**Trafford Falls Prevention Week 2025**

**Audrey’s Story: from falls to finding your feet again**

When 76-year-old Audrey Watson first started to notice her balance slipping, everyday tasks became a worry. Uneven pavements made her nervous, and a series of falls left her feeling vulnerable and less confident about going out.

“I’ve had a few falls, so I have to be very careful when I’m walking,” Audrey explains. “Sometimes the pavements are so uneven that I’ve ended up walking in the road instead. It wasn’t a nice way to live — always anxious about the next fall.”

That all began to change when Audrey joined the Strength and Balance classes at Age UK Salford and Trafford in Urmston. The friendly, expert-led sessions combine chair-based and gentle standing exercises to build strength, stability and confidence.

“It’s basically chair exercise, but it really works,” says Audrey. “The classes have helped me with my arthritis and made me feel stronger. I’ve managed to stop falling because I’ve built up that bit of extra strength in my bones. I think that’s important for everyone, especially as you get older.”

For Audrey, the classes have provided more than just physical benefits.

“It’s a lovely group. We all chat to each other, and if someone’s missing we want to know where they are. It’s all ages, all abilities, and it feels really supportive. Instead of sitting at home worrying, you’re doing something positive for yourself — and having a laugh along the way.”

Audrey’s advice to anyone thinking about joining is simple: do it.

“I think it’s great because it helps with your confidence. Being retired doesn’t mean you’re at the end of the road. You’ve still got to keep moving, keep your body active, eat well, exercise well and get a good night’s rest.”

Thanks to her determination and the support of the Strength and Balance programme, Audrey has found her feet again — and she’s encouraging others to do the same.

Find out more about Age UK Salford and Trafford, visit:

<https://www.ageuk.org.uk/salfordandtrafford/>

For general advice and support, you can also speak to your GP or health visitor.