

The Greater Manchester Falls Collaborative: Community of Learning, Sharing, and Problem Solving: (12-Month Programme)

Session 6

Thursday 31st October 2024



10:30-10:35

Welcome & Overview of the CoLSP Programme
(Beth Mitchell, The Greater Manchester Combined Authority)

10:35-10:45

Developing a GM Falls Outline Business Case
(Debra Ward, NHS GM Integrated Care Partnership)

10:45-11:15

The 'Keep On Keep Up' (KOKU) App: Update
(Amelia Parchment, The University of Manchester)

11:15-11:55

Deep Dive into our Falls Prevention Pathway: Salford
(Salford Team)

11:55-12:00

Any actions and close of the session:
Next meeting: Wednesday 27th November, 10:30am-12pm



**GREATER
MANCHESTER**
DOING AGEING DIFFERENTLY

Greater Manchester
Moving > ^ < v

HEALTHY
AGEING
RESEARCH
GROUP

MANCHESTER
1824
The University of Manchester

NHS
Greater Manchester
Integrated Care

#GMFallsCollaborative

#GMFallsPrevention

TAKING A SYSTEM VIEW ON FALLS PREVENTION – AN OUTLINE BUSINESS CASE

Background and context



Ageing Well steering group – reformed



Focus/priority – what can we do collectively together to have impact?



Key line of enquiry – based on our experience and learning from pilots etc. what preventative activity reduces the most falls (and therefore has better outcomes for individuals, and prevents avoidable cost to the health and care system)

Summary of existing falls 'activity' across GM

Research	Digital	Education
<ul style="list-style-type: none"> • Paving a new way to prevention (Value in Health series from the NHS Confederation and CF) • 'Action Falls' fall prevention programme • Work underway by Clinical Frailty Reference Group and Dementia practitioners' networks 	<ul style="list-style-type: none"> • Improving strength and balance via Keep on Keep Up app • Deterioration management tools e.g. Safe Steps digital tool pilot in 37 care homes in Bury • PIER approach - prevention, identification, escalation and response (PIER) learning from WM region • Restore 2 and Restore 2 mini • Tea and tech sessions • Falls monitoring and response devices 	<ul style="list-style-type: none"> • Education workshops on falls prevention • Home safety education • Community awareness programmes e.g. 6 steps to falls prevention • Public health campaigns e.g. Healthy and Active Ageing and the Move More campaigns
Strategies	Response services/tools	
<ul style="list-style-type: none"> • Northern Care Alliance frailty strategy • Fall steering groups (locality) • GM integrated health and care partnership strategy, joint forward plan • GM Age friendly strategy • Enhanced health in care homes framework • GM Shared Decision making framework for reversible deterioration outside of hospital (Dementia United) 	<ul style="list-style-type: none"> • iStumble • Community rehabilitation and reablement short-term support (includes MH), community rehabilitation and falls team (CRAFT) • Frailty SDEC • Frailty pathway as part of hospital at home • Winter scheme falls lifting service • Acute falls clinics (outpatient) • Urgent care rapid response team • Fracture liaison service • Rheumatologist, and an Osteoporosis Nurse 	

Locality prevention services/support

- Greater Manchester Fire Rescue Service (GMFRS) safe and well checks, home safety checks, falls risk assessment
- Strength and balance classes (leisure centres), Falls Management Exercise (FaME) programme
- Foot care and podiatry services
- Medication review
- Nutrition and hydration support
- Community falls prevention clinics & liaison services (by hospital trusts)
- Integrated falls preventions teams (services)
- Neighbourhood targeted support identifying frail people to offer proactive model of care
- Local falls guide
- Support and social programmes e.g. Brew and chat meetings, peer support groups
- Care on call
- Adult Learning Disability Falls Prevention Programme



KOKU

The KOKU Digital Program to prevent falls, frailty & functional decline



Prof Emma Stanmore &

Dr Amelia Parchment

Healthy Ageing Research Group

University of Manchester

'KOKU - Keep On Keep Up'



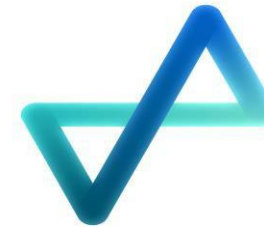
Funded by:



England



Innovate
UK



Health
Innovation
Manchester

Discovering. Developing. Delivering.



Interdisciplinary Research Team

PI: Dr Emma Stanmore

Co-Is: Prof C Todd; Prof D Dowding; Dr R Kislov; Dr L Munford; Prof D Skelton; Dr E Vardy RAs: Dr M Parchment; B Odebiyi, Dr S Ahmed; C French, M Clarke

ARC Programme Manager: Alison Littlewood

Collaborators: Reason Digital, Later Life Training (Prof Skelton, B Townley); Healthy Ageing Research Team (J Mcdermott); Dr J Chillala; C Birch, B O'Dowd, MFT Falls Prevention Team; D Wilson, Tameside Metropolitan Borough & Care Providers (Direct Care; Able Care; Creative Support; Reablement Team); CareLink (C Mynett Saltbox); T Cowie; Dr S Ahmed; Dementia United; Dr A Thompson & UoM Innovation Factory; GMHSCP; Health Innovation Manchester; Jigsaw Housing Group

KOKU Health Team

E Cox; T Walker; Later Life Training; V Bertenshaw

MANCHESTER
1824

The University of Manchester

laterLife
training™

Reason
Digital



The challenge

To reduce falls & functional decline to enable older adults to be able to maintain independence and quality of life

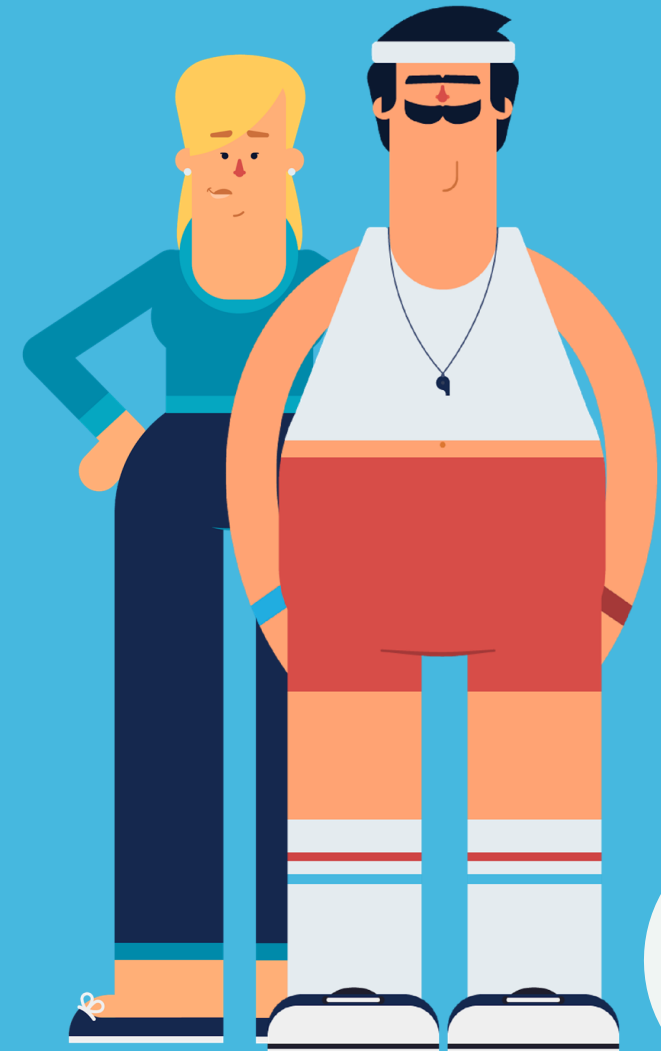
How?

