

Our Falls Prevention Newsletter



Keep On Moving

Improve
balance

We wanted to keep in touch with everyone and let you know what is happening with our falls prevention project and the plans we have.

It's been a very testing time and I don't think any of us were expecting after 6 months we wouldn't be able to get together just yet.

There is still uncertainty about when the classes can restart as we are following health and government advice. As soon as we can we will make the arrangements needed.

Gain
Strength

What we do know though is that it's really important that we keep moving. You can gain many benefits from adding just a little more movement and activity to your life.

... and as soon as we are able to start the classes we will all be fit, ready and able to join in.

Boost
Mood

In this first newsletter we are including all our new ways of doing classes and ideas for exercise.

We have also included

- * Meet the staff
- * Quiz
- * Celebrate your achievements
- * Exercise myths and beliefs
- * Reminders of some of the work we do in class.
- * Options for our exercises

Move
More &
Sit Less

We will really welcome your ideas, suggestions and comments about what to include in the next newsletter

Keep
Learning

MEET THE STAFF BEHIND THE CALLS



I'm Jackie Hanley – Postural Stability Instructor and lead on behalf of Oldham Community Leisure in Falls Prevention.

I'm very passionate about my work around health and wellbeing and my aim is to ensure during the lockdown period everyone remains active and well.

I volunteered for Age UK Oldham recently by making telephone calls and providing support in motivating everyone to keep up with their exercises, I really enjoyed the many chats over the phone and learning about what everyone was getting up to.



I am Neil Wise the falls prevention instructor for Oldham Community Leisure and Age UK

I am married to Nikki and have a daughter Evie who is 12 and we have just taken on a puppy (Bobby)

My hobbies are obviously fitness orientated football, surfing, golf and gym.

I have been working on the falls team since 2001 and thoroughly enjoy the work I do. Due to the current situation the falls classes have moved to a online version. We are getting quite a good following and have capacity to put on more online classes if needed.

I'm Julie McBride – I work at Age UK on the fall prevention project.

Normally I would be based in our office on Church Lane but am now working from home keeping in touch with people on the phone. My dog Jack,-the Jack Russell is happy I'm working from home.

The best part of the job is seeing your improvements in strength, balance and confidence from doing the exercises and helping to make the classes enjoyable where everyone looks forward to coming.

When I'm not at work I love going away in our touring caravan exploring different places especially when its sunny but even in the rain - the waterfalls are always better.



I'm Anne Madden – I work at Age UK on Tuesdays on the falls prevention project and Fridays with the lifestory project. I enjoy getting things organised and help to keep everything running smoothly by typing up letters and keeping all records up to date. Its been really good chatting to people from different classes who I wouldn't normally be in touch with. When I come to classes its always nice to be able to put a face to a name.

I did the Saddleworth Santa Dash for charity last year which was fun. Although I'm not very daring I surprised myself on a holiday in America when I found I was a natural at snorkelling and I loved it.



Word Search & Jumble

S	V	O	S	T	E	O	E	F	I	S	H
M	I	L	K	C	A	L	C	I	U	M	A
B	T	S	U	N	L	I	G	H	T	E	R
S	A	L	O	I	L	Y	F	I	S	H	D
E	M	L	F	R	B	A	L	A	T	A	C
R	I	H	A	M	O	N	C	G	N	F	H
U	N	D	S	N	U	P	N	L	R	I	E
T	D	A	O	P	C	E	O	E	P	M	E
C	E	S	I	C	R	E	X	E	F	A	S
A	N	K	G	T	S	C	H	B	T	I	E
R	L	I	S	H	W	T	D	E	M	S	X
F	R	M	E	D	I	C	I	N	E	S	O

Osteoporosis

Fractures

Milk

Calcium

Oily fish

Vitamin D

Exercise

Balance

Hard cheese

Strength

Sunlight

Hethla

Nlaabce

Tcriondaion

Ydatrhoin

Smcluse

Rcxeesie



Celebrating International Day of Older People

This month the World Health Organisation launches its Decade for Ageing looking forward from now until 2030. Our role in the project will be to help older people keep as active, both physically and mentally, as they can in later life.

