

NEWSLETTER



Guinness World Record Attempt

In September we attempted to break a world record for the highest number of people taking part in chair-based exercise. The previous record was set in Hong Kong in 2016 with 731 participants.



**OFFICIAL
ATTEMPT**

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Falls Fortnight

22nd September - 5th October 2025

Our team of Falls Prevention Service Advisors will be attending venues across the county over this two week period to educate older people in methods they can use to reduce their falls risk. Visiting 16 venues across this two week period including both Strong and Steady and Community classes, garden centres and not forgetting the world record attempt with networking opportunities afterwards.

Falls are a common but often underestimated cause of injury. In fact, around 1 in 3 adults over 65, and half of those over 80, will experience at least one fall each year



Edale Skyline

Edale Skyline Challenge – 29th June 2025

On 29th June 2025, a determined group of colleagues and friends from the Live Stronger for Longer team and Age UK Derby and Derbyshire set out to conquer the iconic Edale Skyline, a breath taking 20-mile circular route that loops around the hills of the Edale Valley.

With over 1200 metres of ascent, the challenge began with a steep climb up Win Hill and finished in a spectacular walk along the Great Ridge before descending to the valley floor. The day dawned bright and hot, adding an extra layer of difficulty as each team member carried ample water and supplies to stay safe and hydrated.

At 8am, kit lists were ticked off, blister plasters packed, and spirits high as the team set off. Throughout the day, they supported one another, shared laughs, and showed incredible resilience ensuring everyone made it to the finish line together.

A huge congratulations to every single participant for completing this demanding route and raising an incredible **£2577.42** for Age UK Derby and Derbyshire. Your grit, camaraderie, and commitment to the cause made this a truly unforgettable achievement.



Thank you to everyone that donated, all funds raised have gone to Age UK Derby and Derbyshire.

Guinness World Record Attempt

A world record for Derbyshire!

On Thursday 25 September 2025 Age UK Derby and Derbyshire and its Falls Prevention Service: Live Stronger for Longer with Chesterfield FC Community Trust brought 1,200 people together at Chesterfield FC's stadium to attempt to break the Guinness World Record for the largest chair-based exercise session.



The previous record was set in Hong Kong in 2016 with 731 participants and thanks to months of effort and the enthusiasm of all our supporters we smashed that record!

It took months of planning and some wonderful collaboration between Age UK Derby and Derbyshire's Live Stronger for Longer team and the Chesterfield FC Community Trust to make the day run like clockwork. Instructors from both teams worked up a demanding but fun chair-based exercise routine to be delivered to local primary school pupils, college students and hundreds of older people sitting in the stands. For older people who regularly attend the LSFL community classes the exercises were familiar but for people new to CBE it was a bit of a shock just how much energy was needed for the 30 minutes of continuous exercise!



OFFICIAL ATTEMPT

Jo Briggs, who leads the Live Stronger for Longer falls prevention service said: ***"I don't think anyone involved in the planning has slept much this week but it's all been worth it. We've demonstrated the importance of strength and balance exercise throughout our lives and how much fun our classes can be – we've set a new record and everyone joined in and left with a smile on their face"***



Guinness World Record Attempt



Chesterfield FC Community Trust know from their Healthy Communities work the value of the CBE classes they deliver each week for the Trust's Senior Spireites group and many of their group members joined in the record attempt joined by other LSFL community CBE classes from all over the County. LSFL classes are available in every community in Derbyshire and the Strong and Steady programme offers a free 24-week holistic falls prevention and exercise boost to older people before they join a community class.



In all the excitement of the day Katy Pugh, CEO Age UK Derby and Derbyshire said ***“it’s been a fantastic partnership enabled by our commissioners in Public Health at Derbyshire County Council and we’ve been able to break the record and highlight the value of CBE exercise as part of Derbyshire’s Falls Prevention Pathway. Derbyshire’s work is unique in its continuity, collaboration and energy, and every day our work in developing and delivering falls prevention exercise in the community and care homes will change how we age”.***



We wait to hear from Guinness World Records for confirmation that, allowing for disqualifications, we have achieved a new world record of at least 1,163 people doing CBE exercise together for a full 30 minutes.

Thank you to everyone that joined us for this momentous event.



ENCOURAGING SELF CONFIDENCE IN THE SAS CLASSES

The social aspect of the SAS classes can be quite challenging for some members initially. Some are naturally shy whereas others can be quite withdrawn due to their physical limitations (e.g. reduced hearing) or reduced social interaction due to no longer driving etc.

It can be seen however that members do increase in confidence socially over the 24 week programme. Soon they begin to chat more; take part in the quizzes or puzzles that we set; and even form friendships with each other.

More recently at some of our classes, the PSI and Class Assistant have done open chats with the members to discuss their past careers or important phases of their lives. From these sessions, many members have expressed great knowledge about their history. This has led to the PSI or Class Assistant encouraging such members to do a separate talk or display their skills or knowledge within their class group.

