



LIVE STRONGER FOR LONGER



Instructor Newsletter – September 2023

Dear Age UK,

Thank you for the informative session/ online learning on falls awareness.

My pledge is to (E) start a conversation with someone re falls awareness/risk and to (H) organise a talk around falls awareness and preventative measures.

Many thanks,
LS

Forfar, Angus.

Falls Awareness Training / Benefits of Exercises



Our Falls Awareness Training and Benefits of exercise was adapted to be offered as eLearning when we sadly lost the funding to lead it face to face or over Teams/Zoom in 2021.

The eLearning offer has proven to be very popular with numbers increasing each month across community, care home and out of area. We received an email from a lady in Scotland who had completed her eLearning and offered her pledge. We hope she wears her badge and spreads the word.

Apr-Sept figures FABE

Falls Awareness

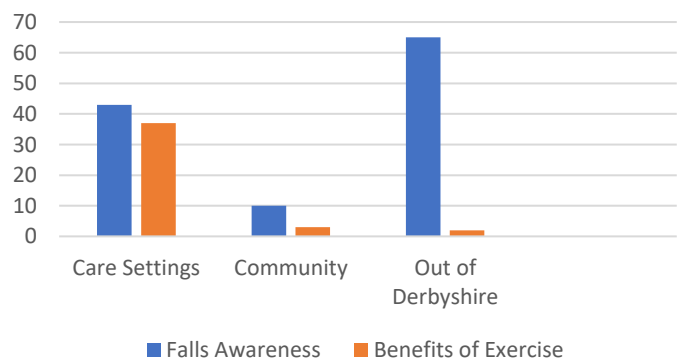
Community	Care Settings	Out of area
10	43	65

The below shows how many certificates have been sent out and to which category that we monitor. As you can see, we have really gone national with our courses. The figure is still to be added to. We are so happy our training is being used far and wide, with lots of people and benefitting from it.

Benefits of exercise

Community	Care Settings	Out of area
3	37	2

Online FABE completions



WELL DONE – Ashbourne Lodge!



Our Care Home Advisor, Sarah Smith, has supported Ashbourne Lodge to reach the Silver Award and all staff have completed the eLearning. Here they are proudly showing off their certificates and badge!



Here is the link to our online courses, which you are welcome to complete

eLearning link –

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/falls-awareness-elearning/>



12-week completers



"A huge well done to Brian, who is my 12th and Mary who is my 13th class member attending 12 classes since this class was launched last August.

It is a really friendly and sociable class with tea/coffee and biscuits afterwards. Both Brian and Mary only missed one class when there was a road closure and they did not know how to get to the Village Hall without a huge diversion" (Sue Williams)

We also have another Brian receiving his certificate.

Well done Brian, Mary, Brian and Sue, from us all at Strictly No Falling HQ



Well done to the 12weeks completers attending the Parish Rooms session in Bolsover led by Alison Cowley. All showing fantastic improvements on their 12week measurements

Congratulations to you all from us at Strictly No Falling HQ



Class news

Sue surprised 3 people who had the highest class attendance (John & Janet attended the first class & Jean the second) and Jean very kindly presented Sue with some Lindor chocolates from the group. Everyone who attended (even those that do not normally stay for a drink) stopped to have tea/coffee and cake. Kevin and Jill who have not attended recently were back, a new person and 3 of her regulars were not able to attend otherwise she would have had her highest class number! There were 4 people at the first class and now 17 active members on the list. We are really pleased that Sue has managed to grow the group and build a new community with the lovely people she has met.



A few new testimonials from Sue's little notebook:

It is very good coming each week, definitely feeling a lot more confident balance wise. Very friendly class. Sylvia

Fabulous friendly group and hard work. Legs are improving, balance and vision issues makes it difficult but fun and challenging. Brian

Thank you, Sue, for a great class with lots of lovely people. It has helped me no end with my dodgy hip, long may it continue. Mary

Thank you, Sue, for your classes. They have helped me with the problems with my knees and hips. I always feel better when I have attended a class. You also make it such fun and a social occasion. Jill



A little message from Sue - *Thank you so much for all your support and please let me know if you need any help with any other classes in South Derbyshire.*



Mick who attends Sue's class in Newhall received a lovely card from the Queen for his special wedding anniversary last June. He bought it along to class to show it off with pride.