By increasing access, uptake and adherence to evidence based strength and balance exercises and falls prevention/ageing well education

Why?

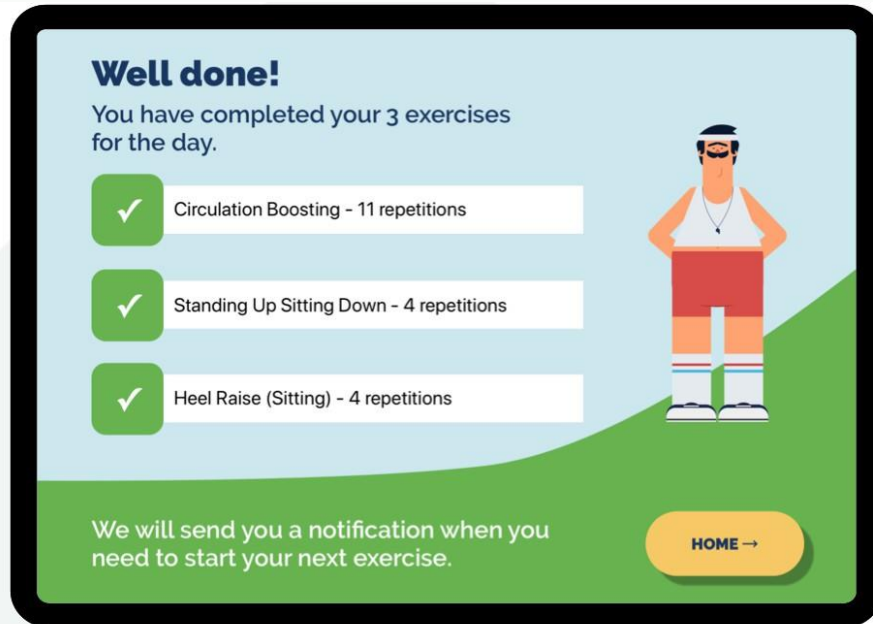
Not everyone can or will attend exercise classes
Resource gaps, long waiting lists
Low adherence
Different options needed according to abilities, preferences, stages of ageing

Montero-Adasso et al., 2022; Yardley et al., 2017;
Valenzuela et al., 2016; Nyman and Victor, 2012;



KOKU

- a Digital Strength & Balance Program
with healthy literacy games



Developed with older people *for* older people

1. Reduces falls & functional decline through proven strength & balance exercises, home hazard, nutrition, hydration and bone health awareness

2. Increases engagement through personalised & progressive exercise plan & gamification (feedback, progression, rewards); high usability & acceptability results from clinical trials

3. Advantages
Self-manageable, scalable, accessible, affordable and user friendly





Regulatory approval process



Validated

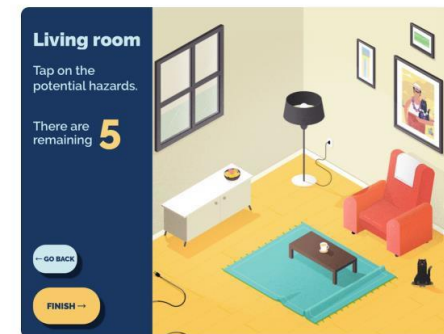
Validated questionnaires to measure outcomes and impact on users. Trusted by NHSX who have assessed and certified KOKU as compliant with DCB0160 and DCB 0129 safety and regulatory approvals as a low risk app. Completed clinical trials in UK and US that demonstrate high usability, acceptability and improvements in balance, strength, confidence and mobility after 6 weeks use.

Personalised

Proven and progressive strength and balance training using a clinically validated programme that improves function and reduces falls by a third. Self-manageable – no need for clinicians, for those unfamiliar with using tablet/iPads we have produced a step-by-step instruction video.



FaME/OTAGO-based strength & balance exercises



Gamified

Gamified health literacy to nudge behaviour and inform about evidence based wellbeing practices to improve bone density, home safety, hydration and diet specific to the needs of an older generation. Embedded health behaviour change theory (nudges, feedback, progress charts and rewards) to encourage engagement and adherence.



Digital inclusion

Issues for *some* older adults

Unequitable access
(Socioeconomic –
devices, location,
social isolation)

Low digital literacy

Dexterity, and
sensory
impairments

Cognitive decline

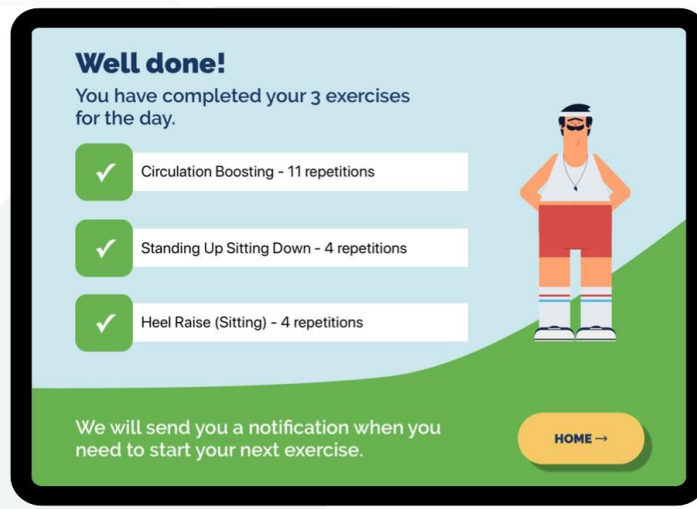
Intercultural
incompatibility

Low motivation

Mitigation strategy

- Android & iOS, loan or provide devices, offline & online
- Work with care providers & digital inclusion teams
- Co-develop & test with diverse users with multimorbidity & impairments
- Person-centered development with inclusivity considerations
- Ensure no jargon, ease of use, KOKU LITE
- Culturally-sensitive graphics,, & translate to Urdu, Mandarin & other languages
- Behaviour change techniques