To date, at Ashbourne, we have had one member perform a magic show to the class (He is still a registered professional magician). We have also had one of the members bring her husband to the class as a pianist. He brought his keyboard in with two singers and they kindly performed to the class members. We have also had another member here talking about his family business which started in the 1920's in a house in Sheffield; how it was affected by the war but went on to a full factory production in Belper. We also had one member who used to run a Ramblers walking group where he lived in Norfolk and he kindly talked the class about all the different terrain types in the Norfolk County.

At Buxton we have just started encouraging such talks. To date we have had one of the class members talk about how she came to live in Dove Holes as a Minister's wife; how she came to write her own book on the area and get it published and how she has helped set up a charity in Africa; setting up a school to educate the children.

These talks show how much the classes help class members grow in confidence socially. But to also reflect on their amazing careers; or some of their happiest or proudest moments in their life.

Strong and Steady – a real life example of how the programme works

A wonderful client completed our 24 week programme and this video shows an example of how the Strong and Steady programme can improve strength and balance:

go to <https://youtu.be/pW4hF1JliFQ?si=3CIXbj3ECAZPQdkE>

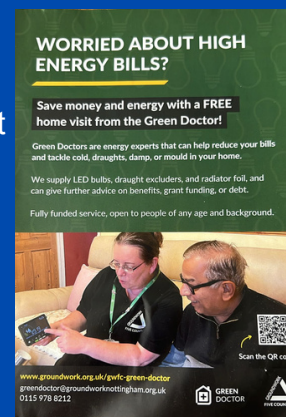


SCAN ME



Service talks for Strong and Steady

A Green Doctor from Groundwork energy advice went to the Chesterfield Strong and Steady class to talk to the members.



Green Doctor helps you to save money, use energy efficiently, and access any further support you may need – from debt advice to emergency fuel and food.

The Green Doctor is a free charity service for households anywhere in the East Midlands.

www.groundwork.org.uk/fivecounties/green-doctor/



Newhall Community Class turns 3!



Sue's Newhall Otago & Chair Based Exercise class had a party this quarter to celebrate turning three years old!

Some of the members still attending the class have been going since first or second week. Class members have started reaching the milestone of 100 classes attended! Jean is one of members to hit this milestone, she was presented with her 100 classes certificate as well as a free class to reward her efforts.

Read her testimonial below.



Jean's story

I saw a poster advertising Sue's class to improve strength, balance and mobility. All areas I felt would benefit my day to day life. I popped along on 12/08/22, Sue and the other people there were friendly and welcoming. I enjoyed the class, the banter and the music. Decided to attend the following week, one hundred classes later I still enjoy the class and benefits it gives. I haven't looked back, in fact I had a fall in September 2023 and needed a hip replacement. When I went back to see the Consultant 6 weeks post-op: I was told I was making excellent progress and he attributed my progress to the exercises I had been doing with Sue previously in class. Some of physio exercises were very similar. I realised my mobility has improved, I can get out of my chair with out the need to push myself up and my balance is also better. Who ever thought I could stand on one leg at 77years of age? So thank you Sue and all the members of the class, we work hard, have a laugh and enjoy a singsong....



Library tour

This quarter the library has been on the move again. Lots of information has been taken and the feedback from the libraries has been positive. 67.5% of the libraries agreeing to take part will have hosted our information boards at the end of August. The library tour will draw to a close in the new year, so we're currently looking for new venues/clinics to promote the service. If you have any contacts that would be interested in having our boards in for a short time, please get in touch with emma.richards@ageukdd.org.uk



Brimmington Library

Out and about

Jo delivered a falls prevention talk for the Universal Service for Carers. Universal Services for Carers is the statutory service commissioned by Derby City Council and Derby & Derbyshire Integrated Care Board supporting unpaid Carers who care for someone living in Derby City.

They offer a range of support for Carers, including our Awareness, Wellbeing, and Peer Support Events.

Their team contacted Jo our Falls Prevention Service Manager, to come and deliver a talk on falls prevention and demonstrate some basic exercises at an Awareness Event for their carers, and their cared for.

The session was well received by the carers and one carer left some feedback to say they were extremely satisfied with the event.



In the media

Our Falls Prevention Service advisors have been busy bees promoting the service this quarter. With Falls Prevention week, and the World Record Attempt happening, we needed to shout about our services more than ever.

With appearances on Amber Sound, Erewash Sound, BBC Radio Derby and TV appearances on BBC news and across social media, the message has been spread far and wide.



SAS Summer Party

Our Bakewell Strong and Steady class put on a summer party for their clients. This included lots of food, games, and lots of time to socialise following their usual exercise session.

“Thank you very much for the invitation. It was thoroughly enjoyable. You made us all welcome and waited on us hand and foot. Well organised and a lovely occasion.”
- Bakewell SAS client



24 weeks completed for this Chesterfield SAS client

“I think you offer a first class service. I'm so pleased to have found this programme. It's making a huge differencee”

Member of Bakewell SAS talking about the programme

We need you!

