



## Have you got a story for us?

Do you have a story you'd like us to share relating to falls prevention, a LSFL session or class member and keeping active? If so we'd love to hear from you.

Email: [jennifer.rowland@ageukdd.org.uk](mailto:jennifer.rowland@ageukdd.org.uk)

## Celebrating the successes

We're proud to mark the successful completion of our second year delivering the Live Stronger for Longer service, and what a two years it has been!

Over the past two years, the programme has helped individuals improve their strength, balance, independence, and overall wellbeing, while boosting confidence along the way. We couldn't have achieved this without the dedication of our team but also the incredible commitment and enthusiasm of everyone involved.

As we begin Year 3, we're excited to continue this vital work supporting more people to stay active, maintain their independence, and reduce the risk of falls across the county.

"I have gained so much confidence that I went out shopping on my own using my mobility scooter. This is the first time I have done this in 18 months. I normally rely on a neighbour to help me"

BAKEWELL STRONG AND STEADY CLASS



## Community Feedback

We've had some wonderful feedback from across our classes, all highlighting the same powerful benefits; better strength, balance, confidence, and friendship.

At Julie's Sawley Otago class, members love the gentle but effective sessions and the welcoming atmosphere. Many say they feel happier, more relaxed, and stronger each week, with lasting friendships formed along the way.

In Lesley's Heanor CBE class, participants praise the balanced, full-body workouts and supportive environment. One member even shared they no longer need a walker since joining - an incredible achievement.

Over at Annie's Doveridge class, sessions are described as fun, energising, and uplifting. Members value the variety, adaptability, and strong social connections, with many crediting the class as a key part of their wellbeing and recovery.

With classes based across the county, we have something for everyone in most areas. Classes can be found on our website:  
[www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/live-stronger-for-longer/lsfl-classes/](http://www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/live-stronger-for-longer/lsfl-classes/)

*"I was using a walker when I first came, and it helped me so much that I no longer need it."*

MEMBER OF HEANOR CBE CLASS



# Training with Live Stronger For Longer

CHAIR BASED EXERCISE AND OTAGO

Another successful Chair Based Exercise course was completed in May and a Strength and balance CPD in June. Well done to the 17 learners in total, they all did amazing and are excited to set up new classes across the county as part of the Live Stronger for Longer service.

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

Previous delegates have included: community group leaders, fitness instructors, care home and day service staff.

Full details of both the Chair-based Exercise and Otago courses are available on our website, scan the QR code to find out more.



We're now taking bookings for our next course dates:

- CBE - 21<sup>st</sup> and 28th Oct (full days), 4th Nov (half day), assessment on 11th Nov
- Otago - 25<sup>th</sup> Nov



# Case Study

Graham was diagnosed with Parkinson's in December 2024, bringing challenges such as balance issues, a slight tremor, and reduced confidence - particularly on stairs, slopes, and in busy environments. Living with type 2 diabetes as well, he remained proactive about his health, attending a weekly Parkinson's fitness group and maintaining good overall fitness.

When Graham joined the programme, he relied on his arm to rise from a chair and felt uncertain about his stability. Despite this, he showed solid leg strength and determination to improve. Over time, and even following a heart attack in January 2026, Graham demonstrated remarkable resilience. After treatment and rehabilitation, he returned to complete the programme with renewed focus. Today, Graham can stand from a chair independently, complete more repetitions, and move with greater control and speed. His balance has improved, his confidence has grown, and he now feels more capable in everyday activities. He continues to practise exercises at home and embraces each achievement with humour and positivity. As he turns 70, Graham is celebrating not only his progress but life itself - looking forward to a Mediterranean cruise and marking each January as a "re-birthday," honouring the care that saved his life and the strength he has built along the way.



## A fond Farewell

This quarter we said goodbye to our Strong and Steady class assistant Kerry. Kerry started with us at the very beginning of Live Stronger for Longer, covering different areas but most recently leaving her mark on Ripley. The class members were so fond of Kerry they asked her to come to their 24 week leaving classes so despite leaving she's been back a few times to visit. Sonia has now taken over at Ripley alongside the instructor Tim.

We wish Kerry all the best!



# Backward Chaining

Last week our Ilkeston Strong and Steady class went through the 'backwards chaining' process where class participants are advised of the recommended method of getting to and from the floor. This can be fantastic for developing confidence as well as showing what the strength building exercises from the main sessions are working towards. Sometimes class participants are brave enough to have a go during the session, here we see one of the members doing superbly under the guidance of our Posture Stability Instructor.



See the full video on Facebook, its it two parts:

<https://fb.watch/HDHciWeLX0/>

and <https://www.facebook.com/share/r/18HD6Q8D2w/>

or can be located on our facebook page:

<https://www.facebook.com/LSFLDerbyshire/>

One of our Bolsover Strong and Steady class members had a fall whilst on holiday earlier this quarter. When she came to class, she told us although she had fallen forwards onto the floor, she remembered the backward chaining method to get off the floor without causing further injury. She was able to use a chair and get herself up independently.

