

APRIL – JUNE 2025

**LIVE
STRONGER
FOR LONGER**

NEWSLETTER



Live Stronger for Longer – one year on

Over the past year, Live Stronger for Longer has empowered many older adults to stay active, improve mobility, and regain confidence. As we celebrate this milestone, we look forward to welcoming more participants and continuing to support healthier, stronger lives.

A huge thank you to everyone involved on making this past year a huge success!

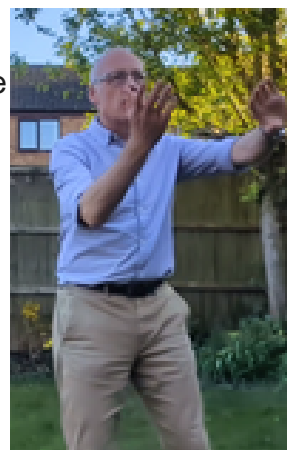


World Tai Chi Day 2025

April 26th 2025 was World Tai Chi Day. Across the World people were practicing Tai Chi at 10am starting in New Zealand following the time zones finishing in Hawaii.

Sue Wain (Riddings) and Long Eaton Tai Chi held events demonstrating various Tai Chi forms, luckily the sun shined for them.

Lisa Dengate and Dave Ashbey, two of the community instructors shared some videos to give people an insight as to what to expect at a class. These have been shared on both our website and social media.



[Read More on our website](#)

Take Five to Age Well

From 1st May, The Open University and Age UK are launching a free, UK-wide public health campaign: Take Five to Age Well. The campaign invites you to join a community of people making small daily changes for better ageing across 5 action categories: Eat, Drink, Move, Connect, and Engage and Think. You sign up [online](#) and choose an action to try everyday in May. During the month the team at the Open University sends out emails with fun facts, tips, games and resources to help you keep going.

[Read More on our website](#)



Safeguarding Adults

Abuse causes harm or distress to an older person. It is a violation of an individual's human rights. Abuse can happen anywhere.

If you need help for yourself or someone else please talk to someone. Help is available from Call Derbyshire 01629 533190 or Derby on 01332 640777. In an emergency, always call 999.

Find out more about keeping adults safe, go to:
<https://www.derbyshiresab.org.uk/home.aspx>



**Act Now,
Age Better.**

New research by Age UK shows that 78% of midlifers (adults aged between 50 – 65) in the East Midlands - worry about staying healthy as they age.

- Simple steps in our 50s and 60s can lead to major benefits.
- Age UK's new campaign 'Act Now, Age Better' hopes to start a national conversation about how becoming more physically active in our 50s and 60s can ensure a happier, healthier and more independent later life.

New research by Age UK released today reveals that 78% of adults aged between 50–65 in the East Midlands worry about staying healthy as they age, and 74% worry about losing their independence as they age.

[Read More on our website](#)



Live Stronger for Longer

One year ago, Age UK Derby and Derbyshire, in partnership with Public Health Derbyshire County Council, launched the Live Stronger for Longer service. Its mission? To help older adults in Derbyshire improve strength, balance, and confidence to reduce the risk of falls and maintain independence.

What is Live Stronger for Longer?

Live Stronger for Longer has built on the work of Strictly No Falling with community classes across Derbyshire and since 2024 has been offering a free, 24-week intensive exercise and falls prevention programme called **Strong and Steady**. Designed for people aged 65+, the programme combines postural stability exercises, falls management strategies, and lifestyle changes to enhance mobility and overall well-being. Participants receive free transport, refreshments, and all necessary equipment, making it accessible and enjoyable. For those unable to attend a class, the LSFL At Home option provides free resources to support home-based exercise.

Making a difference, one year on

Over the past year, Live Stronger for Longer has empowered many older adults to stay active, improve mobility, and regain confidence. As we celebrate this milestone, we look forward to welcoming more participants and continuing to support healthier, stronger lives.

Strong and Steady

The programme takes place at 9 venues across Derbyshire, including sessions held at local community centres and care settings

Who runs it?

Experienced professionals, trained in falls prevention and postural stability, lead the sessions to ensure quality and safety. The initiative is backed by Public Health Derbyshire County Council, reflecting a commitment to improving health and reducing the strain on emergency and social care services.

How to join?

Anyone can refer themselves or someone they know by completing the simple referral form online at

www.ageuk.org.uk/derbyandderbyshire/lsfl-referrals



For general enquiries contact:

Age UK Derby and Derbyshire

01773 766922

Administration@ageukderbyandderbyshire.org.uk

First Aid Training



On the 23rd April we held a First Aid training course at Horsley Woodhouse Church hall. We used the First Aid provider - Safe Haven, with Alan leading the training, he was very funny and knowledgeable leaving everyone feeling confident. 13 people left First Aid trained.



