

OCT - DEC 2025


**LIVE
STRONGER
FOR LONGER**

NEWSLETTER



That festive feeling

Across the county our Strong and Steady groups and our Live Stronger for Longer community classes are all getting in the Christmas spirit with fuddles and parties, wearing their festive attire.

Christmas can be a tough time for older people, so we like to make a fuss of our members in the run up to our Christmas break.

If your class members are going to miss classes over the break you can share the exercise at home videos on our YouTube channel to keep them moving:

<https://youtu.be/cbVURuP5adQ?si=0pwnhIfnWahyAeKh>

See more celebrations on page 8

12 Moves of Christmas

Starts on the 13th December

In the run up to Christmas, our Live Stronger for Longer team will be doing the 12 MOVES OF CHRISTMAS full itinerary on page 4.



Year of the Year

Tim Taylor's fundraising challenge is nearly over, and I'm sure he can't wait for his scheduled barbers appointment on New Years Eve.

On the 1st January 2025 Tim shaved his face and buzzed his hair short. Then, for the whole of this year has let the hair on his head and face grow - untrimmed and untamed! What a trooper he's been, 365 days to raise money for Age UK Derby and Derbyshire, thank you Tim!



To support Tim's fundraising efforts, or for a nosy at the photos, go to:

https://www.justgiving.com/page/tim-taylor-1734981106100?utm_medium=FR&utm_source=CL

Guinness World Record Attempt



**OFFICIAL
ATTEMPT**

Following our official record attempt on Thursday 25 September 2025, in December we met with Andrea from Chesterfield FC Community Trust for what we hope will be our last meeting before we get a final decision from Guinness.

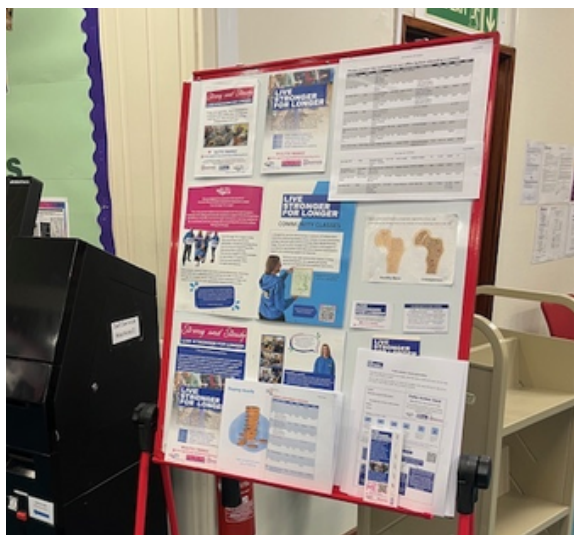
Together Age UK Derby and Derbyshire, Live Stronger for Longer and Chesterfield FC Community Trust brought 1,200 people together at Chesterfield FC's stadium to attempt to break the Guinness World Record for the largest chair-based exercise session.

We're keeping our fingers crossed that the hours of admin we've done will be enough to prove we've achieved what we set out to do!



Library tour

The library tour is now complete, we've toured the county with our boards and spread the word of LSFL. A huge thank you to everyone involved!



Training

10 newly trained people on our Strength and Balance CPD course this quarter. Well done all!

22 new exercises can now be taught in lots of different areas across Derby and Derbyshire, to help improve their clients', class members' and residents' mobility, posture, balance and lower limb fitness. Another step in the right direction for falls prevention.



Be Cyber Smart

AUKDD has received the following information from the Police Cyber Protection Officer, Derbyshire. Please read the details and guidance below for any action you may need to take.

'We have received a number of reports from the public where Argos and Currys accounts have been compromised, and purchases made. This is not just local to Derbyshire – this is also happening elsewhere across the country. In some instances, particularly with Currys, the 'buy now pay later' option has been used, leaving the account holder with finance plans in their names, despite the purchase not being made by them, or the goods received by them. In many of the Argos cases, purchases have been made using the true account holders "saved" payment details, requiring them to have to cancel and replace cards.

We would urge anyone with either a Currys or Argos account to take the preventative measure of changing their passwords at the earliest opportunity – unfortunately, neither company offer the option of 2 step verification (2SV), so our advice is to never save payment details on accounts that are not protected with 2SV. Until this becomes an option, we'd strongly advise removing any saved payment methods.