USER CENTERED DESIGN

Focus Groups &
prior research

Iterative Testing
Agile design

EVALUATION

Usability, acceptability &
Feasibility

6/12 weeks unsupervised

4 Mixed methods studies
UK, US, NORWAY

Iterative development and feedback
older adults aged 55-102

IMPLEMENTATION & RCT

Implementation study
via Care Providers
NASSS Theory

RCT

196 participants randomised
to KOKU or usual care



Methods

Randomised controlled Trial

Aim: To determine the effectiveness and cost-effectiveness of using a digital falls prevention programme on balance, function and falls risk

A two-arm parallel randomized controlled trial

196 community dwelling older adults

Eligibility: ≥ 60 years, not acutely unwell and able to safely use a tablet-computer

Baseline, 6 week & 12 week questionnaires

Semi-structured interviews with older adults & care providers



Control Group

Standard care

OTAGO exercise advice

Falls prevention information and leaflet

Intervention Group

KOKU

Progressive strength & balance exercises

3x per week for 12 weeks plus

standard care

CLINICAL ASSESSMENT

Balance (Berg),
Lower limb muscle strength (5X Sit 2 Stand),
Mood (5 item GDS),
Medication,
PMH
(surgery, joint replacements, fractures
& co-morbidities)

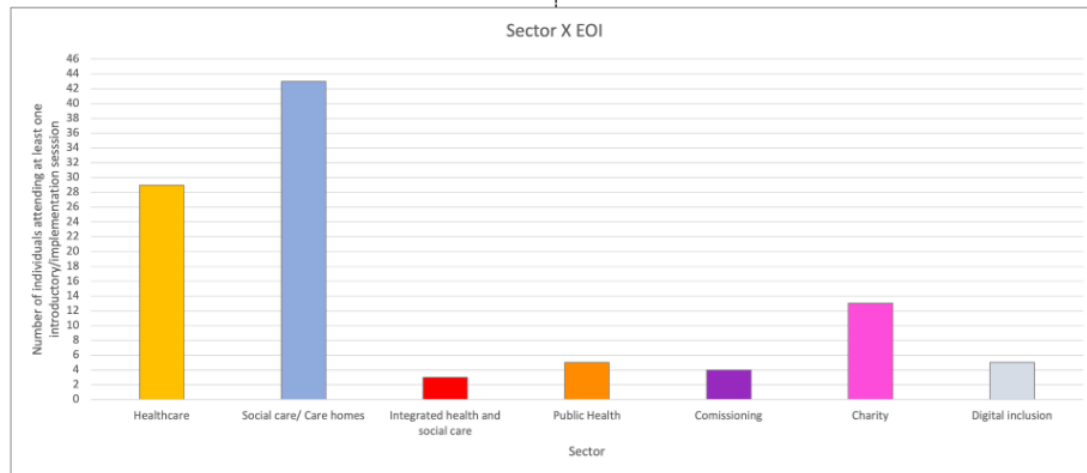
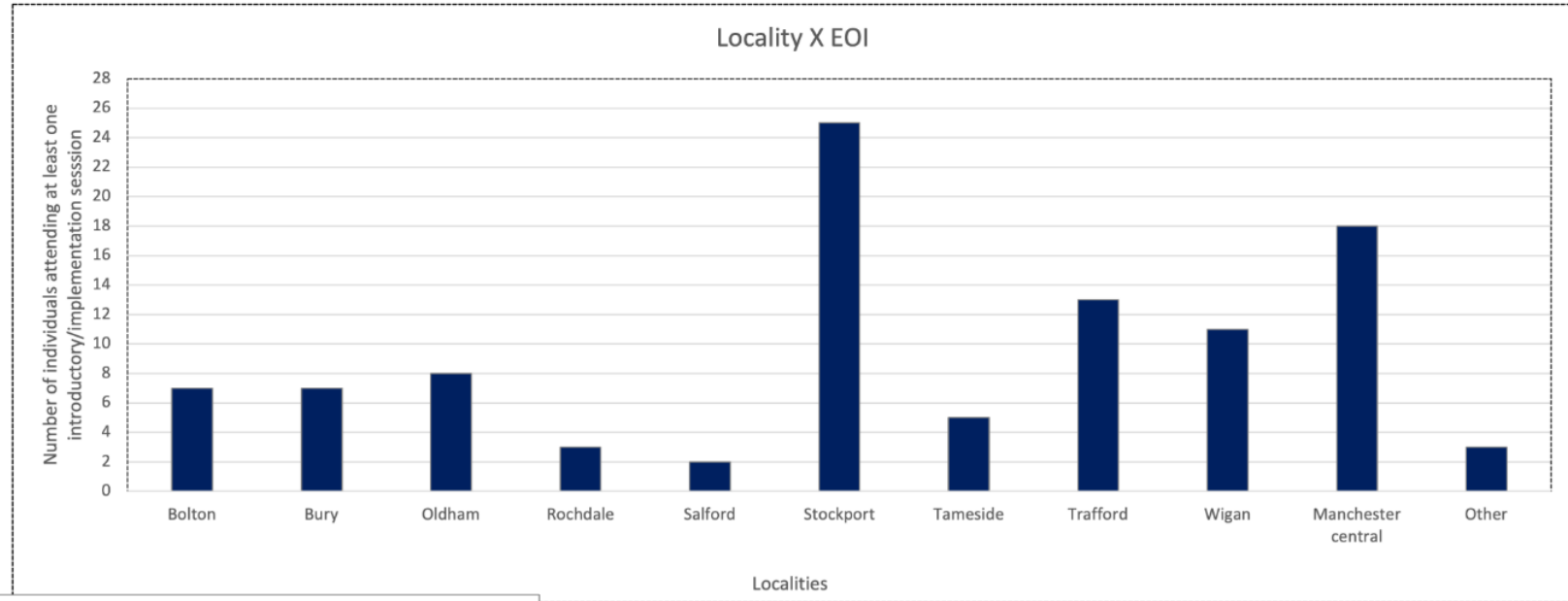
QUESTIONNAIRE ASSESSMENT

History of falls/injuries,
Falls risk (FRAT),
Short FES-I (concerns about falling)
VAS pain & fatigue,
Health status (EQ-5D-5L),
Vision,
Usability (User Experience SUS),
Physical activity (PASE)
Demographics