Our Strong and Steady classes continue to see amazing results from their clients! We still need to get the word out to more people of Derbyshire that can benefit from the programme. That's where we need you:

- Do you have social media? If so could you take a moment to share a post?
- Are you a frequent visitor to a group or social club? If so could you pop a poster up on the notice board?
- Do you have any contacts that we could use to spread the word?
- Do you know of any groups that would like us to come and do a talk?

For posters, promotional materials or if you would like to share a contact, email jennifer.rowland@ageukdd.org.uk

Blood Pressure Checks

Do you know your blood pressure numbers? One in three adults in the UK have high blood pressure, most people don't realise, but if you're over 40 you can get it checked for free at most pharmacies.

High blood pressure doesn't have any obvious symptoms but it is a major cause of heart attack and stroke, and can also lead to a number of serious long-term health conditions, such as cardiovascular disease and kidney disease.

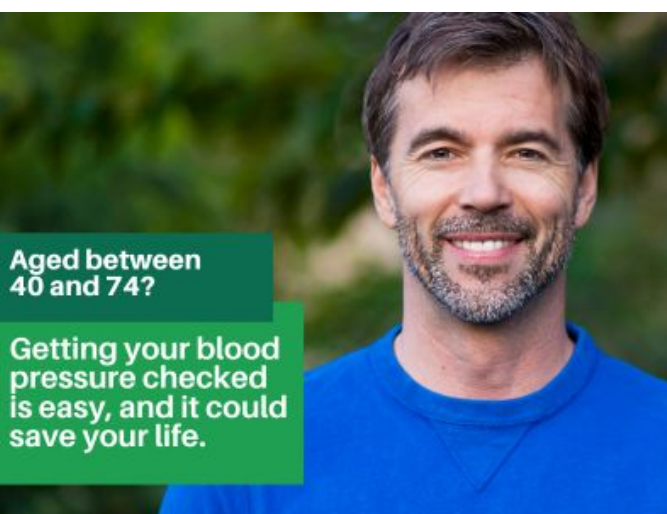
It's really important to get your blood pressure checked so you can catch high blood pressure early, then take simple steps to reduce it and lower the risk to your health:

Do

- have a healthy, balanced diet
- exercise regularly – aim to do at least 150 minutes of exercise a week
- lose weight if you're overweight

Don't

- do not eat too much salt – avoid salty food or adding salt to your meals
- do not drink too much alcohol – avoid drinking more than 14 alcohol units a week on a regular basis
- do not drink too much caffeine – drinks high in caffeine include coffee, tea and cola
- do not smoke



If you are over 40, you can get your blood pressure checked for free at most pharmacies across Derby and Derbyshire.

Your pharmacist will refer you to a GP if your blood pressure is higher than normal and can offer advice on how to manage it.

Live Life Better Derbyshire held free blood pressure check-ups across Derbyshire throughout September if you missed any of those dates, and are unable to get checks during the normal working day, many pharmacies are open evenings or weekends, so why not pop in and ask about getting your blood pressure checked next time you pass?

If your local pharmacy doesn't offer checks, they will give you information about a pharmacy that does. You can also measure your blood pressure at home using a monitor.

The only way to know if your blood pressure is healthy is to have a check, and to keep having them regularly.

Article from the Live Life Better Derbyshire website.

LIVE STRONGER FOR LONGER



TRAINING

- 4 people trained in Otago with **100%** positive feedback
- **11** LSFL Community class instructors were trained in First Aid
- **39** people completed FAGE eLearning, **29** of these work in care homes in Derbyshire
- **4** care home staff trialled the EMMA training



TESTIMONIAL

"I had a fall at 6am, on my sleepy way to the toilet. I want to thank you for your class and encouragement. A year ago I could not have got up without help. I'm ok. Came back to bed with a cuppa and biscuit, and I'm staying here for a bit. I think I might have bruises tomorrow. I just wanted to tell you that I think your classes are great. Keep up the good work."

DARLEY DALE LSFL COMMUNITY CLASS ATTENDEE

2025 - 2026 Quarter 1 Report

For the first quarter of our second year, we've seen numerous success stories from Strong and Steady clients, new community classes launched, online care home training being trialled and we've had a big push on promotion of the service across the region.

PROMOTION

115 social media posts & **39** marketing actions including external newsletters, ads, leaflets, and e-bulletins

MEETINGS & EVENTS

- **32** partnership meetings
- Attended **4** busy events
- Delivered **4** falls prevention talks
- The library tour visited **9** venues



WORLD RECORD ATTEMPT



On the 25th September 2025 we're attempting a World record for the most people taking part in chair based exercise, ticket links and full details of the event are on our website.

www.ageuk.org.uk/derbyandderbyshire

Scan the QR code to watch a Strong and Steady 24 week progress video

<https://youtu.be/rpB7GO4ZX1I>



QUARTER 1 REFERRALS

138

Community classes

43

Strong and Steady

181

Total referrals