Congratulations on your special day, we hope you had lovely celebrations

Chesterfield Spirites Class

Jo visited the above class. What a great session led by Olly and Ollie. All are greeted and welcomed with a cuppa and biscuits with time for a chat. Debbie then leads them through a game of bingo. A quick brief about what events are happening which included details about their bus trip to Cleethorpes, we do hope you got some sunshine.



Zoom Sessions

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>



Liberation day

Jo and Emma spent a lovely day in Maurice Lea Park, in Swadlincote at the annual Liberation Day. We managed to give information about Strictly No Falling to 124 People, we also made lots of new contacts and were placed on the next table to an amazing choir. They sounded really lovely. Captain Jo lead a Chair Based exercise session, consisting of 3 of her routines. This time she was joined by her trusty sidekick, Emma. The routines included Green Door and everyone's favourite – Lord of the Dance.



Our lovely instructor, Becki, from Wildminds was there too. Making lots of contacts for their classes and also had a slot on the main stage. She was very happy, friendly and welcoming and we are pleased to have Wildminds on board with us.

Thank you Becki and Jodi



SNF Yearly Event

The annual SNF event was held at the Whitworth Centre Darley Dale on the 7th September. It was a very hot day but people still came along to enjoy the event.

Thank you to Darley Dale Town Council for supporting the event again this year, Laura Pepper the Community Champion at Darley Dale Co-op for the donation of refreshments. To Rebecca Green who volunteered her voice, singing throughout the event. Tai Chi demonstrations from Russel – Zen Fitness who delivers his weekly session in Ashbourne. Thank you to all the networking partners and to all the residents from Darley Dale and the surrounding areas who came to join us





Case Studies

Case study HORSLEY WOODHOUSE – Instructor Di Cliff

This Group really has had the frailer older Adult referred into. Just lately some younger older Adults are now coming to the group, which personally I can only put down to the new phase of up and coming older adults realising the need for the service or being referred into after a fall or near miss.

Two long standing members who are great friends come on a regular basis to the Monday SNF in Horsley Woodhouse. They are both mid 80s

The lady with the black eyes has had a recent fall. This lady never regained her outgoing confidence after Covid. The lady rang the morning of the class to explain what had happened on the morning of the fall

From the post examination by the surgery nurse her BP is unusually low and they think she got up too fast

The lady said as an afterthought she should have paddled her legs and got up slowly as instructed every week in the class but she did put into practice the hip walk. The lady was thankful of the instructed and repeated guidance to keep her mobile phone at reachable height in case of emergency. Although it took the lady approx. one hour to get up she did it remembering the advice from the class instructor repeated weekly in class:

- **Hip walk -The lady managed to hip walk to a dining chair in the next room and get herself up**
- **Not to panic**
- **Make sure she had communication to hand such as a mobile phone or falls alarm**
- **To ask for family help**
- **Seek medical advice**

The morning of the call she explained to the instructor what had happened and how she felt very conscious of how she looked but wanted to come to the class. The instructor personally picked her up and held her hand into class. The lady was really grateful and admitted feeling better for going to her usual class to see her friends. The family are putting in a key safe which the lady has resisted for a while.

The other lady in the photo has had 4 small none injurious falls over the year. The ladies GP has referred her to the Falls Clinic in her area even though she goes to a SNF class every week. They are pleased she does attend a SNF class and encourage to keep going along every week, alongside attending the Falls Clinic.

RIPLEY– instructor Jo Briggs

A gentleman in my class attends most week, he very rarely misses a class. He is quite frail but his balance and strength have improved greatly over the last year. He now completes most of the class in standing.

After the session we always have the best bit – cuppa and biscuits. He came over to me to ask if he could talk to me. He went on to tell me that he was picking blackberries and liked the look of the ones at the bottom so he knelt down and started picking them. When he came to get up he realised he couldn't get up. He always had his foldable walking stick in his bag, so he hip walked himself over to the fence, unfolded his walking stick and used the fence and the stick to push himself up.

He couldn't thank me enough for sharing the information in the class every week and practice hip walking in the chair. He said it was a quiet area and he could've been there for a very long time. Instead he went home and made his apple and blackberry pie!



SNF is More than just an Exercise Class

The above 2 case studies highlight the importance of speaking to your class about hip walking weekly and how it can make the difference to them experiencing a long lie, which we all know is after an hour, what is known as the **golden hour**. We want all our class members to be able to get up and carry on with their normal day or get help if they feel unwell following a fall. So let's share, share and share again what to do if can't get up!

