

Sunderland Strength and Balance Programme March 2023 – December 2023

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

[View our falls prevention video](#)

Strength and Balance programme is an evidence based (OTAGO) exercise program, funded by Sunderland City Council for people who live in Sunderland. This exercise program targets vulnerable, mildly, and moderately frail over 55s who have a history of falls and/or fear of falling with the key aim of improving their independence and confidence and reduce falls, whilst promoting 'Healthy Ageing' and a lifelong participation in exercise and activity.

Referral Criteria:

- Motivated to improve and committed to attend a 14-week exercise class in a group setting alongside weekly home exercises
- Aged 55 years+ and live in Sunderland
- History of falls or near misses, fear of falling or reduced confidence, identified as having strength and balance deficits
- Identified as either vulnerable, mildly frail, or moderately frail (Rockwood Clinical Frailty Score 4-6).
- Identified as having strength and balance deficits
- Able to mobilise independently with aids (3 or 4 wheeled walker/stick) or unaided
- Able to sit to stand from a chair using arms independently
- Able to stand for several minutes at a time, with or without support (such as holding onto a chair, if required)
- Medically stable and in control of any long-term conditions they may have
- Timed up and go test: between 14 and 25 seconds

Exclusion Criteria:

- Moderate/severe aortic stenosis
 - AAA inoperable
 - Recent injurious fall without medical examination
 - Uncontrolled angina
 - Resting SBP >180mmHg or resting DBP >100mmHg
 - Uncontrolled Postural hypotension or Symptomatic drop in BP during exercise
 - Tachycardia >100 bpm
 - Acute systemic illness
 - Unstable or acute heart failure
 - Advanced Parkinson's disease
 - Visual or vestibular disturbances
 - Uncontrolled Pain
 - Cognitive impairment
- Which may limit their ability to take part in the group or place other participants at risk*

(American College of Sports Medicine and American Heart Association Joint Position Statement. 1998. Recommendations for cardiovascular screening, staffing and emergency policies at health/fitness facilities. *Medicine and Science in Sports and Exercise*, pp.1009-1018.)

For any information regarding the programme please contact
Jackie.nixon@sunderland.gov.uk



Area and contact	Place	Day	Time
<p style="text-align: center;">North</p> <p style="text-align: center;">Contact Details for All North programmes</p> <p>Call: 0191 5634749 Email: jade.Gibertson@foundationoflight.co.uk</p>	Anchor St Margaret Court Castle SR5 3ED	Tuesday Start: June 13 th , 2023 End: Sept 12 th 2023	1.00pm
	Alexandra View Southwick SR5 2AF	Friday Start 23 rd June 2023 End 22 nd Sep 2023	10.00am
	Springtide Cove, St Peters SR6 0EA	Monday Start: June 26 th , 2023 End: Sept 25 th 2023	2.00pm
	Castletown Methodist Church Castletown SR6 3DS	Thursday Start 29 th June 2023 End 28 th Sep 2023	2.45pm
	Fulwell Library Fulwell, SR6 8EH	Tuesday Start 1 st August 2023 End 31 st October 2023	10.00am
Area and contact	Place	Day	Time
<p style="text-align: center;">West</p> <p style="text-align: center;">Contact Details for all East programmes</p> <p>Call: 07458 324 537 Email: mission2mobility@gmail.com</p>	Pennywell Community Centre SR4 9AX	Tuesday Start: June 20 th , 2023 End: Sep 14 th 2023	Group-1: 1.00pm Group-2: 2.00pm
	Broadway Youth & Community Centre SR4 8LP	Thursday Start: June 22 th , 2023 End: Sep 14 th 2023	Group-1: 5.00pm Group-2: 6.00am
	Silksworth Cricket Club SR3 1LL	Thursday Start: Sep 21 st , 2023 End: Dec 14 th 2023	Group-1: 1.00pm Group-2: 2.00pm

For any information regarding the programme please contact Jackie.nixon@sunderland.gov.uk



Area and contact	Place	Day	Time
<p style="text-align: center;">East</p> <p style="text-align: center;">Contact Details for all East programmes</p> <p style="text-align: center;">Call: 07458 324 537 Email: mission2mobility@gmail.com</p>	St Marks Community Association SR4 7BN	Thursday Start: June 22 th , 2023 End: Sep 14 th 2023	Group-1: 1.00pm Group-2: 2.00pm
	Back on the Map, 45 Vilette Road Hendon, SR2 8RH	Thursday Start: June 22 nd , 2023 End: Sep 14 th 2023	Group-1: 10.00am Group-2: 11.00am
	Young Asian Voices SR1 1HG (Women only)	Monday Start: Sep 18 th 2023 End: Dec 17 th 2023	Group-1: 9.30am Group-2: 10.30am
	Ryhope Community Centre SR2 0RW	Tuesday Start: Sep 19 th , 2023 End: Dec 13 th 2023	Group-1: 9.30am Group-2: 10.30am
	The Box Youth Project SR3 2UY	Friday Start: Sep 22 nd , 2023 End: Dec 15 th 2023	Group-1: 9.30am Group-2: 10.30am
Area and contact	Place	Day	Time
<p style="text-align: center;">Washington</p> <p style="text-align: center;">Contact Details for all Washington programmes</p> <p style="text-align: center;">Call: 0191 537 3231 Email: info@communityopportunities.co.uk</p>	Millennium Centre Washington NE37 2QD	Monday Start: June 12 th , 2023 End: Sep 11 th 2023	1.00pm
	The Top Club NE37 3BD	Tuesday Start: June 13 th 2023 End: Sep 12 th 2023	Group-1: 9.30am Group-2: 10.30am
	Albany Village Centre NE37 1UB	Friday Start: June 16 th , 2023 End: Sep 15 th 2023	Group-1: 9.30am Group-2: 10.30am
	Columbia Village Community Association NE38 7ET	Tuesday Start: Sep 19 th , 2023 End: Dec 13 th 2023	Group-1: 1.00pm Group-2: 2.00pm

