

What to Wear

You don't need to have the latest trainers and sportswear to attend the Strength & Balance programme. You simply need to have:

- > Comfortable clothes that allow you to move freely and safely
- > Suitable footwear – good fitting comfortable shoes/trainers with ankle support and non-slip soles.



“Exercising in a class is great! We can encourage each other”

How do I Register?

Contact the SHSCT Falls Team Co-ordinator on
028 3756 4909
for a telephone consultation.

You may need to attend your local falls clinic for an assessment before commencing a Strength & Balance programme.

You can get further information on falls prevention and watch a demonstration of Strength and Balance exercise at

<https://www.nidirect.gov.uk/articles/keeping-mobile-and-preventing-falls>



Stay Steady

 Southern Health and Social Care Trust
Quality Care - for you, with you

In association with

accidents don't have to happen



Stay Steady

Community Strength & Balance Programme



What is Strength & Balance?

Strength & Balance is a physical activity programme which aims to help people over the age of 55 years of age to improve their balance and posture and strengthen their muscles. The programme is for those who have been identified at risk of falls or who have a fear of falling.



“I feel stronger and am able to walk better”

Why should I attend Strength & Balance?

The Strength & Balance programme will help to:

- Increase your physical activity levels;
- Improve your posture, muscle strength, balance and coordination;
- Reduce your risk of falling;
- Improve your confidence and overall feelings of health and wellbeing.



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Community Strength & Balance Classes

Department of Health guidelines recommend all adults should complete 150 minutes of physical activity in a week. Older adults at risk of falling should also undertake physical activity to improve muscle strength, balance and coordination at least twice a week

Will I be Supervised?

The Strength & Balance programmes are based in local community venues and in Leisure Centres across the Southern Trust area and delivered by local facilitators.

Your facilitator will have experience in delivering physical activity programmes and has received specialist training from Physiotherapists in the Southern Health and Social Care Trust to deliver the Strength & Balance programme.

You will also learn simple exercises you can carry out at home and incorporate into your everyday life