

Lifestyles Team

- What do we provide?
- 12 weeks of NHS funded strength and balance exercise classes run by Postural Stability Instructors.
- For people who:
 - ✓ Have fallen or have a fear of falling,
 - ✓ Have a feeling of reduced balance
 - ✓ Have a diagnosis of Osteopenia/Osteoporosis

Torbay and South Devon
NHS Foundation Trust



The poster features a photograph of a smiling woman and man holding resistance bands. The text on the poster includes the NHS logo, the title 'Healthy Lifestyles', and 'Strength & Balance Exercise Classes'. It lists benefits such as improved strength, confidence, and quality of life, and provides a map of local locations. At the bottom, it offers contact information for signing up.

Healthy Lifestyles
Torbay and South Devon
NHS Foundation Trust

Strength & Balance Exercise Classes
Fun social, **FREE** exercise sessions in Torbay & South Devon

Why should I attend?

- Improve strength and balance
- Improve confidence
- Improve mobility & flexibility
- Improve quality of life
- Meet new people

How long can I attend?
12 weeks, once weekly

How do I sign up? Speak to your GP for more information or call 0300 456 1006 to refer yourself

Locations: Bovey Tracey, Newton Abbot, Buckfastleigh, Totnes, Dawlish, Teignmouth, Torquay, Paignton, Brixham, Dartmouth

Who are the groups aimed at?

The groups are aimed at people presenting with early signs of frailty-
Typically Rockwood score 4 (Vulnerable).

To attend they must be able to:

- Safely mobilise outdoors with stick or rollator (3/4 wheeled)
- Get on/off dining chair without/minimal use of arms
- Stand unsupported for 1 minute .

Note: If people are presenting with higher levels of frailty /dependency and are in need of health and social care support, they should be referred to the relevant local Intermediate Care/Community Therapy Team or Care Direct.

How to refer?

- Electronic referral form on ICON under Community Falls Resources:
<https://icon.torbayandsouthdevon.nhs.uk/areas/falls/Documents/New%20PSI%20form.doc>
- Self Referral via Lifestyles Team. Tel: 0300 456 1006

Our outcomes:

- No of referrals 2020-21 = 439
- Average changes for those who completed the programme
 - Confidence in maintaining balance (ConfBal) increased by 10%
 - Fear of falling reduced by 11%
 - Berg balance score increased by 10%
 - Timed up and go (TUAG) improved by 21% (Average 4 secs quicker over 3m)
- **59% Reduction in falls.**

A Testimony:

- 77 year old woman who lived alone and had bilateral hip replacements in 2020
- Post Covid lockdown, presented with low mood, agoraphobia, fear of falls and furniture walking. Berg balance score: 39/56
- Supported with telephone home exercise input initially and then attended 12 week strength and balance exercise class course.
- On discharge mobilising confidently with a stick indoors, resuming social life and Berg balance score: 54/56
- Referred to Health and Wellbeing Team for support regaining confidence with outdoor mobility.
- Joined follow on PSI led exercise class.

In her words:

“Self-referring for the Strength and Balance Exercise Classes is one of the best things I could have done.

Within a warm, welcoming, friendly and supportive environment, along with the camaraderie of other participants and the expert guidance of a dedicated instructor, as well as making the necessary commitment, I have also been encouraged to attempt challenges specific to my individual needs and have been surprised at my achievements.

My self-confidence and self-esteem continue to improve along with my balance, strength, flexibility and mobility. There is still plenty of room for on-going and continuous improvement but I am now on the way towards a more healthy and active lifestyle, for which I am extremely grateful and appreciative”