Its a thumbs up from Jo!

Community Classes

We've added two new community classes this quarter in West Hallam, and Ilkeston. A full list of community classes can be found on our website.

Fire Safety talks for Strong and Steady

Our Strong and Steady sessions sometimes have visits from local services that can provide help and advice.

Adele from DFRS came to one of our Bolsover sessions for a fire safety talk with the group. Including showing us a blanket someone had used over their lap whilst they were smoking in their armchair. Adele was lovely and made the group feel very at ease. We will definitely be seeing her again



Library tour

The library tour has continued this quarter, the above is from Borrowash library having just been moved from Long Eaton. Lots of information has been taken from each site and the feedback from the libraries has been positive.

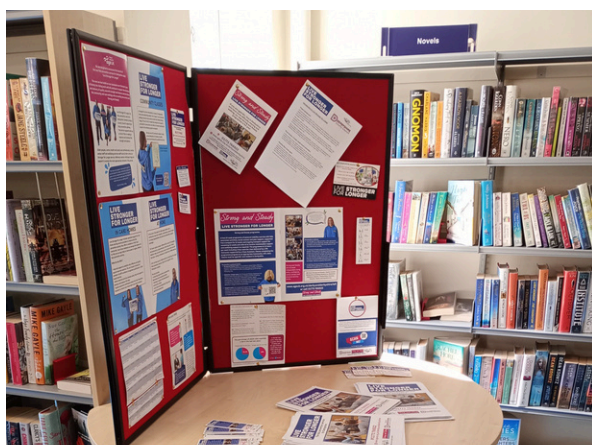


Melbourne Library

For quarter 1 we have had three boards touring the county with the support of the wonderful libraries, we've visited Buxton, Chapel en le frith, Hayfield, Ilkeston, Sandiacre, Long Eaton, Belper, Ripley



Our information board at Heanor library. It was kindly put up by a member of staff. This photo includes 3 Heanor LSFL class members that spotted the board.



Hayfield Library

Dementia Action Week

Our Falls Prevention Service Advisors did a talk and demonstration for Dementia Action Week at Memory Marketplace, Chesterfield football club. These photos have been taken from their newsletter. A video from the event can be watched here: <https://youtu.be/eva0MUDrknQ?f> or scan the QR code below.



Celebrations

This quarter has seen many celebrations, we've had VE Day parties, fuddles, farewells and Easter parties, enough to say the team have had their fair share of cake this quarter.

We've also had coffee mornings to raise money for our upcoming Edale Skyline challenge, where all funds raised go to AUKDD - Poster on the next page.



Chesterfield SAS coffee morning and Bakewell Easter party

Great news for Glapwell

A community class at Glapwell had some great news this quarter, they've managed to secure funding through the warm space scheme to continue the class as well as a lunch after. This class been running for around two years each week on a Monday from 11.15am-12.

Initially, the group would pay each week until the centre achieved this funding. Their faces say it all!



Hulland Ward coffee morning, with the help of an SAS graduate - £110 raised!

Its not goodbye, more of a see you soon



Sara, one of our Strong and Steady Class Assistants left on the 28th May, played a huge part in activity planning for the sessions and sharing ideas with other SAS teams, she will be missed but not for long as she intends to come back as a volunteer on a regular basis - even volunteering to continue to plan activities in her spare time for upcoming sessions.

Edale Skyline Challenge

A team from Age UK Derby and Derbyshire and Live Stronger for Longer will be taking on the fundraising challenge of walking the Edale Skyline on 29th June 2025. This challenging circular walk is 20 miles and will take between 8-10 hours.

We're an independent, local charity supporting older people, their families and carers, we rely on donations and fundraising to run our services.

Services include our Information and Signposting service, our Attendance Allowance support, Information Roadshow and Footcare clinics. Live Stronger for Longer, the falls prevention service for Derbyshire, supporting older people at risk of falls or seeking to improve and maintain their strength and balance.

We also have 11 shops; day centres; and our Chaddesden Park Centre hosts a lunch club and social activities.

Scan the QR code below to donate via our JustGiving page or visit our website.

For more information please contact us

01773 766922

email administration@ageukdd.org.uk
or visit ageuk.org.uk/derbyandderbyshire



VE Day at The Hub



VE Day Anniversary Celebrations

A great time was had by all at the recent VE Day 80th Anniversary celebrations at The Hub at The Club, hosted by Let's Connect. That was exactly the aim of main organiser Chris Newton, who's own father was a veteran and told Chris that "this date should always be a day of celebration".

