



**LIVE STRONGER
FOR LONGER**



NEWSLETTER JUNE 23

Welcome to the **NEW** Strictly No Falling newsletter where we look forward to sharing our exciting news, class members' stories, their achievements and up and coming events

Meet the SNF Advisor team (Derby and Derbyshire)



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Alison Milner (administrator) Alison.milner@ageukdd.org.uk supporting the team with various admin tasks and contacting referrals made into the service to arrange a suitable class.

Background

The Strictly No Falling project is funded by Derbyshire County Council Public Health and delivered by Age UK Derby & Derbyshire. Our core aims are to reduce falls rates and avoid injurious falls leading to hospital admissions and to help people in Derbyshire **live stronger for longer**.

Falls remain high on the Health and Wellbeing Board agenda and continue to due to an ageing population. To support this need Strictly No Falling was created and commissioned by Derbyshire County Council Public Health.

Age UK Derby & Derbyshire as an organisation has been involved in the development and implementation of falls prevention services for over 19 years, winning the contract for delivering Strictly No Falling in 2013 and twice more subsequently

Strictly No Falling Team

We have had a reshuffle in the team.

Jo has moved up into the north of the county after 10 years developing the project in the south of the county. Her areas are, Bolsover, North East Derbyshire, Dales, High Peak, Chesterfield and Glossop.

Emma is busy taking care of Erewash, Amber Valley and South Derbyshire. Emma has worked on the project for 4 years developing Strictly No Falling in Care Homes. Emma has also recently completed her Tutor training to support Jo leading the training courses for instructors.

Sarah joined us in January this year and has been busy completing her Chair Based and Otago training and is now starting her Assessor training. Sarah hit the ground running working across the county she has supported 9 care homes to reach their next level on the training plan. They follow a journey to complete their bronze, silver and gold awards, during each stage they need to show they are engaging at different levels of activities with the residents.

Alison also joined us in January this year as admin support to the team and contacting new referrals that are made into the service. She has processed 125 referrals in the past 12 weeks.

We now have our new EMMA (Every Movement Matters Always) training and eLearning on Falls Awareness and Benefits of Exercise which we encourage Care Home staff to complete. More details are below how to access this training.

It's been a busy few months but we are all settled and finding our feet in our new areas and job roles. Well done to all the team!!!

Good-Bye



After 12 years working with the Strictly No Falling team we said good-bye to Diane Ball. Diane has taken early retirement to enjoy spending time with her family and to go on many holidays.

It was a sad farewell, Jo and Diane have worked side by side on the project for over 10 years. We all wish her well and know she will fill her days with the things she loves doing.

Diane will continue to teach her 2 SNF classes in Brimington, so we will still see her from time to time.

Well done

to our 12-week completers

Class members referred into the service complete our New Starter Pack. We ask questions regarding their strength and balance on week 1. For 12 weeks they complete a register, hand it to the instructor on and receive their 12-week completer certificate. They continue to attend the class for as long as they wish. Some have been in our sessions for over 10 years. Here are a few of our 12-week completers looking proud with their certificates.



Community Classes

Classes continue to increase across the county, total number of sessions on our database is **151 with 69 instructors** delivering the weekly sessions.

See the chart below to show the ratio of the different evidence-based classes across the county. We are pleased to see that a good proportion of the classes are combined meaning the session is offering both seated and standing options. This is due to more instructors training in Otago.

During Covid, Jo developed the Otago training to be an on-line course, delivered over Teams or Zoom to support DCHS to train their support workers and community instructors who had the spare time, due to class closures, to complete the training. 3 successful on-line courses were completed during the pandemic training **33 DCHS staff and 4 community instructors**. 4 face to face courses have been completed since Jan 2022 with a further **48** people attending from DCHS, community and care home settings, all successfully completing the training. The Otago CPD training is a 2-day training course. See the link for more information. <https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/training-courses/>

Before the pandemic we moved to using a system called CharityLog to store SNF information. CharityLog has been a great success within the SNF team meaning everything is in one place with easy access. It has made referring much easier and safer. We ask referrers to complete our online referral form, press submit which will transfer the information into our CharityLog system. The referrals are flagged up on our home screens where Alison will pick them up and contact the person to discuss which class is best for them and offer the 6 weeks FREE transport to and from the session if required. The system also means we can

store client data securely and create electronic class registers for each session across the county. From the chart below, you will see the uptake has been fairly low from instructors engaging to complete their weekly registers. The SNF team continue to try to support instructors and explain the importance of completing their registers which will hopefully help increase the low uptake.

