

## **GET UP & GO EXERCISE CLASS**

This exercise class started in June 2016, and while not an 'official' event of All Saints and has run successfully on a Thursday afternoon since, and last year we gave over £600 to All Saints. It began with a talk I gave to the MU about the importance of exercise, muscle strength, balance and falls awareness and prevention. It is based on a 'Falls Prevention Programme' backed by The Chartered Society of Physiotherapy, Health England and Saga and consists of chair exercises, sitting to standing, some simple balance work, ball work and walking, monitored by me, in my role as a Chartered Physiotherapist. Those attending have reported an improvement in what they feel they can do, and other people have noticed an improvement in them also. That is the aim of the group – to try and help people's balance and muscle strength if possible, and have a fun afternoon.

It is open to anyone at All Saints and you can be as active as you like, or stay seated the whole time if you feel safer just doing that! It is followed by a tea and biscuits and has proved to be a good social event! The cost is £3 per person (£5 for a couple) and the money is split between All Saints and myself (as I am doing this in my professional capacity) We have a regular group of about 10 people so if anyone else would like to join us – ladies or gents – please come to the Meeting room at 2.30 on a Thursday afternoon and you will be most welcome!

**Dorothy Toyn MCSP**