We would advise that all falls, trips whatever they want to call them are reported to their GP surgery. In the first case study it shows the fall was due to blood pressure drop. Marching on the spot after sitting or lying in bed can help level out the blood pressure before we start walking. A conversation worth having weekly with your class members.

As much as the exercises are important in the classes, educating people around falls prevention is just as important and as seen in the above 2 case studies it has proven to save prolonged lies which can lead to further complications and even be fatal.

Please share the simple tips with all you class members weekly, if I could shout it from the roof tops I would!

The strength element in your classes is needed for them to be able to have the strength to carry out the above. Make sure they have enough resistance to feel the last 2 reps of each exercise. Reassure them that a little bit of discomfort and achy muscles means the muscles are getting stronger. Obviously, you know you class members and medical histories so tailor each session to meet their needs.

If it is you that has fallen:

- Take some deep breaths – this helps calm down
- Check you are not hurt – if you are call for help using your falls alarm or mobile phone
- Have blankets, dry towels, dressing gowns in easy reach. If you're on the fall can you reach your dressing gown hanging on the back of the door?

If it is someone else:

- Remind them the importance of getting a falls alarm if they have had a fall
- Remind them the importance to keep their mobile phone with them
- If they can't get up, put something warm over them straight away. They will get cold very quickly so to prevent it, they need to get wrapped up.

If they can.....

- Bend their knees, roll onto one side, push up in to side sitting position, from here either get onto your knees and crawl to sturdy piece of furniture, hands on the furniture, bring one foot forward and push into half standing position, hands still on the furniture (this will depend on the height of the furniture), start to march, slowly come into a full standing position, marching throughout, get phone, sit down on a chair and call somebody to tell them what has happened, or instead of getting their knees, encourage to hip-walk on their bottom and hip walk to the phone

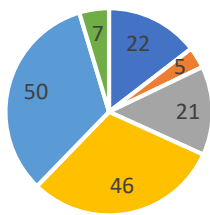


Thank You

Thank you to all our instructors who deliver the weekly sessions across the county. We all really appreciate your support and the support you offer to your class members, keeping them active, socially engaged and steady on their feet.

As autumn arrives keep an eye on anybody that is struggling with keeping warm and heating bills. They can contact our **Information and Advice service on 01773 768240** who can carry out benefit checks and advise where warm spaces are opening

SNF Classes



- CBE
- Otago
- PSG
- Tai Chi / Qigong
- Otago/ CBE
- Zoom

Care Homes- 9 homes achieve a standard

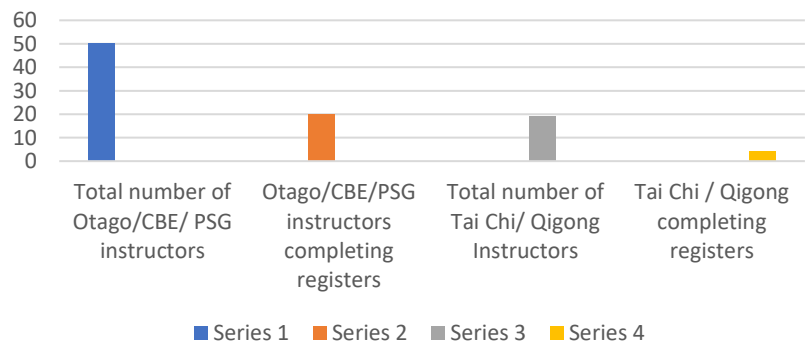
2 bronze awards
1 silver awards
1 gold awards
1 EMMA Training

Referrals are staying consistent as the table below shows.

Sep 22- Dec 22	118
Jan 23 - Mar23	136
Apr 23- Jun 23	125
Jul 23 – Sept 23	113

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 rarely receive information about these.

SNF CLASSES / COMPLETED REGISTERS



Best wishes
from the
Strictly No
Falling Team



SNF Advisor team (Derby and Derbyshire)



Jo Briggs -Manager

Falls Advisor (North)



Emma Richards

Falls Advisor (South)



Sarah Smith

Care Homes Advisor

Jo.briggs@ageukdd.org.uk

Emma.richards@ageukdd.org.uk

Sarah.smtih@ageukdd.org.uk

Alison Milner – Central Admin. Alison.milner@ageukdd.org.uk 01773 766922