

Falls and Frailty

Early intervention

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Healthy Lifestyles Team

The magic pill?

- Exercise
 - More specifically strength and balance exercises
 - Evidence based to reduce the risk of falls and improve bone health
 - Increased social interaction
 - Get the prescription right

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

Wrap around support

- Health Coaching
 - Behaviour change support
 - Weight management
 - Physical activity offers
- Stop smoking
 - Cause of premature disability
 - Reduced function / ADLs
 - Health inequalities

The poster features a blue header with the NHS logo and 'Torbay and South Devon NHS Foundation Trust'. Below this is a teal box with 'Healthy Lifestyles' in white. To the right, a grey footprint graphic contains the text 'Small Steps... Right Direction'. The main body of the poster is white with teal text: 'WE CAN HELP YOU TO:'. Below this are six colored boxes: 'stop smoking' (blue), 'lose weight' (pink), 'move more' (orange), 'improve mood' (yellow), 'drink less' (purple), and 'live well with type 2 diabetes' (green). A teal call-to-action box at the bottom says 'What are you waiting for? Complete our online quiz and start the journey to a healthier you today!'. At the very bottom, there is a QR code, a phone number 'Call: 0300 456 1006 (local rate number)', a browser search instruction 'Search 'Torbay Lifestyles' in your browser', and a website and email address: 'Web: www.tsdftr.uk/lifestyles Email: torbaylifestyles@nhs.net'.

Healthy Lifestyles

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“Small Steps...
Right Direction”

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What are you waiting for?
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the journey to a healthier you today!

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We want you to...

- Ask, Advise, Act (AAA)
 - Have the conversation
- Refer
 - Directly or via self-referral
- Promote
 - Update practice websites
 - Links to movement snacks
 - Share resources



Healthy
Lifestyles
www.tsdft.uk/lifestyles



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