**Trafford Falls Prevention Week 2025**

**Brian’s Story: From Strokes and Falls to Stability and Strength**

When Brian Frost reflects on the last few years, he doesn’t downplay the challenges. After suffering two strokes, several bad falls, and undergoing hip replacements, his confidence and mobility were badly shaken.

“I’ve had quite a few falls, and I just wasn’t stable,” Brian explains. “It really knocked my confidence. I didn’t feel safe.”

That began to change when Brian joined the Strength and Balance classes at Age UK Salford and Trafford in Urmston. The sessions, designed to help older people stay active and steady on their feet, have made a huge difference to his daily life.

“I think it’s fantastic,” says Brian. “The classes have helped me tremendously. I even do the exercises at home while watching television. I’m a lot more stable now than I ever was.”

For Brian, the benefits are practical as well as social.

“Even if you do fall, the instructors show you how to get up safely. That’s been invaluable. I go to a stroke group and I’ve been able to share what I’ve learned with others too. We’ve got a wonderful instructor, Donna, and Mark who assists is great. It’s very social and supportive, and honestly, coming here is the best day of my week.”

Brian is keen to encourage others to give the classes a try.

“I think it’s marvellous. You learn about muscles and ligaments you never knew you had. I think I speak for everyone — it’s a wonderful education and a great experience. I really appreciate everything it’s given me.”

Thanks to the programme, Brian has regained both strength and confidence. For him, the message is simple: staying active and supported can help you find your feet again, no matter what life has thrown at you.

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.