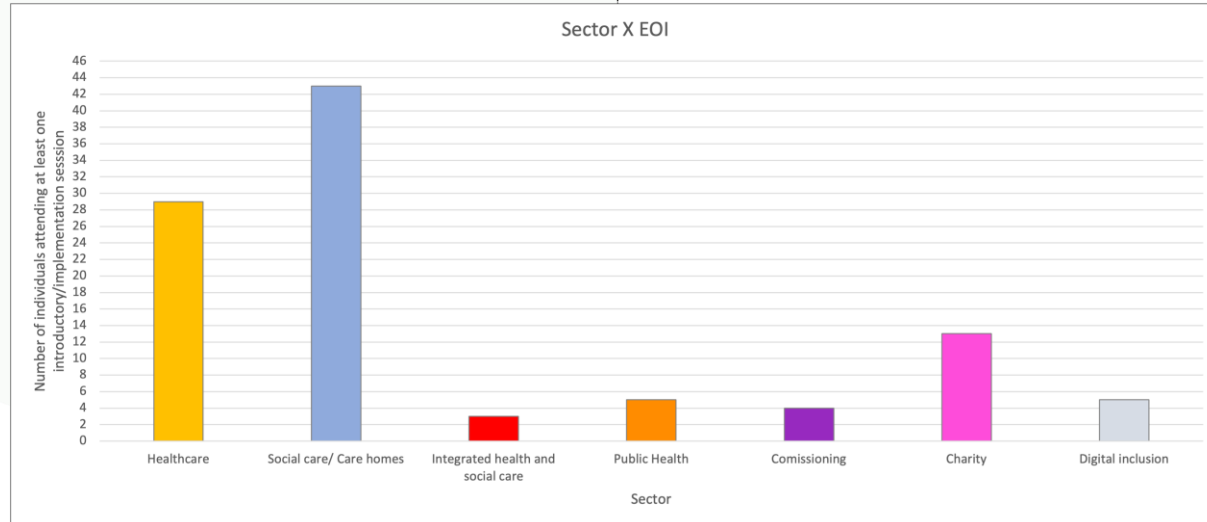
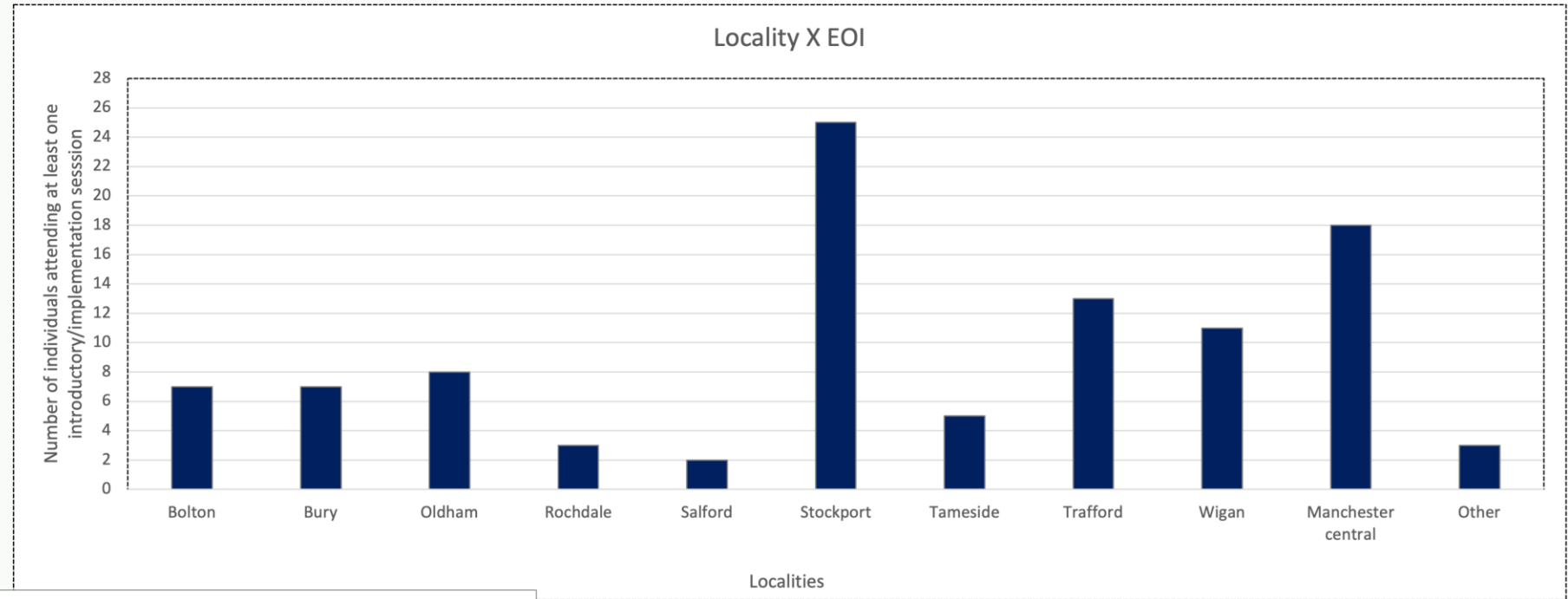
Plus 3 months follow up on falls



GM KOKU implementation evaluation



GM KOKU implementation evaluation



GM KOKU implementation evaluation



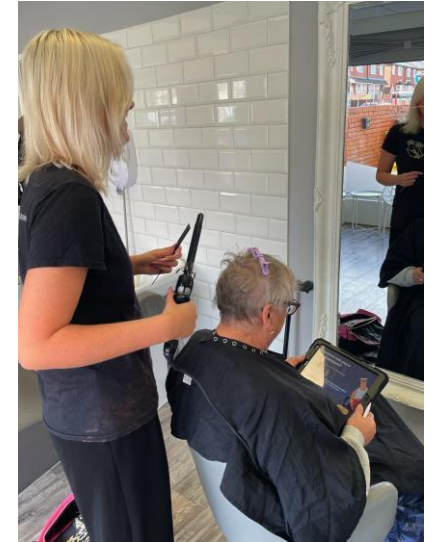
Caring for our
Community



Manchester University
NHS Foundation Trust



YOUR KNOWLEDGE, OUR KNOW-HOW
HELPING MAKE A DIFFERENCE LOCALLY



CASE STUDY:

Stockport, GM



LIFE LEISURE

Community Interest Company (CIC) wholly owned by Stockport Metropolitan Borough Council that work to ensure all residents can access affordable provision within their communities.



