

Winter Edition

January to March - 2025

## Staying Steady 2025

On the 10th March we were joined by other organisations to put on our Staying Steady event and Infinite Wellbeing in Heanor.



The event was a great success, we were able to network with other organisations, have lots of conversations with people about preventing falls, and recommend classes near by. We gave out lots of information and class lists, as well as increasing our knowledge about other services in our area to signpost LSFL clients to.

"I found out a lot of information that I didn't know. The people took the time to listen and help. Thank you"

EVENT FEEDBACK



Thank you to everyone that joined us and to the following organisations for supporting us to put on this event: SDCVS, Loscoe Ladybirds WI, DFRS, DAACSS, Low Level Support, William Gregg Leisure Centre, AVBC, Utility Warehouse, Healthwatch Derbyshire, Alzheimer's Society, LLBD, Age UK DD and Derbyshire PCSOs.



## Spreading the word

### Library Tour



The LSFL library tour started this quarter, staff around the county are moving our information board and leaflets to different libraries to spread the word of LSFL. Each time the board moves a fresh batch of local class lists are provided so people can see what is available in their area.

So far our tour has visited Buxton, Belper, Ilkeston, Chapel, Ripley and Sandiacre. Before the end of March the boards will have been moved to Hayfield and Long Eaton.

If you'd like to help moving the boards, or have any ideas about other tours we could do in the future get in touch with Emma Richards or Sarah Smith.

### Walk Derbyshire

Walk Derbyshire have added a Falls Prevention Toolkit to the Resources section of their website. This toolkit includes lots of our resources and links to help prevent falls. We're so pleased to have teamed up with Walk Derbyshire to create this.

Walk Derbyshire provide information and support to encourage local communities across the county to get out and walk more from their doorstep. This could be walking to your school, a visit to the local shop or as part of your lunch break from either your home or workplace. Walk Derbyshire works in partnership with many organisations including Health, local councils, and the voluntary sector to identify and remove barriers to walking. Find out more at: [www.walkderbyshire.org.uk](http://www.walkderbyshire.org.uk)





## Spreading the word continued

### Rapid Response Team



Jo met with Chesterfield and NED rapid response DCHS team this quarter at Walton Hospital.

She did a presentation on the service discussing how we can link together. It was very successful; they are keen to have the information booklets on the service and LSFL. We also talked about how to refer patients in and some of the case studies from Strong and Steady.

### Wellbeing event

We attended the Somercotes Wellbeing drop in event. We spoke to lots of people and gave them information about our service. We also made good connections with 3 other services.



### At the Arena Church

We visited the Arena Church, Ilkeston to do a talk to 40 people, all engaged well. We gave out lots of booklets, coasters and pens, and took 11 names for the new Ilkeston community class.



### Backward Chaining

Our Backward Chaining video is now on YouTube, this is another resource that can be shared on the Age UK Derby and Derbyshire YouTube channel.

The video demonstrates backward chaining, this is a sequence of movements combined together to help teach someone to be able to get down to the floor safely.

Scan the QR code to watch our new Backward Chaining video



## LSFL Community

### Fundraising

Strong and Steady and Community Class instructor Tim Taylor has taken on another Fundraising challenge for Age UK Derby and Derbyshire.

Heard of 'Brave The Shave'? Well, for 2025 Tim is taking it a step further. On 1st January 2025 he shaved his face and cut his hair short. Then, for the whole of 2025 he will let the hair on his head and face grow - untrimmed and quite possibly untamed!

Tim's aim is to keep this up all the way to New Years Eve 2025! You can follow his progress on his JustGiving page or on his Facebook page: TT the PT.

This photo is how Tim imagines he'll look at the end of 2025! Please support Tim by visiting his JustGiving page:



[https://www.justgiving.com/page/tim-taylor-1734981106100?utm\\_medium=FR&utm\\_source=CL](https://www.justgiving.com/page/tim-taylor-1734981106100?utm_medium=FR&utm_source=CL)

### Certificates

Our community classes have been celebrating clients completing their first 12 week and 50 week milestones, here are several of them receiving their certificates. Well done all!



Left to right, Teresa, Betty, Mary, and Kath.

### LSFL Classes

This quarter we visited Dave Ashbey's Tai Chi class in Alfreton Leisure Centre. Here are some pictures of the class using props to further challenge coordination. Such a great, fun and friendly class.





## Training

### CBE Training

In February we started another Chair Based Exercise training course, this will finish with the assessment at the end of March.

