

Transport

All venues can be accessed by bus. Details can be found by planning your journey at www.myjourneysouthampton.com

If you are unable to access public transport or attend the classes without support, we can organise transport so you can attend.

A contribution towards the cost of transport is requested. Please discuss requirements when booking.



Falls Revolution Programme

Delivered by Age UK Southampton in partnership with Saints Foundation, Solent NHS Trust and Southampton City Council Supported Housing

To make a donation to support our vital services, visit www.ageuksouthampton.org.uk/donate or text "AUKS15£5" to 70070

Age UK Southampton

Freemantle & Shirley
Community Centre
Randolph Street
Southampton SO15 3HE

023 8036 8636
info@ageuksouthampton.org.uk
www.ageuksouthampton.org.uk



What is the Falls Revolution Programme?

This programme provides low-cost exercise classes led by specialist trained Level 4 Postural Stability Instructors.

Each class will run for a minimum of 12 weeks and is designed to help reduce the risk of you experiencing a further fall.

The Falls Revolution Programme is a continuation and progression of the exercises you will have already undertaken.

Other support

- Support to address other issues that have the potential to impact on your Quality of Life; this could include, for example, a financial well-being check, or provision of an Age UK Southampton home-visitor if you live on your own and feel lonely or isolated
- Sloppy Slipper Exchange, opportunity for us to replace your poorly fitted or worn slippers that may cause you to fall
- Support beyond the 12 week programme to continue to improve your mobility

Referral criteria

You can only be referred by the NHS Community Independence Service or Community Neurological Rehabilitation Team who will assess your suitability to join our Falls Revolution Programme by completing a comprehensive Falls Assessment .

Investing in your health

A contribution towards the cost of running these classes is requested payable each week or if preferred as a single contribution for the whole 12 weeks.

Where and when classes are held?

Wednesday afternoons at

Challis Court, Southampton

SO14 3DQ

Classes run from 14:00-16:00

Tuesday mornings at

Graylings Court, Beechfield Court, Off Regents Park Road, Shirley, Southampton SO15 8SL

Classes run from 11:00-13:00

Thursday afternoons at

Fairfax Court, Community Room, Hinkler Road, Thornhill, Southampton SO19 6FU

Classes run from 13:00-15:00

Friday mornings at

Bassett Green Court, Bassett Green Village, Southampton SO16 3FH

Classes run from 11:00-13:00

NB: Each class is split into 2 groups dependent on ability. Each class is 45 minutes long.

For more information please call

023 8036 8636

or email info@ageuksouthampton.org.uk

www.ageuksouthampton.org.uk