



## How do I get involved?

A doctor, nurse, physiotherapist or other professional can arrange for you to go to these classes.

### OR

You can refer yourself using the SELF referral form inside.

Someone from the Staying Steady team will contact you either by letter or telephone to arrange an introductory session where you can:

- Find out more about Staying Steady.
- Decide if you want to take part.

You will need to organise your own transport to get to the classes but you will be given **£5.00** towards the cost of your travel every time you attend.

**The classes are FREE.**

**£5.00**  
TOWARDS  
TRAVEL  
COSTS



The staff are very helpful and considerate.

The class is something I look forward to every week. It's great working as a group.

My walking has really improved and I can now get up from my chair.

The class gets my legs working. I enjoy the exercises.



If you would like more information or have any further questions:

Telephone: 07507 649 659

Email: [staying.steady@hwn.org.uk](mailto:staying.steady@hwn.org.uk)

HealthWORKS Newcastle  
Health Resource Centre  
Adelaide Terrace, Benwell  
Newcastle upon Tyne, NE4 8BE

Tel: **0191 272 4244**

Registered Charity No: 1040370  
Company Ltd by Guarantee No: 29522583

Working with communities to tackle health inequalities.

In partnership with:  
NHS Newcastle and North Tyneside  
Community Health

Providing community healthcare services for Newcastle and North Tyneside Primary Care Trusts.

NHS

NHS Newcastle and North Tyneside  
Community Health



HealthWORKS  
Newcastle

# Staying Steady

Exercise sessions to help you keep active



**Active + Balance = Confidence**

# Would you like to feel 10 years younger?

We can't promise to turn the clock back but the Staying Steady Exercise Sessions can improve your balance and help give you the confidence to get out and about.



## Is it for me?

Staying Steady is for anyone who is worried about their balance OR is afraid of falling OR has had a fall OR has osteoporosis.

## How will I benefit?

The Staying Steady Programme is scientifically proven to improve balance, reduce falls and to keep people living in their own homes for longer.

Taking part will help you to keep mobile and to be more able to do the things you want.

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

## What will I do?

Staying Steady begins with 9 weeks of group exercise in classes of about 10 people. The classes are held in community venues across Newcastle. There should be one near to you.

- Each session lasts for 1 hour and is run by a specially trained exercise instructor.
- For most of the class you will be sitting in a chair. You will be able to hold onto the chair for any standing work.
- The exercises are safe and you will be able to go at your own pace.

When you have finished these classes, you will be given some exercises to do at home for 9 weeks. You will then return to the group exercise sessions for another 9 weeks.

“ Balance is a skill that can be trained and improved. It's never too late and you're never too old!

I've watched people who have been virtually housebound because of their fear of falling become active and start enjoying their lives again.

These sessions make a real difference.”

**Linz**

Postural Stability Instructor



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