Care Homes- 9 homes achieve a standard

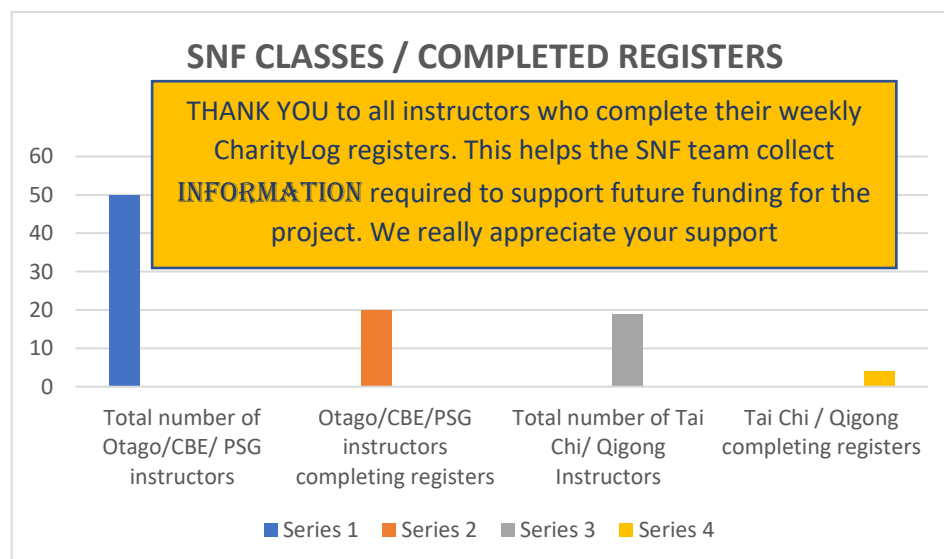
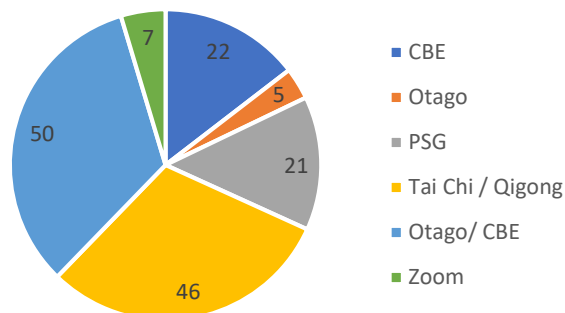
2 bronze awards
4 silver awards
2 gold awards
1 EMMA Training

Referrals are staying consistent as the table below shows.

Sep 22- Dec 22	118
Jan 23 - Mar23	136
Apr 23- Jun 23	125

The SNF team continue to promote the service and encourage referrals through our online form, which sends the referral straight onto CharityLog, so we can easily pick it up and contact the person. The above figures don't include self-referrals as we don't receive information about these.

SNF Classes



E.M.M.A Training

(Every Movement Matters Always)



Our first Emma training took place on the 14th June at Shirland Village Hall. We had 10 learners from both care home and community settings.

The training was well received and enjoyed by all who attended, giving excellent feedback.

EMMA Training will give an understanding of how to facilitate functional movement sessions for older, frailer adults. We have looked at **why** people lose their core strength which can lead to a loss of independence such as feeding themselves. Can we regain this strength? We look at functional movements to regain and engage the muscles around the core, legs and ankles. To find out more about the EMMA training see our website

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/training-courses/>

Feedback

10 people attended giving high scores on the feedback forms (see table below)

4 questions were asked scoring between 1-10. 1 being the lowest score, 10 being the highest score

6 people scored 10/10 on all 4 questions	2 people scored 3 x 10/10 1 x 9/10	1 person scored 4x 9/10	1 person scored 2x 10/10 1 x 9/10
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Really enjoyed today will definitely recommend to my colleagues

All good, useful , educational, informative . Good tips on how to apply in daily settings.

Good resources to take away to spread the news and the role play made it more realistic

Really useful, should be more EMMA Training everywhere!

The training was great with awesome tutors

Amazing training, both tutors lovely giving clear instructions. Very useful information

Falls Prevention Talks



Jo and Emma have been busy in the community delivering talks on falls prevention. The talks give advice on

- risk factors associated with falls,
- how to make small changes at home to avoid a fall
- what to do if you have a fall (how to plan)
- why strength and balance exercises are important and the benefits.

