

Exercise & Health



Did you know.....

- The benefits of regular exercise are even greater as we get older
- Keeping active as we age is the key to living a more independent life.

“My leg strength has improved to the extent that I am now able to get out of a low chair without using my arms to push me up”

MD-J, class participant.

Who are Open Age?

Life doesn't have to slow down or stop as you get older. But all too often people over 50 can feel that life's given up on them. So Open Age works with older Londoners to create chances to get together, find work, learn new skills and develop new interests.

By doing this, we help people stay healthy in both mind and body to keep living life to the full. We run a broad range of opportunities and activities together with our members, across health, leisure, well-being, education and employment. We're here to help keep life full!

St Charles Centre for Health and Wellbeing
Exmoor Street, London, W10 6DZ
020 8962 4141


Central London
Clinical Commissioning Group


West London
Clinical Commissioning Group


Hammersmith and Fulham
Clinical Commissioning Group


hammersmith & fulham



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Central London Community Healthcare 
NHS Trust

Barnet ■ Hammersmith and Fulham ■ Kensington and Chelsea ■ Westminster

Steady and Stable

Balance and strength exercises to help reduce the risk of falls



FREE
ADMISSION

 **OPEN
AGE**
life's just begun

Charitable Incorporated
Organisation No 1160125

What is Steady and Stable?

A 38 week evidence based programme to improve balance, reduce falls and to keep you living independently for longer.

Taking part will help you to keep mobile and able to do the things you like to do.

The classes will also give you an opportunity to make new friends and are designed to be fun!

Is it for me?

Steady and Stable is for anyone who:

- Lacks confidence when walking
- Feels wobbly on their feet
- Has a fear of falling
- Has a history of falls
- Would like to improve balance and functional ability

“Having attended the classes for over a year, I am far more aware of my body positioning, thus I have not fallen again.”

MM, class participant

Who to contact

A GP, nurse, physiotherapist or other professional can refer you to these classes or you can **refer yourself.**



BOOKING REQUIRED

To enquire about eligibility, to book or for more information please contact:

Shanie Page

spage@openage.org.uk

Tina Mayley-James

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020 8962 5582

What will I do?

Each session lasts approximately 1 hour and 10 minutes and is run by a specially trained instructor.

The exercises are safe and you will be able to work at your own level.

The instructor will also provide you with information on important issues surrounding falls and health.

When you call to book a place, you will receive by post 2 forms that must be completed and brought to your first class.

