

Sunderland Strength and Balance Falls Prevention Programme September - December 2024

City-wide delivery, as agreed by Ageing well Board, to support residents to improve their strength and balance to reduce falls

[View our falls prevention video](#)

Strength and Balance programme is an evidence based (OTAGO) exercise program, funded by Sunderland City Council for people who live in Sunderland. This exercise program targets vulnerable, mildly, and moderately frail over 50's who have a history of falls and/or fear of falling with the key aim of improving their independence and confidence and reduce falls, whilst promoting 'Healthy Ageing' and a lifelong participation in exercise and activity.

Referral Criteria:

- Motivated to improve and committed to attend a 14-week exercise class in a group setting alongside weekly home exercises
- Aged 50 years+ and live in Sunderland
- History of falls or near misses, fear of falling or reduced confidence, identified as having strength and balance deficits
- Identified as either vulnerable, mildly frail, or moderately frail (Rockwood Clinical Frailty Score 4-6).
- Identified as having strength and balance deficits
- Able to walk independently or with a walking aid (3 or 4 wheeled walker/stick)
- Able to sit to stand from a chair using arms independently
- Able to stand for several minutes at a time, with or without support (such as holding onto a chair, if required)
- Medically stable and in control of any long-term conditions they may have
- Timed up and go test: between 14 and 25 seconds

Exclusion Criteria:

- Moderate/severe aortic stenosis
 - AAA inoperable
 - Recent injurious fall without medical examination
 - Uncontrolled angina
 - Resting SBP >180mmHg or resting DBP >100mmHg
 - Uncontrolled Postural hypotension or Symptomatic drop in BP during exercise
 - Tachycardia >100 bpm
 - Acute systemic illness
 - Unstable or acute heart failure
 - Advanced Parkinson's disease
 - Visual or vestibular disturbances
 - Uncontrolled Pain
 - Cognitive impairment
- Which may limit their ability to take part in the group or place other participants at risk*

(American College of Sports Medicine and American Heart Association Joint Position Statement. 1998. Recommendations for cardiovascular screening, staffing and emergency policies at health/fitness facilities. *Medicine and Science in Sports and Exercise*, pp.1009-1018.)

For any information regarding the programme please contact
Jackie.nixon@sunderland.gov.uk

Area and contact	Place	Day	Time
North (Castle, Redhill, Southwick, Fulwell, St Peter's) Contact details for all North programmes Call:0191 5634749 Email: Jade.Gilbertson@foundationoflight.co.uk	Fulwell Library Fulwell, SR6 8EH	Tuesday Start 3 rd September 2024	10.00am
	Northeast Sport, Monkwearmouth, Academy, Sunderland, SR6 8LG	Tuesday Start 3 rd September 2024	3.30pm
	Grace House Northeast, Bardolph Dr, Sunderland, SR5 2DE	Thursday Start 5 th September 2024	10.00am
	Downhill Centre, Kilarney Square, Downhill, SR5 4AY	Friday Start 6 th September 2024	10.00am

Area and contact	Place	Day	Time
West (St Anne's, Pallion, Barnes, Sandhill, St Chad's, Silksworth) Contact Details for all West programmes Call: 0191 516 6083 Email: mission2mobility@gmail.com	Lambton Street Youth & Community Hub, SR4 6XA	Monday Start: 2 nd September 2024	1.00pm
	St Chads Church SR3 3PG	Wednesday Start: 4 th September 2024	1.00pm
	Broadway Youth and Community Centre, SR4 8LP	Thursday Start: 5 th September 2024	1.00pm

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Area and contact	Place	Day	Time
East (Millfield, Hendon, St Michael's, Ryhope, Doxford) Contact Details for all East programmes Call: 0191 516 6083 Email: mission2mobility@gmail.com	St Michaels Community Centre, Grangetown, SR2 9JT	Tuesday Start: 3 rd September 2024	1.00pm
	Sunderland Mind, SR1 2BB	Wednesday Start: 4 th September 2024	10.00am
	Sunderland Bangladesh International Centre SR1 2QD	Thursday Start: 5 th September 2024	10.30am

Area and contact	Place	Day	Time
Washington (East, West, North, South, Central) Contact Details for all Washington programmes Call: 0191 537 3231 Email: info@communityopportunities.co.uk	Washington Arts Centre, Biddick Lane, Washington NE38 8AB	Thursday Start: 5 th September 2024	10.30am
	Springwell Village Community Venue, Springwell, NE9 7RP	Thursday Start: 5 th September 2024	1.00pm
	Albany Village Centre, Washington, NE37 1UB	Friday Start: 6 th September 2024	10.00am

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Area and contact	Place	Day	Time
Coalfields (Shiney Row, Houghton, Copt Hill, Hetton) Contact Details for all Coalfield programmes Call: 0191 584 3840 Email: houghtoninfo@everyoneactive.com	The Hut, Low Moorsley, Moorsley Road, Hetton Le Hole, Houghton Le Spring, DH5 0ED	Monday Start: 8 th September 2024	10.30am
	Penshaw Community Centre, Wensleydale Ave, Houghton Le Spring, DH4 7PD	Tuesday Start: 9 th September 2024	11.15am
	Houghton Sports and Wellness centre DH4 5AH	Thursday Start: 5 th September 2024	1.30pm

Sunderland Area Map



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