



# Keeping Your Balance

## Reduce your risk of falls and maintain your independence

One of the best things you can do to help prevent having a fall is to maintain your muscle strength. Below you will find some links to exercise videos and also information on potential groups and classes you could attend.

### Exercise Videos:

Low impact chair workout

<https://youtu.be/rPgkBScHfsc>

Low impact cardio & conditioning workout

<https://youtu.be/NuBfgjuyovw>

NHS website strength exercises

[www.nhs.uk/live-well/exercise/strength-exercises/](http://www.nhs.uk/live-well/exercise/strength-exercises/)

### Fall Friends Online / Phone Sessions

Hampshire Healthcare Foundation Trust, Hampshire County Council and Hampshire Fire and Rescue Service have worked in partnership to develop the Falls Friends programme. They host a one-hour session online on the

last Thursday of every month (except August) from 10:30-11:30. You can also access the session by phone. To book call 02382 311657 or email [specialistfallsteam@southernhealth.nhs.uk](mailto:specialistfallsteam@southernhealth.nhs.uk)

### NHS balance groups

This is a 12-week programme of sessions which are a combination of physical exercise and education around falls prevention. They are currently held at Everton Pavilion, St Andrews Church in Dibden Purlieu and Trinity Church in Totton.

To learn more you can visit their website below:

[www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/falls-prevention](http://www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/falls-prevention)

To be referred please contact our Social Prescribers using the self-referral option on the New Forest PCN website ([www.newforestpcn.co.uk](http://www.newforestpcn.co.uk)). In the self-referral state that you are interested in a referral to NHS balance groups.

### Steady and Strong



Steady and Strong classes for older adults have been developed by experts to increase your strength and balance, helping you to stay stronger for longer and able to keep doing the things you love. You will do a mix of seated and standing exercises, with chair support for those who need it.

These sessions are paid but are good value. There are various locations around the New Forest which you can self-refer to. Further details are on the website below or contact your local Freedom Leisure Centre.

[www.hants.gov.uk/socialcareandhealth/adultsocialcare/balanceclasses](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/balanceclasses)

### Chair Yoga Options (paid)\*

Chair yoga is a great way to build your strength and confidence as well as a way to meet up with other people in a social environment. There are many sessions running locally with details of some examples on the next page:

|   |  |
|---|--|
| <b>Milford Community Centre (The Bridge)</b> <ul style="list-style-type: none"> <li>• Fridays, 15:30-16:30, £5 including refreshments</li> <li>• Diana 07807016124</li> </ul> | <b>Milford on Sea, Scout Hut</b> <ul style="list-style-type: none"> <li>• Tuesdays 11:15-12:00</li> <li>• Alison 07709314222</li> </ul>  |
| <b>Hordle, WI Hall</b> <ul style="list-style-type: none"> <li>• Thursdays, 11:00-12:00</li> <li>• <a href="http://www.yogawithalexa.org">www.yogawithalexa.org</a></li> </ul> | <b>New Milton, Forest Arts Centre</b> <ul style="list-style-type: none"> <li>• Wednesdays, 09:15 and 10:30</li> <li>• 01425619983</li> </ul>   |
| <b>Lymington Community Centre</b> <ul style="list-style-type: none"> <li>• Seated Dance Fit</li> <li>• Tuesdays, 10:00-10:45</li> <li>• 01590672337</li> </ul>                | <b>Lyndhurst</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Nancy with the smiling face</li> <li>• 07721 603819 (WhatsApp ideally or SMS)</li> <li>• <a href="mailto:nancy.with.the.smiling.face@hotmail.com">nancy.with.the.smiling.face@hotmail.com</a></li> </ul> |

\*other providers are available

### Other resources

This Scottish NHS website has lots of information about falls prevention:

[www.nhsinform.scot/healthy-living/preventing-falls/](http://www.nhsinform.scot/healthy-living/preventing-falls/)



Hampshire County Council has a page on falls prevention which contains links to lots of the services also listed on this document.

[www.hants.gov.uk/socialcareandhealth/adultsocialcare/falls-prevention](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/falls-prevention)



### What to do if you have a fall?

The following Scottish website has lots of useful information on what to do if you have a fall. The main starting point is to check for injuries. If you are not hurt then you should try to get up slowly. If you are hurt or unable to get up then call for help, try and keep warm and move around a bit on the floor at times while you wait.

[www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall](http://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall)

### Care Line / Pendant Alarms

Having a care line can be a useful way to contact someone in an emergency if you are unable to reach the phone. Some options can even automatically alert if they sense a fall.

| Provider*   | Contact Information  |
|---|--|
|  <p><b>New Forest</b><br/>DISTRICT COUNCIL<br/>Appletree Care Line</p> | <p>New Forest District Council run a service called Appletree Careline<br/>           Website: <a href="http://www.newforest.gov.uk/article/2729/Our-community-alarm">www.newforest.gov.uk/article/2729/Our-community-alarm</a><br/>           Email: <a href="mailto:appletree.careline@nfdc.gov.uk">appletree.careline@nfdc.gov.uk</a><br/>           Phone: 023 8028 5523</p> |
|  <p><b>argenti</b><br/><i>for an independent life</i><br/>Argenti</p>  | <p>Hampshire Council Recommend Argenti<br/>           Website: <a href="http://www.argenti.co.uk/hampshire/">www.argenti.co.uk/hampshire/</a><br/>           Email: via form on their website<br/>           Phone: 0800 0087500</p>   |

\*other providers are available

## Useful Organisations

### Age Concern Hampshire



[www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)  
01962 868545  
[enquiries@ageconcernhampshire.org.uk](mailto:enquiries@ageconcernhampshire.org.uk)

Age Concern Hampshire's Information Hub is available to older people, their friends, family and carers. Their team can provide information and support with online applications such as Attendance Allowance, Blue Badge Scheme as well as Benefit Checks.

### Hope (Helping Older People New Forest)



[www.hopenewforest.org](http://www.hopenewforest.org)  
01425 629 009  
[contact@hopenewforest.org](mailto:contact@hopenewforest.org)

Hope are able to support you in claiming various benefits and services:

- Attendance Allowance
- Blue Badge permits
- Pension Credit
- Taxation
- Benefit claims
- Disability rights
- Pension allowances
- Rent problems
- Utility bill problems

They also run a befriending service.

### New Forest Disability



[www.newforestdis.org.uk](http://www.newforestdis.org.uk)  
01425 628750  
[info@newforestdis.org.uk](mailto:info@newforestdis.org.uk)

6-8 Osborne Road, New Milton, Hampshire, BH25 6AD  
Open 09:30 – 16:30 weekdays

New Forest Disability is a charity providing free, impartial, confidential disability-related information, advice and guidance to people in the New Forest of any age affected by any disability. They have a shop near the water tower in New Milton where you can buy new or used equipment.

### Princess Royal Trust



**Princess Royal Trust**  
for Carers in Hampshire

[www.carercentre.com](http://www.carercentre.com)  
01264 311680  
[Info@carercentre.com](mailto:Info@carercentre.com)

The Princess Royal Trust are there to help unpaid carers, with free information, support, advice, contingency and emergency planning, resources and more. They can provide you with support to discuss, develop and implement an emergency plan so that replacement care can be provided for the person you care for in the event of an emergency.