

Falls Prevention Week 2022

19-25th September 2022

Key partners: Leeds Older People's Forum, Age UK Leeds, Cross Gates Good Neighbours, Armley Helping Hands, Active Leeds, Yorkshire Dance, Leeds Irish Health and Homes, Care & Repair, Health For All, Leeds Teaching Hospital Trust & Leeds Community Healthcare

Date	A.M. Activity	P.M. Activity
<p>Tuesday 20th September</p>	<ul style="list-style-type: none"> • Cross Gates Coffee Morning 10.00 – 11.30am at Cross Gates & District Good Neighbours' Scheme CIO, Newman Centre, Station Road, Leeds LS15 7JY • Active Leeds – Talk on Falls Prevention and demonstration of key exercises between 11-12 noon at Age UK Leeds, Bradbury Building, Mark Lane, Leeds LS2 8JA • Digital Health and Wellbeing session 10 a.m. – 12 noon Exercise apps and games consoles can be used to support physical activity and exercises that target strength and balance, are particularly effective in preventing falls. In this session Age UK Leeds's Digital Wellbeing Team will share examples of how you can use digital technology to improve your health and wellbeing. They will also be joined by a Health and Wellbeing Coach from Active Leeds who will focus on falls prevention, demonstrating some key exercises and hosting a Q&A session. Arrive by 10am, booking is not necessary. 10am – 12 noon at Age UK Leeds Bradbury Building Mark Lane Leeds LS2 8JA Contact: 0113 389 3000 or info@ageukleeds.org.uk 	<ul style="list-style-type: none"> • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ • Dance On Zoom session, 1-2pm on Tuesday 20 September 2022 Dance artist Izzy Brittain from Yorkshire Dance's Dance On programme will deliver a fun, creative and accessible dance session. The session is suitable for all, do as much or as little as you like, you can be seated or standing. No previous dance experience needed! For more information and to access the Zoom link please email Adienivison@yorkshiredance.com • Fit Generations – In Collaboration with Leeds United Community Foundation 1-2pm Whingate Court, Retirement housing Whingate Green, Armley, Leeds, West Yorkshire, LS12 3TH

	<ul style="list-style-type: none"> • The friendship Group – Stay Active Session after lunch - 11:00 to 2:00pm Strawberry lane Community Centre Armley, Leeds, LS12 1SF For anyone aged 50 plus living in Armley & Wortley • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ 	Open to residents of Whingate Court and surrounding supported housing in Whingate Green
Wednesday 21st September	<ul style="list-style-type: none"> • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ • Active Leeds – Talk on Falls Prevention and demonstration of key exercises between 11.30-12.30 – Montagu Burton Resource Centre, Banstead Street west, Leeds LS8 Members only • The friendship Group – Stay Active Session after lunch - 11:00 to 2:00pm Strawberry lane Community Centre Armley, Leeds, LS12 1SF For anyone aged 50 plus living in Armley & Wortley 	<ul style="list-style-type: none"> • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ • Tai Chi 4-5p.m. Strawberry lane Community Centre Armley, Leeds, LS12 1SF For anyone aged 50 plus living in Armley & Wortley
Thursday 22nd September	<p>FREE Aqua Mobility taster session at Kirkstall Leisure Centre – 11am-11:45 (limited places available) Aqua Mobility – Kirkstall Leisure Centre: 11-11:45 Aqua Mobility sessions are open to anyone who feels they would benefit from low intensity movement in water. Helping improve their balance and strength. Sessions are delivered in the main pool and promote gentle exercise in water. There is no loud music played in this class. Booking is required.</p> <p>To book on: Health Programmes Email: health.programmes@leeds.gov.uk Tel: 0113 3783680</p>	<ul style="list-style-type: none"> • Demonstration of a Virtual Exercise Class for Older People by Leeds Rhinos & Leeds United <p>Coaches from Leeds Rhinos and Leeds United will be based at the Age UK Leeds Community Hub to deliver a virtual session on Strength & Balance to a group of older people at Chapel FM Arts Centre in Seacroft. During this demonstration of how exercise can be accessed digitally, members of the public can come along to observe the instructor and find out more</p>

	<p>Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/</p>	<p>about virtual exercise classes. All attendees will also be able to gain access to a recording of the session to follow at home afterwards. Arrive by 2pm, booking is not necessary.</p> <p>2-3pm at Age UK Leeds Bradbury Building Mark Lane Leeds LS2 8JA</p> <ul style="list-style-type: none"> • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/
<p>Friday 23rd September</p>	<ul style="list-style-type: none"> • Cross Gates Coffee Morning 10.00 – 12.00 at St. Mary’s Community Hall, 390 Selby Road, Whitkirk, Leeds LS15 0AA • Active Leeds – Talk on Falls Prevention and demonstration of key exercises between 10.30-11am, Beeston Village Community Centre, Beeston Park Place, Leeds LS11 8DQ booking is not necessary • Dance On Session – 11.30 -12.30 Irish Health and Homes members only. • Chair Base Exercise session 10:00 to 11:00am 11:15 to 12:15 pm 1:30 to 2:30pm Strawberry lane Community Centre Armley, Leeds, LS12 1SF For anyone aged 50 plus living in Armley & Wortley • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ 	<ul style="list-style-type: none"> • Online Dance Videos https://yorkshiredance.com/dance-on-lockdown-videos/ • Chair Base Exercise session 1:30 to 2:30pm Strawberry lane Community Centre Armley, Leeds, LS12 1SF For anyone aged 50 plus living in Armley & Wortley

