



Falls Prevention Service

The Balance Programme

Helping the people of Trafford stand strong against falls

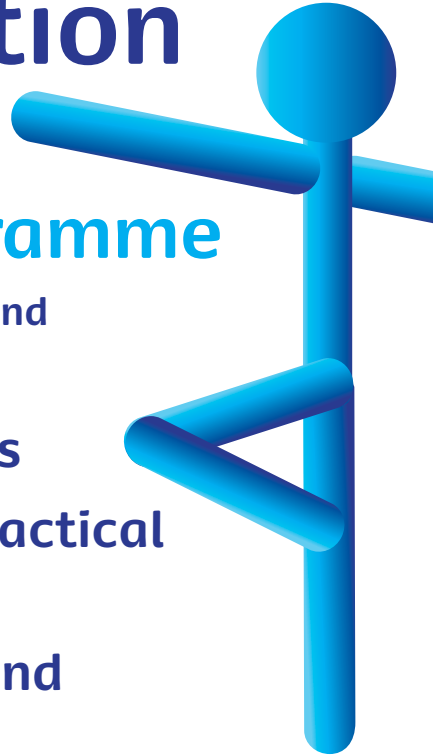
- Postural Stability classes
- Information, advice & practical support to individuals
- Support to care homes and community groups

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www.ageuktrafford.org.uk

Registered Charity No. 1109047



Our Programmes

Postural Stability

8 Week programme by assessment only, for adults who are at risk of falling. Evidence based exercises for staying active and reducing the chance of falling.

Monday

10.15am-11.00am

Limelight
1 St Brides Way
Old Trafford
M16 9NW

3.00pm-4.00pm

All Saints Church
Hale Road,
Altrincham,
WA15 8SP

Tuesday

11:45am - 12:45pm

Age UK Trafford,
The Sharples Building,
1-3 Church Road,
Urmston,
M41 9EH

Wednesday

12:00pm - 12:45pm

Fiona Gardens,
29 Atkinson Road,
Sale,
M33 6GG

Thursday

10:30am - 11:15am

Elkin Court,
42A Hardwick Rd,
Partington,
M31 4DT

Maintenance Fit

An 8 week follow on programme for those completing the initial postural stability programme.

Wednesday

10:00 am - 11:00 am

Age UK Trafford, The Sharples Building, 1-3 Church Rd, Urmston , M41 9EH

1:30 pm - 2:30 pm

Fiona Gardens, 29 Atkinson Road, Sale, M33 6GG

Healthy Hips & Hearts

Exercise session to help with general everyday life. The sessions aim to improve overall wellbeing, fitness and increase social interactions and are not time limited.

Every Tuesday

09:30 am - 10:15 am

Age UK Trafford, The Sharples Building, 1-3 Church Rd, Urmston , M41 9EH

Classes are free for 8 weeks – we may make a £2.00 charge per session thereafter

Additional Support is offered from Age UK Trafford by delivering bespoke programmes in care homes for staff and residents where appropriate