This YMCA and CIMPSA endorsed Chair-based Exercise (CBE) instructor certification equips learners with the skills and understanding to lead their own seated exercise classes, learning how to plan and deliver chair-based exercise for frailer older adults, incorporating the key principles and values of the adult social care sector. They will learn everything needed to run inclusive exercise sessions which have a real impact on improving the quality of life for older adults.



Those attending the course will learn the significant physical, mental and social health benefits of chair-based exercise, and how to effectively engage with your participants. They will be taught appropriate exercises to improve aerobic fitness, muscular strength, mobility and flexibility in frailer older adults, and how to adapt them to meet individual needs.

If you or someone you know is interested in joining this level 2 training course, you can find out more on our website.

Good luck to all our current learners, we'll share the results next quarter.



## Case studies

### Slow down

A lady that has been coming to CBE for over 10 yrs mentioned a none injury fall over Christmas.

On returning to class after Christmas the lady mentioned that she "fell out of her bungalow". With a smile she explained on returning into her home after an outing with family someone she must have known pipped the car horn. Spinning round suddenly she missed the grab rail on the side of her house and fell. The lady managed to get up with assistance but mentioned again with a smile she felt silly and thought about "taking her time" which is always mentioned in her class.

This shows the lady had all the knowledge from the classes she's attended as it hasn't phased her and she was happy to share her story with the group. If she hadn't had the knowledge and her muscles and bones weren't as strong it could've ended very differently.



### SAS - 24 weeks

#### What was life like before SAS?

"When I first started in the group I was really struggling to walk due to a knee injury and I was feeling very low with being immobile. All this happened not long after losing my husband. Physio recommended a chair based exercises which I attended at Queens Park as well as with the instructor Alison in Chesterfield. Within weeks I was feeling stronger and more confident. I enjoyed the classes very much especially with social side. Having coffee and making new friends. It was just what the doctor advised. The exercise class were fantastic week by week my whole body got stronger and I found I was walking without crutches."

#### How is life now you've completed your 24 weeks with SAS?

"I'm no longer walking with crutches and able to walk out further, going to other social events activities. Life is slowly returning to normal. I feel stronger and confident again. The exercises gave me so much as I would have been in a dark place. Thank you! My mind and body is going in the right direction."

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



# Edale Skyline Challenge

**A team from Age UK Derby and Derbyshire and Live Stronger for Longer will be taking on the fundraising challenge of walking the Edale Skyline on 29th June 2025. This challenging circular walk is 20 miles and will take between 8-10 hours.**

We're an independent, local charity supporting older people, their families and carers, we rely on donations and fundraising to run our services.

Services include our Information and Signposting service, our Attendance Allowance support, Information Roadshow and Footcare clinics. Live Stronger for Longer, the falls prevention service for Derbyshire, supporting older people at risk of falls or seeking to improve and maintain their strength and balance.

We also have 11 shops; day centres; and our Chaddesden Park Centre hosts a lunch club and social activities.

Scan the QR code below to donate via our JustGiving page or visit our website.

For more information please contact us

**01773 766922**

email [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)  
or visit [ageuk.org.uk/derbyandderbyshire](https://ageuk.org.uk/derbyandderbyshire)



# Here's the summary of what we achieved in Quarter 3.

## Q3 REPORT

Live Stronger for Longer and our Strong and Steady programme is going from strength to strength. As our first cohort of people complete their 24 week Strong and Steady programme the results are amazing: people feel stronger, steadier and more confident

**178**

Referrals received for the service this quarter

**1189**

Individuals attended community classes, with a total of 7032 attendances

**41**

Clients have completed the 24 week Strong and Steady programme

### CLIENT ACHIEVEMENTS

*"Being able to get in and out of a chair"*

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*"Walking independently without aids. Not falling since starting SAS sessions"*

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*"I have improved in my mobility and strength feel more confident about this. My new knee doesn't hurt anymore."*

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*"Everything, it has changed my life completely from being able to go places with mostly the use of a walking stick giving me confidence and a new outlook on the future. Thank you."*

From fuddles to Christmas outings, our instructors both in the community and from Strong and Steady spread the joy of the season with their members.  
Image - Heanor LSFL class



### TRAINING

We have a fully-trained Strong and Steady team delivering successful sessions across the county.

**6** Learners completed our CBE course

Our team trained **10** people in Otago

**85** people completed our Falls Awareness and benefits of exercise eLearning, with over half working in care homes in Derbyshire

### SAS SUCCESS

On week 1 this gentleman tentatively completed his timed up and go test in 18 seconds with a walker, by week 24 he completed it with a huge amount of confidence in 10 seconds and with no walker! Following completion of SAS, he now attends a community class and is really enjoying it. See the week 24 video here:





**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)