

Autumn Edition

October - December 2024

## 12 Moves of Christmas



- Day 1 - Dashing through the snow
- Day 2 - Shrugging on a cosy coat
- Day 3 - Chimney twists
- Day 4 - Wonky Christmas trees
- Day 5 - Roast potato reaches
- Day 6 - Christmas tree toppers
- Day 7 - Cranberry sauce searching
- Day 8 - Sugar plum fairy
- Day 9 - Rockin' around
- Day 10 - Cracker pulls
- Day 11 - Christmas gift lifts
- Day 12 - Christmas morning yawn

In the run up to Christmas we've been sharing 12 different moves across our social media platforms to help people stay active and steady over the festive season.

In previous years we have run a similar campaign with stick men but this year Emma and Sarah were great sports and agreed to do the poses - thanks ladies!

For this and much more you can follow us on Facebook, Instagram and X (twitter). Just search for Live Stronger for Longer.



## What we've been doing

### Out and about



We attended the Wellbeing Event at Ripley Leisure Centre - it was very busy and we didn't stop talking to people about falls prevention and the classes we have in Amber Valley. 21 packs given out in 1.5 hours

### Sharing our successes

Emma attended The Healthy North East Derbyshire Partnership Meeting Wednesday 9 October 2024. She shared our Q2 report and spoke about how well the service is doing.



### Every Movement Matters (Always)

For our Care Home part of the Live Stronger for Longer package, we've always delivered face to face training. This has often caused a staffing problem for the care homes, resulting in poor uptake.

In October it was decided we would put all our Every Movement Matters (Always) training online. Our team have put lots of work into EMMA, we hope to go live soon.

### Spreading the word

Our team have been spreading the word of the Live Stronger for Longer service at various events across the county, below we visited the over 50s event at Shirebrook Leisure Centre





## Celebrations

### Strong and Steady



To date we have had 48 people complete the 24 week programme, and we've seen huge successes! Strong and Steady has enabled so many people to get some independence back, whether switching out a frame for a stick, or having the confidence to speak out in groups, the results have been life changing!

### Fundraising



Tim our Strong and Steady instructor, is doing a charity 90 minute spin class on Christmas eve for Age UK Derby and Derbyshire. For more info go to: <https://gofund.me/7425e2e4>

### Festivities

From fuddles to Christmas outings, our instructors both in the community and from Strong and Steady have been spreading the joy of the season with their members.



## Training

### CBE and Otago

In September, we started our Chair Based Exercise training course. 8 people were on it and all passed with flying colours. It was great to see their confidence grow throughout and seeing the evidence of their learning through their written and practical work. 7 of them passed in the usual setting and one delegate couldn't attend the assessment day, so came to our Heanor Office, where a couple of our members of staff, one shop volunteer and a brand-new member of the team were roped in to be the fake class members, so that she could carry out her assessment. They were all great sports and said how well she did under the very unusual circumstances.



We also trained up 10 people to deliver balance exercises using the Otago programme safely and effectively. This was a two-day course in November. Even though there is no official accreditation for this course, the work carried out by the delegates, demonstrating their understanding of the programme, was to a very high standard too. Well done to all our wonderful delegates.

To find out more about the training we offer, scan the QR code to be taken to the training page on our website.





## Case studies

### Success!



When joining our Buxton Strong and Steady programme, this clients main goal was to improve his balance and walk his daughter down the aisle in November without his crutch. He managed to do this on 15th November. What wonderful news!

He still needs his crutch generally but he was thrilled about having the confidence and ability to do it.

Do you know someone that could benefit from Strong and Steady? Scan this QR code to be taken to our referral form.



### 24 weeks completed

#### After SAS:

A Bakewell client talks of now having a sense of purpose and commitment. She has not missed a single session. Her daughter normally brings her, but we also put her in touch with local Community Transport who have provided transport if needed (a service she and her daughter weren't aware of before).

**Physical improvements** - There are noticeable improvements with this client's physical abilities. When 'out and about' she uses a walking stick, however she has reduced this use since attending the Strong and Steady Classes – once she left the class without her stick and we had to arrange delivery of it!

Her abilities and confidence have certainly increased. She also wanted to try getting to the floor and up by herself, which she managed brilliantly towards the end of the programme. Her confidence was dramatically increased.

**Social interaction** – with her recent move to the area to be closer to her daughter, she was feeling isolated and lonely, especially as many of her friends have sadly died. Through the Strong and Steady Class she has made firm friendships – sharing books/magazines with the group, ideas, stories etc. She is a really important part of the Strong and Steady group – always trying her best with the exercises and fully engaging with the activities. She has made good friends with other class members and they telephone each other outside of the class and plan to meet up. It has made a real difference to her outlook and daily feelings.

