



Falls Prevention

FREE!
6 Week
Course

Join us for a fun and friendly seated exercise class that aims to strengthen muscles, improve balance, and boost confidence in your mobility.



Monday

Seated Exercise

Session 1: 12.00 - 12.45pm

Session 2: 12.55 - 1.40pm

Session 3: 1.50 - 2:35pm

Enfield Highway Community Centre
117 Hertford Road, EN3 5JF

Tuesday

Seated Exercise

Session 1: 12:30- 1:15pm

Session 2: 1.30 - 2.15pm

Session 3: 2.30 - 3.15pm

St Peter's Church Hall
Vera Avenue, N21 1RG

For more information and to discuss your eligibility to attend,
email: referrals@ageukenfield.org.uk or
call 020 8375 4120

www.ageukenfield.org.uk

Frequently asked questions

What is the Fall Stop programme?

A structured exercise programme to prevent or reduce falls, reduce the fear of falling, and increase habitual physical activity and fitness.

How will it work?

There will be an initial health and wellbeing assessment to assess class suitability and ensure the class is right for your needs.

How many weeks will the classes last?

Delivered over 6 weeks in 45 minute group exercise classes.

What equipment do you use?

Resistance bands will be used in some sessions to help with strengthening muscles.

Can I just turn up?

No. We do not accept walk ins. You will need to call our main office telephone line to enroll before attending any exercise sessions.

Who is the Fall Stop Service for?

Anyone over 50 in Enfield who has had a fall, or is at risk of falling.

What happens after the 6 weeks?

If you wish to continue attending, the cost is £3.50 per class.

How do I pay?

We are a cashless service so all payments are taken by contactless card.

What happens if I cannot attend the session because of sickness or appointments?

Please do call the main line to update us of any absences. If more than 3 classes are missed without notifying us you will be deregistered.

Can I attend classes at multiple locations?

Unfortunately you are unable to attend classes at more than one location.

What other classes do Age UK Enfield do?

We have a Fit For Life programme which offers a range of classes for all abilities and the first class you attend is free.