



Falls Prevention Service

Supporting people in Trafford to stay strong, steady, and independent.

- Postural Stability classes
- Information, advice & practical support to individuals
- Support to care homes and community groups

0161 672 9642

tomsnape@ageuksalfordandtrafford.org.uk
www.ageuksalfordandtrafford.org.uk

Age UK Salford and Trafford provides the following classes:

Chair based exercise session to help with general everyday life.

Please call for availability.

WEDNESDAY 9.30am - 10.15am @ Age UK Salford & Trafford in Urmston

Postural Stability Classes

A programme of classes accessed via assessment.
Only for those adults who are at risk of falling. Referral only.

MONDAY 10.15am - 11.00am @ Limelight in Old Trafford
MONDAY 2.00pm - 3.00pm @ All Saints Church in Hale Barns
MONDAY 3.00pm - 4.00pm @ All Saints Church in Hale Barns
WEDNESDAY 10.30am - 11.15am @ Age UK Salford & Trafford in Urmston
WEDNESDAY 12.00pm - 12.45pm @ Salvation Army in Sale
THURSDAY 10.30am - 11.15am @ Elkin Court in Partington
FRIDAY 11.00am - 11.45am Online class via Zoom

Maintenance Classes

Follow on programme to continue to develop strength and balance.

WEDNESDAY 1.15pm - 2.00pm @ Fiona Gardens in Sale
THURSDAY 2.00pm - 3.00pm @ Shawe Hall Community Centre - Urmston

Please contact us on **0161 672 9642** as these classes are sometimes subject to change.