**Facebook** @livestrongerforlonger  
**Twitter/X** @lsflDerbyshire  
**Instagram** @lsfl\_Derbyshire

## Achievements

### A fond farewell

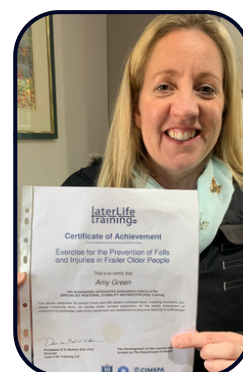


This quarter we said a fond farewell to both Barbara and Phillip Arrandale who have retired from Hasland classes. We wish them a wonderful retirement.



### PSI training

Amy is a community instructor for Ilkeston who took on the PSI course and passed. She will be starting a new session at the Fire Station in Ilkeston in January. Well done!



### Certificates

Our community classes have been celebrating clients completing their first 12 weeks, here are several of them receiving their certificates.



Left to right, Judy and Colin receiving their 12 week certificates, Brian receiving his 50 weeks, and at the bottom, we have Rita and Glenys receiving their 12 week certificates.



# **CHRISTMAS QUIZ**

We've put together a quiz, this can be used in your classes or just for a bit of fun if you fancy a go. Answers are on page 10.

1) In the British comedy "The Vicar of Dibley", who played the vicar, Geraldine Granger, who often had humorous Christmas episodes?

2) Which British actor stars as a selfish man visited by multiple ghosts on Christmas Eve in the 1951 film adaptation of "Scrooge"?

3) Which festive food, a British Christmas dessert filled with dried fruit and often set alight, is traditionally eaten at the end of Christmas dinner?

4) What is the title of the comedic Christmas song by Benny Hill that describes a festive chase scene?

5) In 2011, which animated British character, known for his sheep-related escapades, had a Christmas special titled "A Close Shave"?

6) "Blackadder's Christmas Carol" is a festive episode of a popular British historical comedy series. Who plays the main character, Ebenezer Blackadder?

7) Which British animated series, featuring a friendly snowman and his young friend, released a sequel in 2012 titled "The Snowman and The Snowdog"?

8) In "Gavin & Stacey", a popular British sitcom, what is the name of the character who is obsessed with Christmas and often goes overboard with the festivities?

# Here's the summary of what we achieved in quarter 2.

## Q2 REPORT

## LIVE STRONGER FOR LONGER

Live Stronger for Longer and the new Strong and Steady Programme are already six months old! Falls Prevention services are so important to ageing well so ensuring older people and our partners in health, social care and the third sector hear all about the amazing Live Stronger for Longer service has been the focus this summer.



Our first Live Stronger for Longer event took place at the Whitworth Centre on the 26th September. **14** providers joined us and **35** members of the community attended.

**100%** of the attendees said they would attend another information event, **80%** said they found out something new, **50-60%** saying they found it useful and would be contacting other providers.

One of our targets is to deliver (annually) 2 networking events and 60% good + ratings. So, our Whitworth event and 100% positive response is a great performance against that standard.

**214** Falls Awareness and Benefits of exercise eLearning courses were completed, double last quarter

**141** Posts across 3 social media platforms with a Facebook reach of **16.1K**

**186** Referrals were made to Live Stronger for Longer this quarter

We have delivered **356** marketing actions since launching, that is only 36 away from our annual target



We created a YouTube video for Falls Prevention Awareness week, scan the QR code to watch

SCAN ME



“You've given me more motivation to do things. Thank you. I feel like I have made so much progress already”

- Client from Buxton Strong and Steady class



### OUT AND ABOUT

- ▶ **45** meetings have been attended by the Live Stronger For Longer team, nearly 4 per week
- ▶ **11** Falls Prevention talks have been delivered this quarter
- ▶ A total of **7** events have been attended across the county. This included the Liberation Day event in South Derbyshire, where over **70** people were spoken to

Live Stronger for Longer is funded by Public Health, Derbyshire County Council



**LIVE  
STRONGER  
FOR LONGER**

**Do you know someone  
that would like to join the  
Live Stronger for Longer  
team?**

**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](http://www.ageuk.org.uk/derbyandderbyshire)



As we draw to close 2024 I would like to thank you all for the hard work and support getting Live Stronger for Longer and the Strong and Steady service up and running.

The success has been far better than any of us imagined and that is down to you all. I have been overwhelmed with the case studies, how the service has changed people's lives, the social interaction and to live a more independent lives'. Also the increase in strength and balance and seeing many having the ability to complete the backward chaining.

To the Strong and Steady and Live Stronger for Longer community instructors, thanks for turning up each week, and supporting older people in the community to live more independently.

Jenni has done an absolute amazing job keeping the social media side of the service busy and supporting with admin tasks. Me, Emma and Sarah have been busy with promotion, attending events, meetings, talks to anywhere and anyone who will listen to us about this fantastic service which really does support older people in many ways. Alison has the task of speaking to all referrals to make sure they are attending the correct class for them and supports us with many other admin tasks.

Please take a moment to reflect on all the amazing work and results you have achieved and be very proud.

Thank you from the bottom of my heart for your dedication and support. I wish you and all your loved ones a very Merry Christmas and a Happy New Year!

**Jo Briggs - Falls Prevention Manager**

MERRY

Christmas

AND HAPPY NEW YEAR