Around 100 people gathered for the 8th May event, opened by Chris then followed by a wonderful round of wartime songs from Hasland Community Choir, accompanied by two guitar playing members, Geoff and Hazel. Their choices included Moonriver, Lambeth Walk, White Cliffs of Dover and more, all thoroughly enjoyed by the crowd who were happily singing along.

Churchill's classic speech was played over the speakers before the 12noon two minutes silence was observed by all.

Children from Hasland Junior School came along to join in and helped to draw the raffle. Local councillors Amanda Serjeant, Stuart Brittain, Mick Brady and Lisa Blakemore came along to mark the occasion too.

There were some great raffle prizes including Chesterfield Football Club tickets and a lovely hamper. All proceeds from the raffle are being donated to Help for Heroes with £212 raised.

Cakes were served after the silence, with everyone having lots to choose from and many taking an extra treat home for tea. Teabags were kindly donated by Northern Tea Merchants, who gave away teabags to many local VE Day celebrations.

Well done to all involved at The Hub.



A fond farewell

In March we said a fond farewell to Elaine and Peter, they started the class 12 years ago.

Many instructors have taken the class, with Live Stronger for Longer (as was Strictly no Falling) taking on the session in July 2022, it has grown to 34 regular members.

We wish them the very best!

Centenarian Celebrates 100th Birthday at Her CBE Class at St John's Walton

Not many people can say they've walked briskly into their second century, but for Lois Ward, staying active has been part of the secret to her long life. Our beloved Lois celebrated her 100th birthday in the first week of May in the most "Lois" way possible by walking up Mam Tor, a local 517m hill in Derbyshire, with her family alongside. Our goal at St John's Walton CBE and OTAGO classes has been to get Lois as strong as possible for her journey. She began coming to the chair-based class in 2022 when she was just 97 years young. We have been so pleased to see her progress and, when we started our OTAGO class in June 2024, Lois was the first to sign up.

We held a celebration at our regular chair-based class with cards, gifts, cake and a big balloon. Because Lois is always helping people with their bands and making sure they're doing the exercises correctly, we presented her with a team t-shirt emblazoned with her name on the front and St John's Walton on the back and we've made her an honorary member of the team.



"Lois is an inspiration to all of us," said CBE instructor Sue Haynes. "Not just because of her age, but because of her determination. She has a wonderful sense of humour and reminds us all that it's never too late to take care of your body."

OTAGO instructor Hazel Platt said, "Lois has become a role model for our groups. She is so steady on her feet now, after a bit of a wobbly start and her confidence has grown immensely. She rarely misses a session - only when she's been gardening for too long! She is an amazing woman and we love having her at our classes."

As for Lois, she maintains that her exercise classes are good for the body and mind – and they're fun too.



Strong and Steady

Since launching Strong and Steady in April 2024, we've had 60 people complete the full 24 week programme (April 2025), the feedback from these graduates has been nothing but complimentary. We've changed lives! From the man that couldn't wash himself and now gets out and washes his car, to the lady that now goes out walking unaided, and not forgetting the man that managed to walk his daughter down the aisle on her wedding day! These stories aren't the only ones, everyone has a tale of how much of a change the 24 weeks really made, not only to their strength and balance, but also their wellbeing.

Here's to another year of changing lives!



"I am grateful I stumbled upon it, it's the best thing I did. I am so happy I discovered this class, it has changed my life"

Member of Ripley SAS talking about the programme

We need you!

Our Strong and Steady classes are seeing the most fantastic results but we need get the word out to more people 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

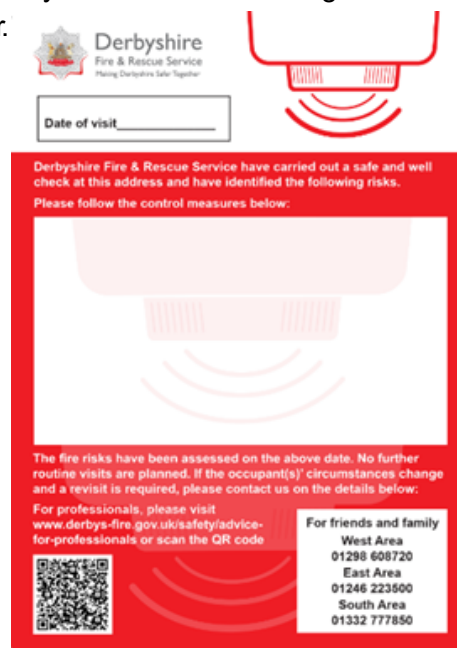
Derbyshire Fire and Rescue Service – Carers Sticker

Derbyshire Fire and Rescue Service visits thousands of homes each year, offering tailored fire safety advice to some of the most vulnerable members of our community. Many of the people we support rely on carers, friends, and family for assistance in their daily lives.