It's important to think of passwords as keys - different ones to secure different things. Current best practice recommends putting three random words together to create a password - longer equals stronger, and also no chance of anyone guessing or working out your password.'

If any of your online accounts are compromised, or you lose money to a fraud, report to www.actionfraud.police.uk

The 12 moves of Christmas



The detailed explanation of these moves is on our social media

In the community

Somercotes CBE

Emma visited Anita's Somercotes CBE class on Monday 6th October and received some wonderful feedback from some of the members:

- "All these exercises keep us flexible, and when I have fallen recently, I haven't panicked because I know I can gather myself and get back up."
- "It's helped my osteoarthritis and helped me move a lot more. I am not as stiff anymore."
- "I really love it, it's great."
- "Really enjoy it, I didn't exercise for about 7 years, as I was scared. This has given me confidence to try at home and be more active."
- "a really friendly class and Anita keeps us all in touch, which is really nice. Plus, all the extra things that Anita puts on, such as activities and meals"

We love hearing members talk so positively about their classes. Anita's class runs every Monday.

All Change

After 14 years running the Breaston class, Jo Briggs is stepping away and Julie Soloman is taking the reigns. It was an emotional farewell with some class members who have been there since day one but we're so pleased the class will be able to continue under a new instructor.

Sue Williams from the Swadlincote class made the decision to move on, we wish her the very best. Angela Parker one of the Strong and Steady class assistants has decided to take the class on so members can continue to enjoy the class.

Pictured below Angela Parker with Linda receiving her certificate for 50 classes attended - well done Linda!



Case Study – Beryl

Beryl attends my Ripley class on a Tuesday morning at the Methodist Church Hall 10-11.

She has been attending for over 18 months. I referred her to the Ripley Strong and Steady in April 2024; she also carried on attending the community class. Beryl has improved immensely. She now completes most of the class in standing, with good balance.

Sadly, on the 15th November, Beryl fell when she was out shopping. She entered a shop which had slightly uneven flooring which caused her to fall. Due to practicing her reaction skills in class each week she was able to break her fall by putting her arms and hands out. Beryl obtained bruises to her face and left-hand side of her body but no fractures or serious injuries. She wanted to get up herself, she told the staff “I know what to do, I practice in my class” but the staff rightly encouraged her to stay where she was, and they'd call for an ambulance. Thankfully, the ambulance arrived promptly within minutes. On arrival at the hospital the clinical team were happy for Beryl to go home.

On the 18th November Beryl was back in class, just 3 days after her fall, looking bruised but no loss of confidence. The instructor advised she was to stay seated and adapted the exercises for her to complete. 4 weeks later Beryl is back on her feet in class completing most of it in standing.



Beryl said - “Coming to class each week helped me not get any serious injuries and not lose my confidence. I also take my vitamins every day to help keep my bones strong”

This shows how the community and Strong and Steady sessions work together. The strong and steady 24wk programme builds skills, confidence, and knowledge for falls prevention. The LSFL classes provides continuous maintenance and practice.

Case study from Jo Briggs

Tai Chi

One of the varieties of classes Live Stronger for Longer offers across the county is Tai Chi. This martial art helps build stability and strength.

We received some lovely feedback from some of Carl Batemans Holloway - Tai Chi class members:

- Dramatically improves our balance.
- Supported me through several illnesses.
- I go home with a great sense of wellbeing and calm.
- My husband says I'm a nicer person when I come home from Tai Chi
- Definitely made a difference to my physical health, didn't realise before how many muscles we didn't use.
- When I came in, I had neck issues and crunching, it seems to have gone after the session.
- Doing Tai Chi for 10-15 years and I have never had a fall. My coordination is usually awful, but this has made me conscious of this and helped me keep on top of it. It has improved it. I'm 83 now, and I am extremely fortunate I can still walk, and my joints still move. Tai Chi has given me techniques to keep me grounded and have good balance.



Jo visited a new Tai Chi class at Doveridge Village Hall this quarter (pictured above), 9.30-10.30am every Wednesday led by Christine Bettson.



Tai Chi is an effective exercise for preventing falls and improving balance ability in older adults, whether they are healthy or at high risk of falling. The effectiveness of Tai Chi increases with exercise time and frequency.

Stepping into Christmas with LSFL



We love seeing how each class does Christmas. On behalf of the whole team we wish you and your loved ones a Merry Christmas and a Happy New Year!