AGE UK STOCKPORT

independent local charity, working in the local community to provide social care support for older people, their families and carers



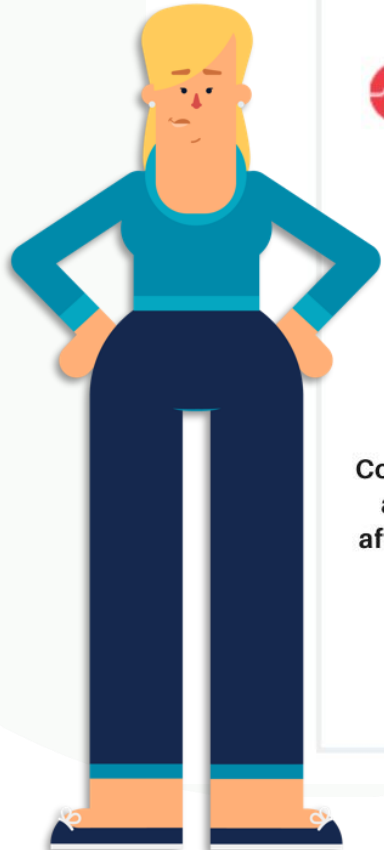
VIADUCT CARE CIC

Not-for-profit GP Federation, owned by 33 GP practices across Stockport. offer a number of services that support GP practices with the increasing demands on them. These services include home visits, physiotherapy, self-care and wellbeing support



STOCKPORT HOMES

Manage the housing stock owned by Stockport Council. Their independent living services support older people to stay independent for as long as possible. They offer housing support, safety support, sheltered housing scheme support and community activities for older adults in Stockport.



CASE STUDY:

Stockport, GM



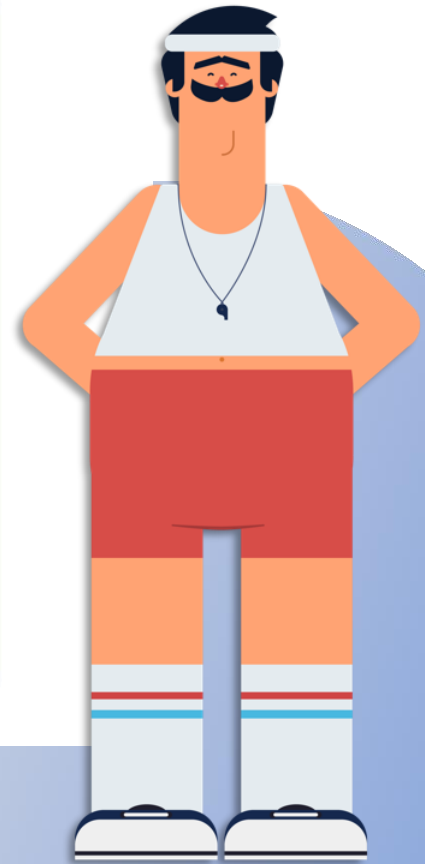
'STEADY IN STOCKPORT' FALLS PREVENTION & BONE HEALTH SERVICE

Receive referrals from health and social care professions and provide support to individuals that have experienced a fall, had a previous fragility fracture (particularly of the spine, hip or wrist), lack confidence with balance and walking or have had a diagnosis of osteoporosis.



STARTING POINT

Stockport's leading provider of digital inclusion services/activities. Host digital champions training, computer classes to develop the digital skills of people living in Stockport and offer device loaning schemes.



CASE STUDY:

Stockport, GM

Age UK Stockport



- Confidence walks
- Tandem Support Service

Life Leisure



- SMILE classes
- Stay Steady programme

Stockport Homes



- Winter welfare package
- Ageing in Place Pathfinders project
- Social prescribing service

Viaduct Care CIC



- Falls Prevention Service, Heatons Group PCN
- Social prescribing service



CASE STUDY:

Stockport, GM



Patient referral from Steady in Stockport Falls Prevention Service

to Viaduct Social Prescribing Team of older adults that could benefit from home-based S+B exercises whilst on wait-lists for other services



Needs Assessment



Patient contacted within 5 working days by Viaduct Social Prescribing Team and initial appointment scheduled to assess needs

Loaning of device organised for KOKU use

Via Start Point Stockport (Digital Inclusion Charity)



KOKU programme begins

for 12 weeks, with biweekly follow up phone calls from social prescribing team to provide support and motivation

12-week follow up visit

to discuss progress and next steps; i.e. referral to Life Leisure Stay Steady Falls Prevention Programme, SMILE classes, Age UK Stockport Confidence Walks, local social groups

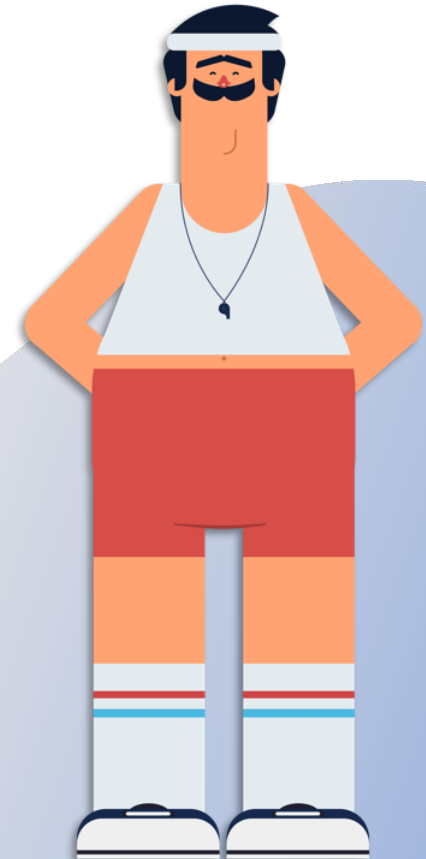


Patient discharged

when no further support is needed

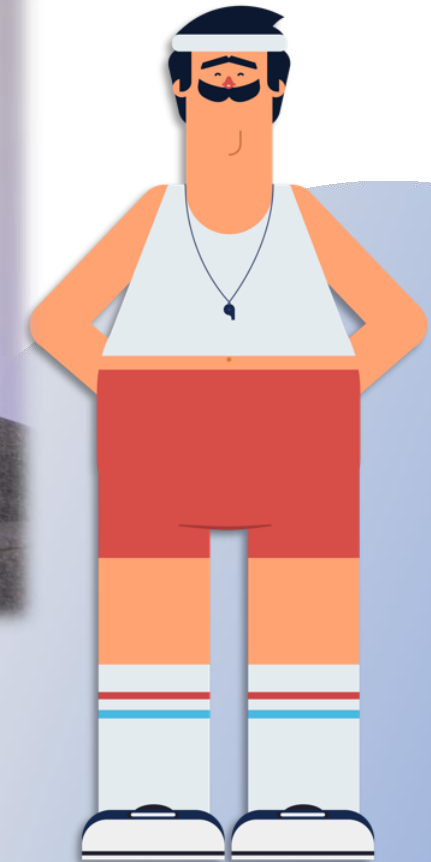


Example KOKU Social Prescribing Process, Stockport, GM



A snippet of our case studies so far...