October 1st is International Day of Older Persons (it was passed by the United Nations in 1990).

Age UK Oldham would like to recognise this and celebrate it by holding a virtual exhibition. Our request is for people to send us anything we could include in the exhibition.

Some of our ideas

- ◆ Achievements done now or in the past
- ◆ Something they are proud of
- ◆ Pictures of art work, embroidery or stories or poem
- ◆ If you learnt something new—tried a new recipe
- ◆ Unusual or interesting hobbies
- ◆ ...anything at all really that we could include for an exhibition, visual or recorded

If you have anything you would like to include please ring 07568109699

or send it to Julie McBride Age UK Oldham 10 Church Lane Oldham OL1 3AN

Or email julie.mcbride@ageukoldham.org.uk

FULL OF
WISDOM

FULL OF
KNOWLEDGE

FULL
OF
VITALITY

FULL
OF
TALENT

Staying fit during the lock down



At Oldham Community Leisure and Age UK Oldham, we want you stay active and sit less. Staying fit, mentally and physically, is going to be crucial for people who are isolating for such a prolonged period.

Long periods of inactivity can result in stiffening of the joints, acceleration of muscle mass loss and contribute towards weakening of bone density. Our bodies are not designed to be sedentary and it is important to focus on a variety of different moves which strengthen the muscles maintain flexibility and keep the joints supple. Just 10 minutes per day can make a difference to sitting less and moving more.

EXERCISE DOESN'T HAVE TO INVOLVE WORKOUTS OR TRIPS TO THE GYM, YOU CAN GAIN BENEFITS FROM ADDING A LITTLE MORE MOVEMENT AND ACTIVITY TO YOUR LIFE.

MYTH BUSTERS ABOUT EXERCISE

Just because we are aging, it's not time to sit down!

In fact, it's just the opposite.

There are many reasons that people become more sedentary as they age. It could be due to health problems, weight or pain issues or worries about falling. Not exercising is the number one contributor to longevity, adding extra years to your life. But getting active is not just about adding years to your life, it's about adding life to your years.

BECOMING MORE ACTIVE CAN:

- energize your mood
- relieve stress
- help you manage symptoms of illness and pain
- Improve your overall sense of well-being.



MYTH 1: *There's no point to exercising. I'm going to get old away.?*

FACT: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure and obesity.

MYTH 2: *Exercise puts me at risk of falling down.*

FACT: Regular exercise builds strength and stamina, preventing loss of bone mass, improving balance and reducing the risk of falling.

MYTH 3: *It's too frustrating. I'll never be the athlete I once was.?*

FACT: Changes in hormones, metabolism, bone density and muscle mass means that strength and performance levels inevitably decline with age, but that doesn't mean you can no longer gain a sense of achievement from physical activity or improve your health.

MYTH 4: *I'm too old to start exercising.*

FACT: You're never too old to get moving and improve your health! Actually, adults who become active later in life often show greater physical and mental improvements than younger people. Just begin with gentle activities and build up from there.

MYTH 5: *I can't exercise because I'm disabled.*

FACT: People with disabilities can lift light weights, stretch and do chair based exercises to increase range of motion, improve muscle tone and flexibility and promote cardiovascular health.

MYTH 6: *I'm too weak or have too many aches and pains.*

FACT: Getting moving can help you manage pain and improve your strength and self-confidence.

We have designed a simple work out for you to try, please only attempt to do the exercises if you are well and you have not been advised by any medical professional that you should not exercise.
This should take no more than 10 minutes to complete.