"I am so happy I discovered this class, it has changed my life. I am more active and fitter and love the social scene"

Member of Ripley LSFL class





FESTIVE MESSAGE

As the twinkling lights go up and we wrap up an incredible 2025, I want to share my deepest gratitude for everything you've done to make Live Stronger for Longer and Strong and Steady such a shining success this year. Your hard work, heart, and unwavering commitment have created a service that's not only thriving, but truly changing lives.

Thanks to you, we've seen older adults grow stronger, more confident, and more independent. Your support has brought real joy, connection, and life-changing progress to so many people from improved strength and balance to the amazing results we've celebrated together.

To our wonderful community instructors: thank you for showing up each week with enthusiasm, warmth, and festive spirit all year round. And to the team behind the scenes, Jenni keeping our social media lively and bright, Emma and Sarah spreading the word far and wide, and Alison guiding each referral with care you've each played a magical role in this year's success.

Please take a moment to reflect on the incredible difference you've made. You should feel truly proud of the joy and independence you've helped bring to others.

Wishing you and your loved ones a Merry Christmas filled with warmth, laughter, and all the sparkle of the season and a Happy New Year full of hope, health, and happiness!

Jo Briggs, Falls Prevention Manager



Festive quiz

A fun and easy way to raise money for Age UK.
Nominate a quiz master, get a prize ready and ask people to donate to take part. It's that simple!

1. What can be found roasting on an open fire in 'The Christmas song', sung by Nat King Cole?
2. Which fruit was traditionally put in a Christmas stocking?
3. Name as many of Santa's reindeer as you can (clue: there are 9!)
4. In which country is it now traditional to eat KFC for a Christmas dinner?
5. Which band kicks off their hit 'Merry Xmas Everybody' by shouting "IT'S CHRISIIIIISTMAAAAAAAS!"
6. What ingredient is traditionally layered under the icing of a Christmas cake?
7. What words follow 'Silent night' in the traditional Christmas carol?
8. Which country produces the most cinnamon?
9. What did my true love give to me on the fifth day of Christmas?
10. In which direction should you stir mincemeat for luck?
11. According to Austrian folklore, what is the name of the horned figure that punishes naughty children at Christmas?
12. In Elf, Buddy the Elf names the four main food groups of his diet – candy, candy canes, candy corns... what is the fourth food group?
13. What would your star sign be if you were born on Christmas Day?
14. Which drinks company supposedly introduced Father Christmas' well-known red and white costume?
15. Which Christmas dessert is inspired by a pagan fireplace tradition?

- Answers:**
1. Chestnuts
 2. Orange/Clementine
 3. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph
 4. Japan
 5. Slade
 6. Marzipan
 7. Holy Night
 8. Indonesia
 9. Five gold rings
 10. Clockwise
 11. Krampus
 12. Syrup
 13. Capricorn
 14. Coca-cola
 15. A Yule log

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



LIVE STRONGER FOR LONGER

OUTREACH

FALLS FORTNIGHT:

We combined the UK and American Falls Prevention weeks into Falls Fortnight. Our team of Service Advisors attended venues across the county over these two weeks to educate older people falls prevention methods

- 16 venues visited
- 13 talks delivered
- 32 packs distributed
- 3 radio interviews
- BBC news mention on tv, website and social media
- ITV News appearance coming soon



2025 - 2026 Quarter 2 Report

This quarter was marked by the successful World Record attempt, extensive community engagement, and team growth. The Strong and Steady sessions continue to empower individuals, and LSFL classes are expanding across Derbyshire.

199 REFERRALS TRIAGED

177 JOINED LSFL CLASSES

36 CLIENTS STARTED SAS

6 NEW COMMUNITY SESSIONS

14 SESSIONS MONITORED

6 CARE HOMES SUPPORTED

The Guinness World Record Attempt



RECORD TO BEAT

The most people doing chair-based exercise is 731 people and was achieved by the Hong Kong Women Development Association Limited (Hong Kong), in Hong Kong, China on 11th June 2016.



**OFFICIAL
ATTEMPT**

RECORD ATTEMPT

1,224 attempted to beat the record with a verified count of 1,163 participants completing the full 30-minute session. The attempt was held at Chesterfield FC Stadium on 25th September 2025.

Record attempted in partnership with Chesterfield FC Community Trust. 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!