

GET UP & GO EXERCISE CLASS 2019

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 around £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 was open to anyone at All Saints in 2019 and folk were all very active walking around, doing balance exercises and bashing a soft ball around. Followed by a tea and biscuits, it proved to be a good social event! The cost was £3 per person (£5 for a couple) and the money was split between All Saints and myself (as I am doing this in my professional capacity) We had a regular group of about 10 people and one day we may bounce back into existence...!

Dorothy Toyn MCSP