

Communities In Motion

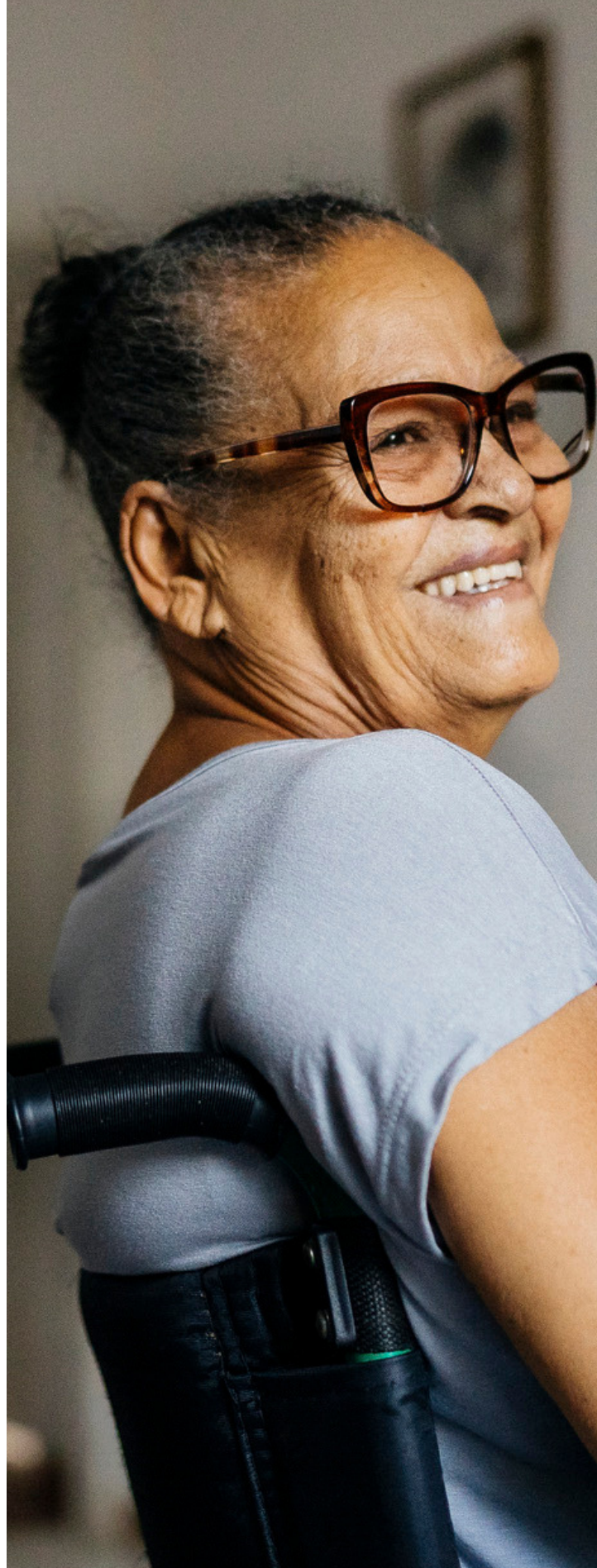
Ready to feel stronger, more
confident and active?

**A free, personalised 12-week
programme for people aged 65+**

- Improve your strength and mobility
- Boost confidence and independence
- Support your health and wellbeing
- Get friendly, one-to-one support at your own pace

You may be eligible if you:

**Are 65 or over • Do less than 30
minutes of activity each week •
Live with a long-term health
condition**



**For more information or to self refer
Call 0208 375 4120 or
email: referrals@ageukenfield.org.uk**

Frequently asked questions

What is Communities In Motion?

Communities In Motion is a free, personalised service designed to help you become more active and improve your health and wellbeing at a pace that works for you. This service can be accessed in the home or in a community setting.

What should I expect from an initial consultation?

A trained practitioner will either visit you at home or in a community setting and:

- Discuss your current activity levels
- Talk about any barriers that make being active difficult
- Learn about your interests and preferences
- Assess your mobility and everyday functional abilities

Together, you will create a personalised plan that fits your needs and goals.

How many sessions do I have to participate in?

To gain the full benefit of the Communities In Motion programme it is essential for you to complete all 12 sessions. We understand you may have prior appointments and we will take these into consideration when booking your visits.

English is not my first language am I still able to participate?

Yes. However, we encourage you to have the support of either a family member or carer who will be able to translate and assist you with working towards your goals.

I spend a lot of time sitting down; am I fit enough to join this programme?

This programme is designed for you. Your physical assessment will give you a base level of activity. This will let you know what you are able to do, and we can give you small achievable steps to make improvements.

My property is very small, can I still do exercise?

Yes, the programme is personalised to you, your home, and current level of mobility.