We understand how busy carers can be, and that it may not always be possible to join us during our visit. To help make sure important fire safety information reaches everyone involved in caring for an individual, we have developed a new initiative — the Carers Sticker.

You may notice the Carers Sticker displayed in your friend or family member's home after our visit. Our officers use these stickers to pass on essential fire safety advice and practical steps that carers can take to help keep their loved ones safe. The sticker also contains our contact information, making it easy to get in touch if you need further guidance or have any additional fire safety concerns.

In addition to our home visits, Derbyshire Fire and Rescue Service also offers a free online DIY Home Fire Safety Check, which takes just 15 minutes to complete. It's a simple and effective way to spot fire hazards and improve safety at home. (Link below to our on-line home fire safety check)



<https://www.safelincs.co.uk/hfsc/?ref=DFRS>

If you are concerned about someone you care for, please don't hesitate to get in touch. You can arrange a Safe and Well visit from one of our team members by contacting us directly on the numbers provided.

Together, we can help keep Derbyshire's most vulnerable residents safe from fire.

Find out more:

- Visit our website to access our latest fire safety advice. (Link Below)

<https://www.derbys-fire.gov.uk/>

- Call us directly on the numbers below to arrange a in-person Safe and Well visit if you have any concerns relating to fire safety.

- East Area Office 01246 223 500

[North East Derbyshire, Chesterfield, Bolsover and Amber Valley]

email: EastAreaAdmin@derbys-fire.gov.uk

- South Area Office 01332 777 850

[Derby City, South Derbyshire and Erewash]

email: SouthAreaAdmin@derbys-fire.gov.uk

- West Area Office 01298 608 720

[High Peak and Derbyshire Dales]

email: WestAreaAdmins@derbys-fire.gov.uk

Q4 REPORT



This quarter we've continued our work promoting the service, attending meetings, delivering presentations and talks. As well holding our second Staying Steady event, we also launched our Library tour this quarter.



PROMOTION

- Staying Steady event 2025
- Derbyshire Library tour
- Walk Derbyshire added our falls prevention toolkit to their website
- Wellbeing event
- NED Rapid Response presentation
- Arena Church Falls Prevention talk



“

I enjoy it so much, fun and humorous. When starting the class I used 2 sticks around the house, after a few weeks I didn't need them and still don't use any sticks, I've attended the class for 6.5 years”

- Client from Sawley community class

”

76

people completed the FABE eLearning

22

Community classes monitored

6

New classes across Derbyshire

16

Care homes visited

LIVE STRONGER FOR LONGER

215

REFERRALS RECEIVED

186

for Live Stronger for Longer community classes

LIVE STRONGER FOR LONGER

29

for the Strong and Steady programme

Strong and Steady
LIVE STRONGER FOR LONGER



5
Candidates trained in CBE

EXERCISES AT HOME



To help you keep active at home, our Live Stronger for Longer team have put together a series of short videos with simple exercises to help improve your mobility, cardiovascular fitness, balance, strength and flexibility.



ANNUAL REPORT 2024 - 2025

LIVE STRONGER FOR LONGER

FAME (SAS)

- Strong and Steady launched
- 9 classes set up
- Staff recruited and trained
- 210 referrals received
- 60 full 24 week completers



LSFL AT HOME

- New website resources created
- Videos filmed and added to website
- 4 packs have been sent out following triage
- Offered to SAS when unable to attend
- New Super Six booklets created

EXERCISES AT HOME

LIVE STRONGER FOR LONGER

MOVE IMPROVES
TAKE THE BALANCE CHALLENGE

THE SUPER SIX



LSFL COMMUNITY

- 576 referrals
- 21 new classes added
- All CBE and Otago instructors monitored
- Health and Safety Assessments updated



LSFL CARE HOMES

- Redeveloped and launched FAME
- New videos and process for EMMA
- Updated manuals and leaflets
- Services poster sent to 51 care homes



CO-ORDINATION & SUPPORT

- Online and telephone referral process set up
- Class instructors PSI, CBE and Otago trained, Assistants CBE and Otago
- CharityLog database set up for SAS with extensions to log client referrals, case studies, test scores, feedback and leaver info
- SAS starter, leaver, travel claims paperwork packs and certificates created and issued to instructors
- New staff have 1-1s, regular team meetings and Whatsapp group for support



COMMUNICATION & ENGAGEMENT

- 671 marketing actions this year
- LSFL has been promoted across the whole Health and Social care system
- Attended 185 meetings
- Hosted 2 Staying Steady events
- Attended 20 events in total
- Delivered 27 talks
- SAS posters sent to all GP surgeries in Derbyshire