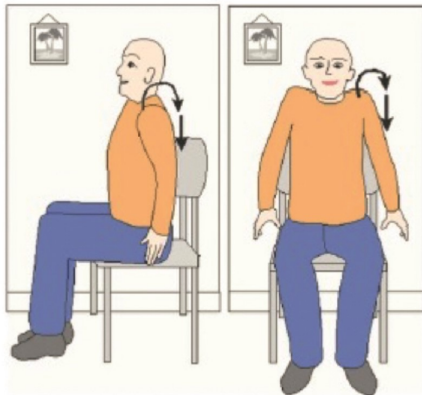
Marching

Sit tall at the front of a chair
Hold onto the sides of the chair
March with control
Build the rhythm comfortable for you
Continue for 1-2 minutes



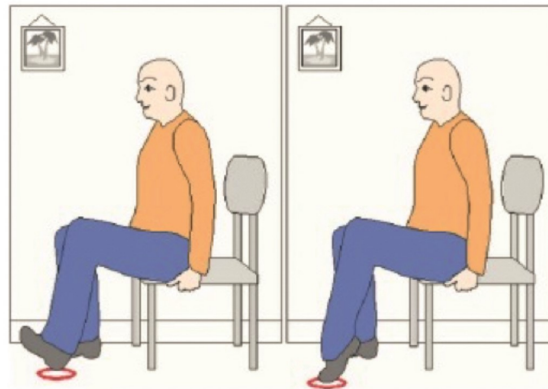
Shoulder Circles

Sit tall with your arms at the side
Lift both shoulders up to your ears, draw them back, then press them down
Repeat slowly 5 times



Ankle Loosener

Sit tall at the front of the chair
Hold the sides of the chair
Place the heel of one foot on the down on the same spot
Repeat 5 times on each leg



Spine Twist

Sit very tall with your feet hip width apart
Place your right hand on your left knee and hold the chair with your left hand
Twist your upper body and head to the left
Repeat on the opposite side
Repeat 4 more times each way

**Finish with another
March for 1 – 2
minutes to cool
down.**

For more information on how you can follow classes on Radio, Zoom, Facebook or further resources available, please contact Jackie Hanley at jackie.hanley@ocll.co.uk or ring Jackie on 0161 207 7000

EXERCISE CHOICES



“Radio Active Exercise classes”

“Radio Active” a 10-minute fun chair based exercise class

On Monday, Wednesday and Friday at 2.30 p.m.

To tune into Oldham Community Radio on 99.7MHz FM or Smart Speakers and Devices –

If you go on Amazon, Google or Apple device that lets you talk to it? Say “Okay, Play Oldham Community Radio”



Exercise class on the Computer , phone or tablet is called zoom

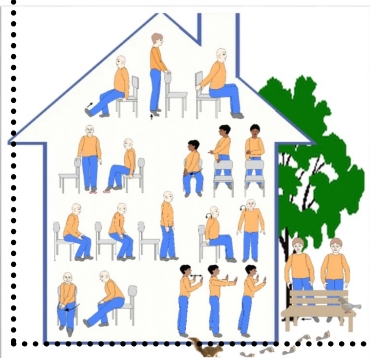
Neil is doing exercises by video on the computer or its also possible on some phones. These are going really well with more people giving this a try, you can see your friends from the class too.

The classes are on Monday Wednesday and Fridays for about half an hour. If you would also like to give it a try let us know.



Small group telephone call with exercise

We have been doing group chat exercises on the phone. It’s a mini class with exercises which are for about fifteen minutes. Its really useful for people who don’t feel confident or have the computer technology. It’s a friendly class with benefits of keeping moving and it also gives people chance to chat with each other in the group of five people.



Exercise booklet and Equipment

Everyone should have copies of the exercise booklet and exercise bands. There are so many options available now. We can offer DVDs and players, bands with handles for people struggling with grip and also we have some pedometers.

***Please let us know which activity / activities are suiting you. If you want to try anything new or have any comments or ideas let us know. We are all learning together. ***

Contact Numbers

Julie McBride	07568109699
Jackie Hanley	0161 207 7000
Neil Wise	07720613920

Notes

Answer to word jumble page 3

Health

Coordination

Muscles

Balance

Hydration

Exercise