A total of **13** falls prevention talks have been given across the county over the past 12 weeks to various groups, knit and natter, coffee afternoon groups, craft groups, 50+ forums and many more

We have also met with Social Prescribers, GP Link workers and Care Coordinators to give advice on quality conversations around Falls and prevention and encouraged them to become a Falls Friend by completing our eLearning.

For more information see our Live Stronger For Longer Booklet

<https://www.ageuk.org.uk/bp-assets/globalassets/derby--derbyshire/original-blocks/activities-and-events/snf-classes/sd-pilot-snf-booklet-2018.pdf>

You may also wish to complete the FREE eLearning we offer on Falls Awareness and

Benefits of Exercise to become a Falls Friend and proudly wear your badge.

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/training-courses/>



ZOOM SESSION



Some of our instructors during lockdown took their sessions on to zoom. They proved to be very successful, we still have **7** Zoom sessions being offered. You can find out more information and the instructors contact details on our website <https://www.ageuk.org.uk/bp-assets/globalassets/derby--derbyshire/original-blocks/our-services/falls/new-zoom-.pdf>

Class News



Oakland Village's Tuesday CBE class celebrated the return of one of their ladies with yellow roses to signify friendship. She has been long term sick for 6 months having treatment but we kept in touch on the class WhatsApp group to keep her spirits up. We will all have lunch together at the end of the month too. Classes are so much more than jockey lifts and resistance bands but they help us to #livelifetothemax – Lisa Dengate, Tuesday morning Oaklands Village class, Swadlincote.

Case Studies

Darley Dale Class Tuesday - Di Cliff

As an instructor I always emphasise the impact of a fall having had a serious one myself. I will always promote the "just in case attitude" trying to get the class to think and risk assess their day to day plans in case of a fall... For example, taking a bath or a shower, gardening or taking a walk alone, just some areas where a fall can take place.

In the last two weeks at my class a lady has relayed how useful the thinking and planning has helped a small incident of a fall or in the lady's case doing a low-level job around the house made it really difficult for her to get up. Prior to this incident the lady announced to the class that she took a trip on her own to the supermarket and felt "steadier" doing so.

On the day of the incident the Lady found that the forward and backward hip walking and positioning on the chair at the start of the class prior to warm up gave her the skill to hip walk to her French door where there was a step she then managed to raise herself to stand and go back indoors. At the end of my class I emphasise not panicking. I was instructed in SNF training this can drain your strength. I always use slow breathing and controlled breathing in the relaxation element at the end of the class. The lady remembered the technique and she loved telling the class it worked. The lady didn't have her mobile phone with her which is always advised at my class but the lady didn't mind admitting she now understands the importance of these small habits and how they can save time and support not escalation further issues following a fall such as a long lie. It could have been a lot worse and the "proof of the pudding"...the lady was at the following class to tell her story.

Karon joined our Heanor Bowls CBE and Otago class at the end of January and is so much happier and more confident. She is now able to use her right arm much more (lift it higher etc.) She has made new friends and met up with old ones who are also at the class and there has been a massive improvement with her balance.

She completed her 12-week progression tests and here are the results

	Baseline: 21.21.23	12 week: 19.5.23
Timed up and go	11 seconds	9 seconds
One leg stand (left)	5 seconds	41 seconds
One leg stand (right)	15 seconds	1 min 13 seconds
FES-I score	16	12

Karon was really happy with her progress and a little surprised at the difference in such a short space of time. Everyone in class were so pleased for her and supportive which then added to her pride. It was great to see.

Karon works hard in class and at home too and it really does show.

Our Next Quarter – July – September

Jo and Emma are still finding their feet in their new areas, busy making contacts and meeting the instructors and monitoring classes. Falls Prevention talks are booked to be delivered to various groups.

Sarah is engaging care homes with the new EMMA Training and supporting those that are working towards the next level on their plan. New dates for the EMMA Training will put on our website. Please complete the downloadable application form to attend the training, it is open to community instructors too. We also offer the Otago training and Chair Based Exercise course; all dates are on our website.

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/training-courses/>

Alison is doing an amazing job dealing with all the referrals. The team continue to work to engage areas with low referrals into SNF.

We will be planning for our annual event at the Whitworth Centre, more details will be emailed soon. Keep an eye out on our website for these.

Keep the 12-week completer photos coming in and send in any stories and events from your classes to share in this newsletter. We love hearing about special occasions or celebrations that are happening in your sessions.

Finally – thank you to all the instructors delivering their weekly sessions. You all do an amazing job keeping people active, socially engaged, smiling and steady on their feet 😊

★ **Best wishes from The Strictly Team** ★
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