full video at https://youtu.be/nQM3GKVn0_I



More information is available at: <https://kokuhealth.com/>



KOKU-Lite



PUBLICATIONS

- **Stanmore, EK. et al.**, (2021) Developing, Testing, and Implementing a Falls Prevention and Healthy Ageing App (Keep-On-Keep-Up) for Older Adults. The Gerontological Society of America, Phoenix Innovation in Aging, Volume 5, Issue Supplement_1
- Choi, N, **Stanmore, EK**, Gell, N, Caamano, J & Vences, K (2021)'A Feasibility Study of Multi-component Fall Prevention for Homebound Older Adults Facilitated by Lay Coaches and Using a Tablet-Based, Gamified Exercise Application' Journal of Applied Gerontology. doi.org/10.1177/0733464821991024
- Meekes, WMA, Ford, C, **Stanmore, EK**. (2020) Recruitment and retention of older adults in assisted-living facilities to a clinical trial using technology for falls prevention: A qualitative study of barriers and facilitators. Health and Social Care in the Community 6;19(7):e238. <http://dx.doi.org/10.1111/hsc.13170>
- Dewick, P & **Stanmore, EK**. (2017), Applying Game Thinking to Slips, Trips and Falls Prevention. in P Cudd & L de Witte (eds), Harnessing the Power of Technology to Improve Lives. Studies in Health Technology and Informatics, vol. 242, IOS Press, Amsterdam, pp. 606-613. <https://doi.org/doi:10.3233/978-1-61499-798-6-606>
- Meekes W and **Stanmore EK**. (2017) Motivational determinants of exergame participation for older people in Assisted Living facilities: a mixed methods study. Journal of Medical Internet Research. 19(7):e238



Any questions - please forward



More information is available at
<https://kokuhealth.com/>

emma.stanmore@manchester.ac.uk
Amelia.parchment@manchester.ac.uk



Implementation in GM - Stockport example

STOCKPORT Example KOKU Social Prescribing Process



Patient referral from Steady in Stockport Falls Prevention Service

to **Viaduct Social Prescribing Team** of older adults that could benefit from home-based S+B exercises whilst on wait-lists for other services



Needs Assessment

Patient contacted within 5 working days by Viaduct Social Prescribing Team and initial appointment scheduled to assess needs



Loaning of device organised for KOKU use

Via **Start Point Stockport** (Digital Inclusion Charity)

Starting Point



KOKU programme begins

for 12 weeks, with biweekly follow up phone calls from social prescribing team to provide support and motivation

12-week follow up visit

to discuss progress and next steps; i.e. referral to **Life Leisure** SMILE classes, **Age UK Stockport** Confidence Walks, local social groups



Patient discharged

when no further support is needed



Falls Prevention in Salford

Zoe Hammett- Public Health Strategic Manager

Salford City Council

What is happening in Salford?

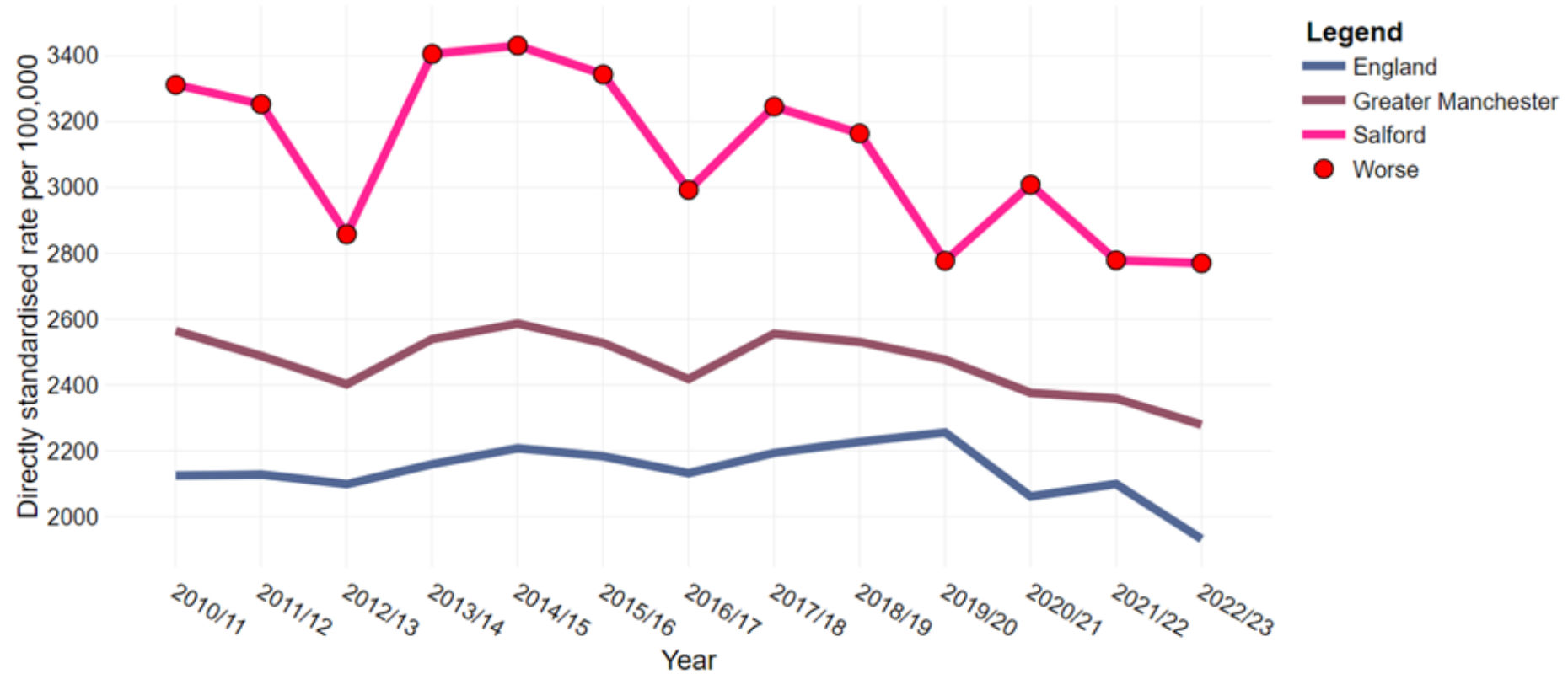
Salford City Council

Provide an overview of :

- Falls Steering Group/ Governance
- Primary Prevention Offer: Zoe Hammett.
- Secondary Prevention :
 - Ishita Kaneria – Intermediate Care Rehab/Falls Team
 - Lucy Reynolds- Salford Community Leisure
- Tertiary Prevention:
 - In-Patient Falls
 - Days Kept Away from Home –Transformation Programme.
- Workshop- SWOT Analysis of pathway
- Next 12 Month priorities.