For any information regarding the programme please contact Jackie.nixon@sunderland.gov.uk

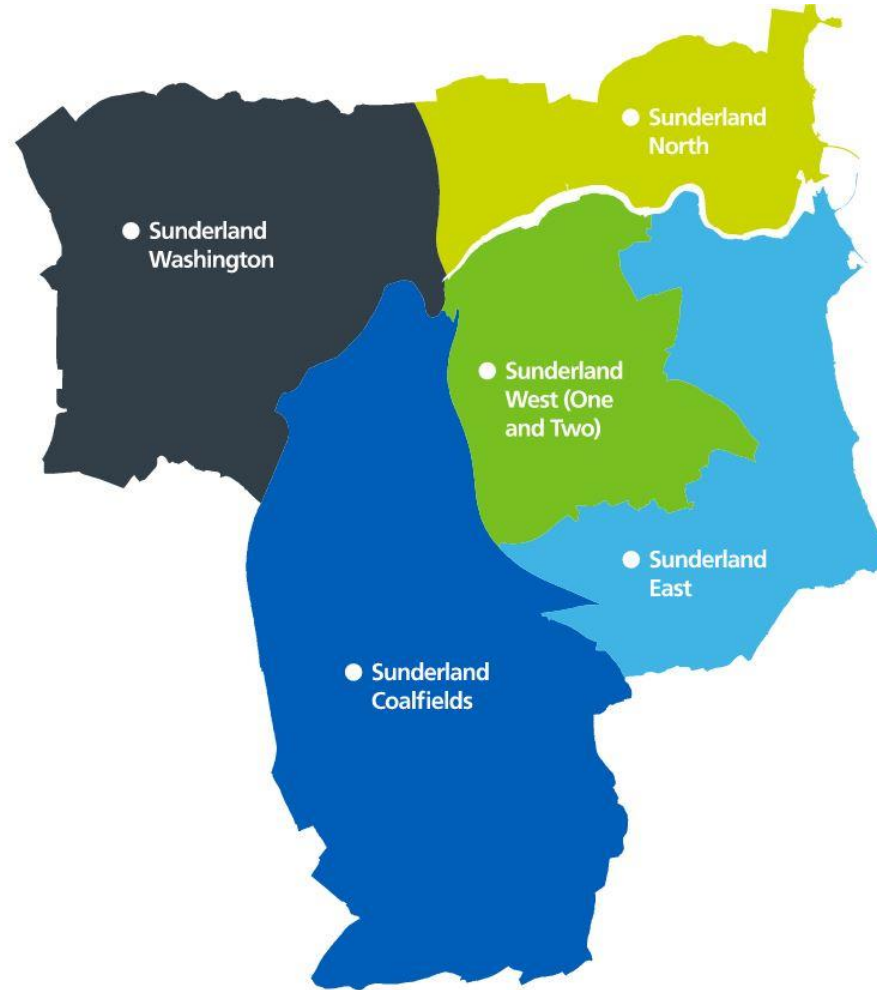


Area and contact	Place	Day	Time
<p style="text-align: center;">Coalfield</p> <p style="text-align: center;">Contact Details for all Coalfield programmes</p> <p style="text-align: center;">Call:0191 584 3840 Email:houghtoninfo@everyoneactive.com</p>	<p style="text-align: center;">Houghton Sports and Wellness centre DH4 5AH</p>	<p style="text-align: center;">Thursday Start: May 4th, 2023 End: Aug 3rd 2023</p>	<p style="text-align: center;">2.30pm</p>
	<p style="text-align: center;">Hetton Sports & Wellbeing Centre DH5 9LZ</p>	<p style="text-align: center;">Tuesday Start: June 20th, 2023 End: Sep 19th 2023</p>	<p style="text-align: center;">12.00noon</p>
	<p style="text-align: center;">Houghton Sports and Wellness centre DH4 5AH</p>	<p style="text-align: center;">Thursday Start: June 22nd, 2023 End: Sep 21st 2023</p>	<p style="text-align: center;">11.30am</p>
	<p style="text-align: center;">Houghton Sports and Wellness centre DH4 5AH</p>	<p style="text-align: center;">Thursday Start: June 22nd, 2023 End: Sep 21st 2023</p>	<p style="text-align: center;">1.00pm</p>
	<p style="text-align: center;">Hetton Sports & Wellbeing Centre DH5 9LZ</p>	<p style="text-align: center;">Tuesday Start: Aug 8th, 2023 End: Nov 7th 2023</p>	<p style="text-align: center;">10.30am</p>
	<p style="text-align: center;">Houghton Sports and Wellness centre DH4 5AH</p>	<p style="text-align: center;">Thursday Start: Aug 10th, 2023 End: Nov 9th 2023</p>	<p style="text-align: center;">2.30pm</p>

For any information regarding the programme please contact Jackie.nixon@sunderland.gov.uk



Sunderland Area Map



For any information regarding the programme please contact Jackie.nixon@sunderland.gov.uk