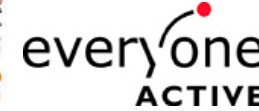




Ageing Well Targeted Falls Prevention – Strength and Balance Programme March – September 2022

City-wide delivery, as agreed by Ageing well Board, to support residents to improve their strength and balance to reduce falls and social isolation

Delivery partner	Area of the city	Additionality	Activity	Contact details
Pallion Action Group 5 Eastmoor Road, Pallion SR4 6QW	Pallion, Barnes, St Anne's, and Millfield areas		Weekly yoga and Pilate's sessions specifically targeting, vulnerable older residents at risk of falling, to improve their strength and balance.	Karen Noble 0191 5142011 www.pallionactiongroup.co.uk
St Luke's Neighbourhood Trust Merle Terrace, Pallion SR4 6SF	Pallion area, Millfield, and Ford Estate	Transport will pick up and drop off from people's homes who need to have this option.	Falling on Your Feet (FOYF) is a contemporary high quality dance programme for people aged 65+. FOYF's aim is to improve balance and coordination to help prevent falls	Lian Maltas 07522372881 lukescentre@gmail.com
Active Families NE CIC Ryhope Community Centre Pennywell Community centre	Pennywell, Usworth and Ryhope and surroundings areas		Mission 2 Mobility for Active Families - YouTube Active Families have been devising a new intervention with the aim of improving the physical and mental wellbeing of older people with a particular emphasis on increasing levels of fitness, strength, and balance to reduce the risk of falls and further deterioration of their mental health.	Kelly Brougham 07946269005 kelly@activefamiliesne.co.uk



<p>Everyone Active Sunderland Sunderland Aquatic Centre</p>	<p>Silksworth, Sandhill, Hendon</p>	<p>Parkinson's UK have access to funds to provide transport around the City</p>	<p>Working in partnership with Parkinson's UK, Sunderland Parkinson's UK branch and NHS Parkinson's physiotherapists Everyone Active will host and deliver an exciting new health and wellbeing pilot and project</p>	<p>Craig Buchanan 07920292367 craigbuchanan@everyoneactive.com</p>
<p>Foundation of Light Beacon of Light Stadium Park Sunderland SR5 1SN</p>	<p>Houghton, Redhill, Ryhope</p>	<p>Burn Promenade, DH4 5EJ Pembroke Court, SR5 4DF Wadham Court, SR2 0AP,</p>	<p>'Strength and Balance' will target those residents who are at risk of frailty and will support them in a group exercise programme in their communal areas. The 12-week programme will be predominately seated advancing to standing and some balance challenge exercises. All sessions involve weekly homework tasks and confidence building and support. The participants will receive a workbook to support their participation in the programme.</p>	<p>Keith Brazier 0191 563 4757 Keith.brazier@foundationoflight.co.uk</p>
<p>Sunderland Culture National Glass Centre, Liberty Way, Sunderland</p>	<p>Washington central and East, Hendon, Hetton, Shiney row and Copt hill</p>		<p>The Dementia Friendly swim sessions will be held in Everyone Active venues in both Washington and in Raich Carter in Hendon</p> <p>Dance Dance Dance will be held in Washington Art Centre which is in the Washington East ward. This corresponds with a high proportion of people over 65 that have a recorded support need in that area.</p>	<p>Vicki Kennedy 0191 5155555 7904781228 vicki.kennedy@sunderlandculture.org.uk</p>



FOUNDATION OF LIGHT
THE WORLD AT YOUR FEET



			<p>Dance and Aerial Programme will be held at Everyone Active and Tempest Dance Studio, both in Washington Central, the fifth highest area with people over the age of 65 with a health recorded health need.</p> <p>Gentle Walking Programme can practise a flexible delivered project base and has the ability to utilise green spaces across the City. A total of ten walks can be programmed in a specifically targeted area such as Hetton/Shiney Row/Copt Hill Coalfields residents (all with high numbers of assisted bin collections) for example.</p>	
<p>Southwick Altogether Raising Aspirations (SARA) and the Salvation Army p</p>	<p>Southwick</p>	<p>Guildacre Fields, Lord Gort Close, Albany House and St Columba Court.</p>	<p>Propose to work together to deliver a project that supports older residents at risk of falling to improve their strength and balance and reduce their social isolation. The project will involve four sheltered housing schemes in the Southwick ward Qigong classes will be delivered to participants aged 65+. Qigong is a gentle exercise which can be undertaken in a seated position if required, it improves balance, posture, endurance, flexibility, and coordination. The activities will be based at Guildacre Fields (10 weeks) Lord Gort Close (10 weeks) and Austin House</p>	<p>Vicki Neal/ Graham Wharton 07867156667 Vicki.neal@sunderland.gov.uk Graham.Wharton@salvationarmy.org.uk</p>



			<p>(20 weeks) residents from Albany House and St Columba Court will be offered free transport to and from the activities. Residents from the Southwick ward will also be welcome to the classes. Advertising for activities will be via sheltered housing scheme managers, posters in housing schemes, doctors' surgeries, community centres etc, social media and leaflet drops.</p>	
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