

# Strength & Balance Programme

## Getting Active – Falls Rehabilitation Group

A new programme has been developed by the Belfast HSC Trust to assist older people who have had a fall or are considered to be at risk of falling. The 12 week Strength & Balance programme will help to increase physical activity levels, improve confidence and lower the risk of further falls.

### Strength & Balance Programme

The programme combines a variety of strength, balance, co-ordination, flexibility and chair exercises tailored to suit all abilities. The programme is beneficial as the exercise help improve strength, balance and reduce the risks of having a fall / further falls.

### Benefits of Regular Exercise

Attending a Strength & Balance class for falls prevention can reduce the risk of falls by up to 54%. It can also have a major impact on mental well-being by reducing isolation, improving independence and reducing depression (AgeUK).

### Programme Schedule

#### Strength & Balance Classes delivered at the following locations:

Monday	Grove Wellbeing Centre @ 1pm
Tuesday	Hanwood Centre @ 12 noon Girdwood Community Hub @ 2.30pm
Wednesday	Shaftsbury Recreation Centre @ 11.30am Avoniel Leisure Centre @ 2.30pm
Thursday	Maureen Sheehan @ 2pm

If you would like further information on the programme, you can contact

**Telephone:** 02895 047656

**E-mail:** FallsServices@belfasttrust.hscni.net