We celebrated volunteers week this quarter. Our volunteers give so much to our organisation, without them we wouldn't be able to do what we do. Thank you to each and every one of you!

If you know someone that's interested in joining us as a volunteer, go to our website:

[www.ageuk.org.uk/derbyandderbyshire/get-involved/volunteer/](http://www.ageuk.org.uk/derbyandderbyshire/get-involved/volunteer/)



## STRONG AND STEADY

- All sessions monitored
- 137 referrals annually
- 210 clients attended classes
- 39 people are on the waiting list
- Positive feedback received



## TRAINING

- CBE training for 12 learners
- Otago for 24 learners
- First aid training delivered
- CPD shared across SAS team
- Social media training delivered to some of the team



## LSFL COMMUNITY

- 159 classes across the county
- 1472 people attended classes
- 71 classes monitored
- 27476 total attendances this year
- 17 new classes set up



## CO-ORDINATION & SUPPORT

- Quarterly team meetings
- WhatsApp group for communication
- Six-monthly one-to-one reviews
- Strong staff feedback: high morale, feeling valued and supported and a clear sense of purpose
- Workforce stability maintained despite staff changes



## LSFL CARE HOMES

- 20+ care homes engaged across the year
- EMMA Online training piloted and refined
- FABE training uptake strong
- Active Care Home Mark (ACHM) training programme refined and bronze stage added to website for ease of use
- New Diamond and Diamond Plus stages introduced to ACHM



## COMMUNICATION & ENGAGEMENT

- Guinness World Record in Chair Based Exercise: 1,224 attendees with 1,163 verified participants
- Media coverage for GWR
- Completed a tour of 35 libraries
- Over 100+ community members engaged with through events, talks and information stands.
- 120+ partnership meetings attended





**Act Now,  
Age Better.**



# Act Now, Age Better: Your Next Move

How **sport and activity** can help  
boost your health as you age.

Written by  
Dr Hussain Al-Zubaidi for Age UK





# We're living longer, and with the right choices, we can also live **better.**

Regular movement is one of the most powerful tools you have to feel your best now and protect your future health – a bit like paying into a physical pension plan.

But juggling work, family and caring responsibilities often means staying active gets pushed down the to-do list. Together with Age UK, I'm here to help you put movement back on the menu.

You don't have to train for a marathon to keep moving. It's simply about finding something you like and doing it consistently.

The benefits are significant: you'll have more energy to enjoy life now, you'll keep your mind sharp for those busy days, you'll improve your sleep and mood, and you'll build a 'buffer' of strength and stamina that will help you stay independent for longer as you age.

In this leaflet, I've laid out the benefits of a variety of sports and how they can contribute to healthy ageing. So why not give something new a go – or return to an old favourite – and make a move towards a stronger, healthier future?

“  
Because if we act now, we can age better.”

# Whoever you are, and whatever your lifestyle, there's an activity for you.

Scientific studies consistently show that regular physical activity reduces the risk of long term conditions such as heart disease, diabetes and osteoporosis. Even small amounts of movement can have an impact.

Taking part in sport can be a fun and fulfilling way to move more – one that helps you stay connected with your community and learn or develop new skills. And the benefits to your long-term health can be incredible.



## Build a strong body now and for the future

**Try:** CrossFit, Nordic walking, boxing, dancing

**Why:** Resistance and weight-bearing activities help maintain muscle mass and bone density. That's crucial for all of us – but especially for women who've been through the menopause. Weight-bearing activities also improve energy and make everyday tasks like carrying shopping or lifting grandchildren easier.



## Get better balance and coordination

**Try:** Yoga, tennis, hiking, rounders, netball

**Why:** Balance and coordination can be trained at any age. Sports that challenge your sense of balance and require quick reactions help improve confidence and prevent falls.

## Stay sharp, positive and connected

**Try:** Football, cricket, badminton, group exercise classes, pickleball

**Why:** Activities that challenge your brain and involve other people can help support mental wellbeing. Regular movement reduces anxiety and depression, improves memory and attention, and enhances social connections, which are key predictors of long term happiness.



## Boost heart health and energy

**Try:** Running, cycling, swimming, golf, rugby

**Why:** Aerobic activities raise your heart rate and improve your body's ability to use oxygen efficiently. A stronger heart and lungs mean you'll feel less breathless doing essential activities such as climbing stairs or walking longer distances.



# Top tips for getting started



**Celebrate your progress.** You'll notice you have more energy, are sleeping better and feel a boost in your mood within a few weeks. Acknowledge small wins, they all add up!



**Choose activities you enjoy.** You'll stick with a sport longer if it's fun. Activities that bring you together with other people can also be great if you're looking for more social connection.



**Join a local group.** Community classes, local clubs and Act Now, Age Better sporting partners offer beginner sessions led by trained instructors.



**Remember – everyone was a beginner once!** Don't be embarrassed to start at the beginning. Work at your level and progress gradually. Learning the proper technique reduces the risk of injuries.



**Start small and be consistent.** 10-minute sessions still count and help you build momentum.