Local Falls Data

C29 - Emergency hospital admissions due to falls in people aged 65 and over: Persons, 65+ yrs



Falls Steering Group

Salford City Council

Falls Steering Group was relaunched in April 2024.

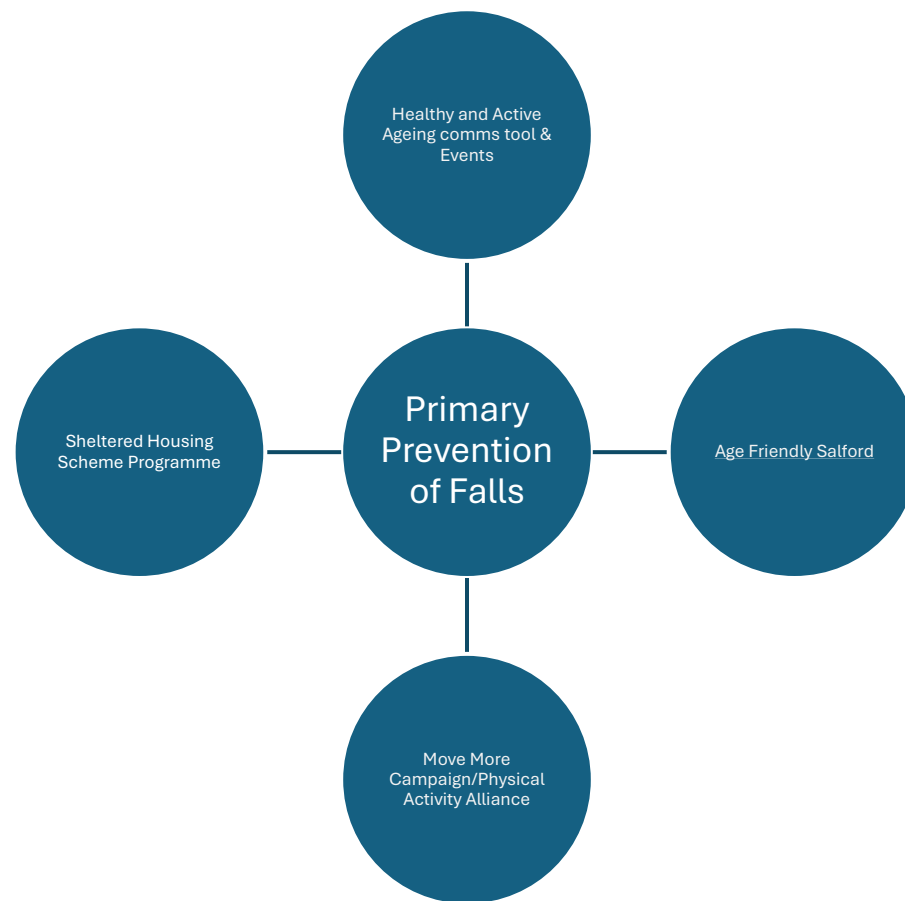
The Aims:

- To exercise collective, cross organisational ownership of an effective falls prevention offer within Salford.

Objectives:

1. To formulate and implement a comprehensive action plan.
2. To consult with the public to obtain their views upon the development of the local falls prevention service.
3. To identify and collectively agree upon gaps/ areas of improvement.
4. Monitoring population level data and performance against key indicators.
5. Enhance collaboration and coordination among all partners.
6. To collectively Increase public awareness and understanding of falls prevention.
7. Monitor and evaluate local initiatives to ensure quality improvement, sustainability and alignment with best practices
8. Provide feedback to stakeholders on the effectiveness, impact and outcomes of falls prevention efforts.

