevention talks – in fact its my favourite part of the job.

Hi I'm Sarah, I have been part of the Age UK Derby and Derbyshire family for four and a half years.

My time is split between managing two of our Day Centres and the Falls Prevention team, mainly covering the Dales, High Peak and Glossop areas. I am very fortunate that I love the work I do.

My evenings and weekends are spent walking my dog in our spectacular countryside and painting pet portraits.



Bleed kits in Hasland

Tragically, every day even, so many lives are lost due to traumatic bleeding. You may think that this article is about knife crime as you've heard in the news so much in the rest of the country, something, thank goodness, is not prevalent in our community at all... but you would be uninformed in the thinking that traumatic bleeds don't occur in Hasland for many other reasons. Anything from car crashes to accidents at work are the main reasons for traumatic bleeds but there are others that concern me in my world of working in our community in Hasland and that is trips and falls that sometimes lead to catastrophic bleeding. Not just in the elderly but all ages could be affected by a fall.

I volunteer as an Age UK trained Instructor and Falls advocate, working from the Hub at the club in my village with the Let's Connect project based there. It involves classes of around 60 attendees a week. Whilst we help guide them to lessen the possibilities of trips and falls (we can help to reduce falls by up to 30 % with the Otago classes we run) by educating and the exercises we do in the classes, unfortunately, accidents will always happen some preventable, some not. Part of my role at Let's Connect involves working closely with Emma Richards, our lead Coordinator at Age UK Derbyshire, to keep up to date with relevant news and techniques/guidance to reduce falls and ultimately, help to save those horrible trips to A and E!



I saw recently a news bulletin regarding the use of Bleed Kits in Bristol and how they were being promoted, sponsored and being put in community accessible buildings and it made me think how could I make use of them here in Hasland but for differing reasons. A lot of the population in our village is over 60 and more susceptible to bleeds and its busy far more likelihood of accidents, trips in the wonderful park than most places in town. So, I thought, if I could get a kit, the public would know that there is one nearby so that they can help someone in need. Those vital first few minutes in the event of a catastrophic bleed are paramount.

Heroes often come in the form of Zero responders i.e. someone at the scene. You could be the person that accesses the kit, the one who saves a life and avoids the unthinkable tragedy. The kits have had an amazing response from first aid training organisations, community leaders. No training is required, just follow the instructions in the kits. Remember though, it's only for emergency use (you could always carry a small first aid kit in your bag/pocket). With a lot of soul searching and many hours of trying, I was delighted to have received funding to cover the full cost of not one but two such kits for the Hasland Community, thanks to our County Councillor Dave Allen. My new mission now is to eventually to purchase a fully publicly accessible, 24 hours of the day, Bleed Kit cabinet, to be situated in the village once the fundraising target of £500 is achieved.

Article written by Chris Newton

Let's Connect (used to be The Big Local) in Hasland

**LIVE
STRONGER
FOR LONGER**

LIVE STRONGER FOR LONGER

Vacancies for independent strength and balance instructors available with Age UK Derby and Derbyshire.

Do you:

- ♦ Enjoy helping others?
- ♦ Understand the importance of exercise?
- ♦ Care about falls prevention, particularly within the elderly population?
- ♦ Want to make a difference to the quality of lives and keeping people independent and socially active?
- ♦ Have the time and commitment to dedicate a couple of hours each week to the sessions?

If so, we would love to hear from you.
Training is offered to deliver the exercises if needed.

**Please contact Age UK Derby & Derbyshire for more
information on 01773 766922**

Live Stronger for Longer
the falls prevention service for Derbyshire,
funded by Derbyshire County Council, delivered by Age UK Derby and Derbyshire



Registered charity number 1068550

 www.ageuk.org.uk/derbyandderbyshire