Primary Prevention Offer



Age Friendly Salford Offer



Voice of Influence

Community Training

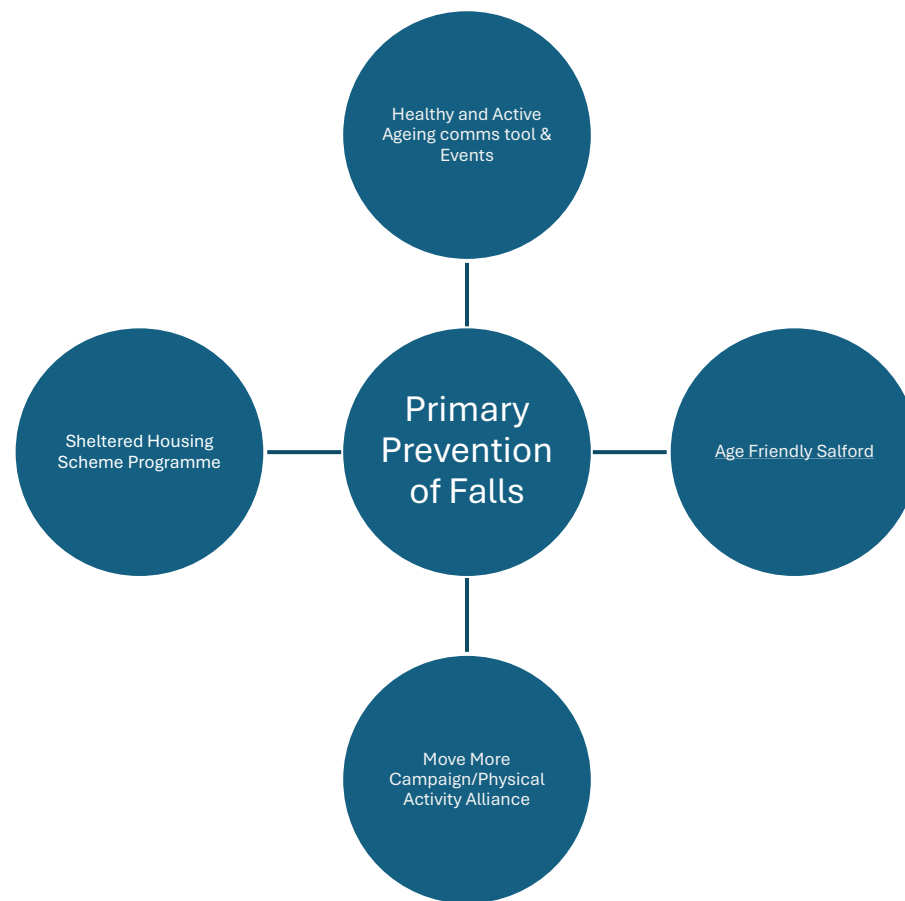


6 Steps to Falls Prevention

Nutrition & Hydration

Wellbeing Conversations

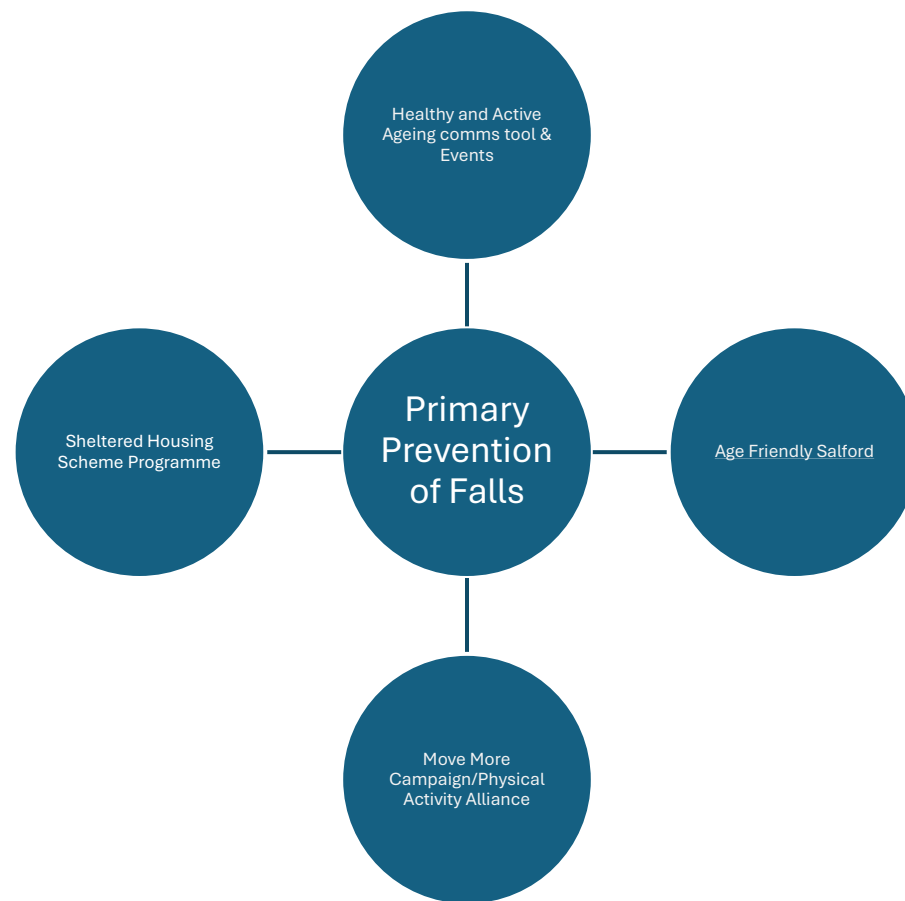
Primary Prevention Offer



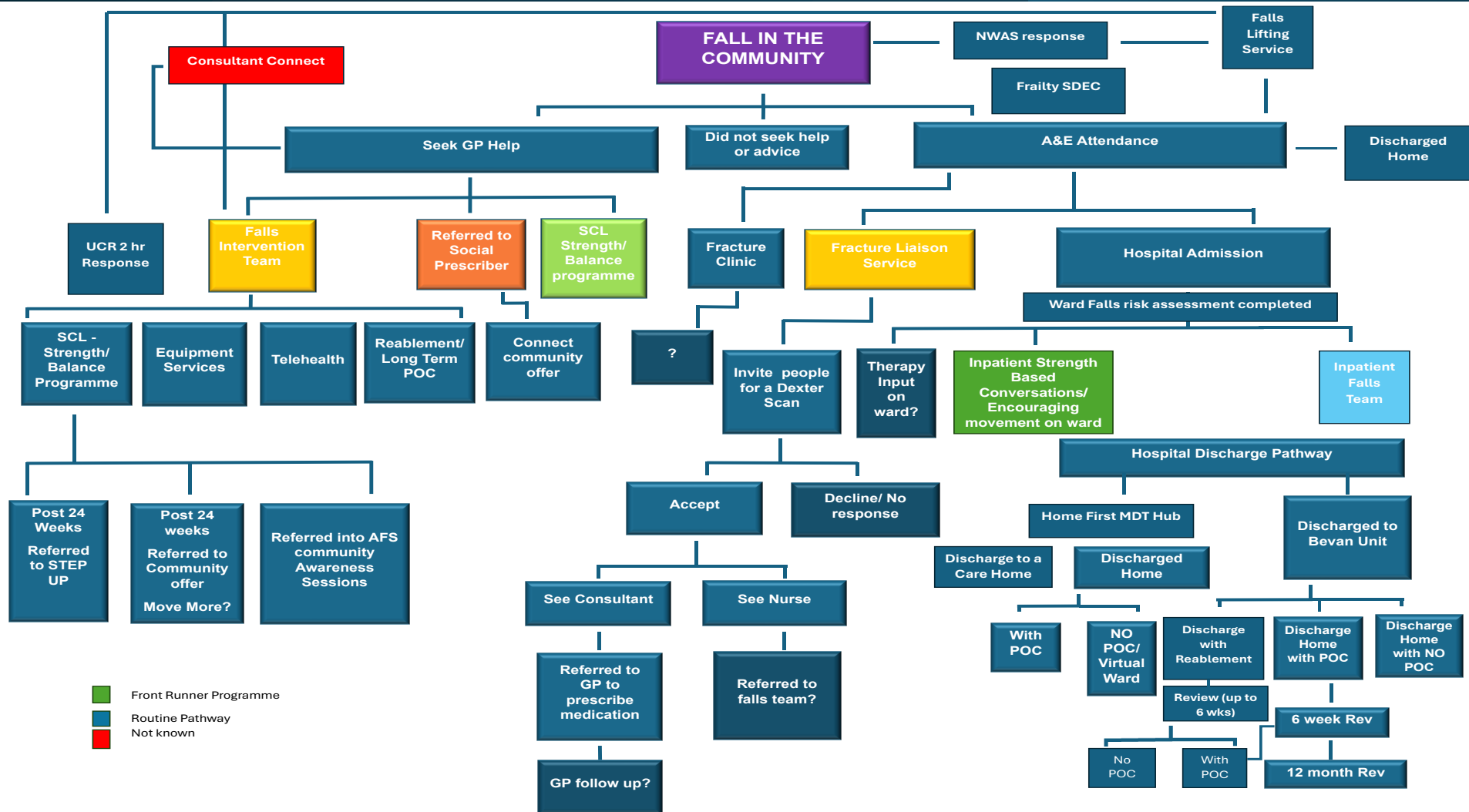
Primary Prevention Offer



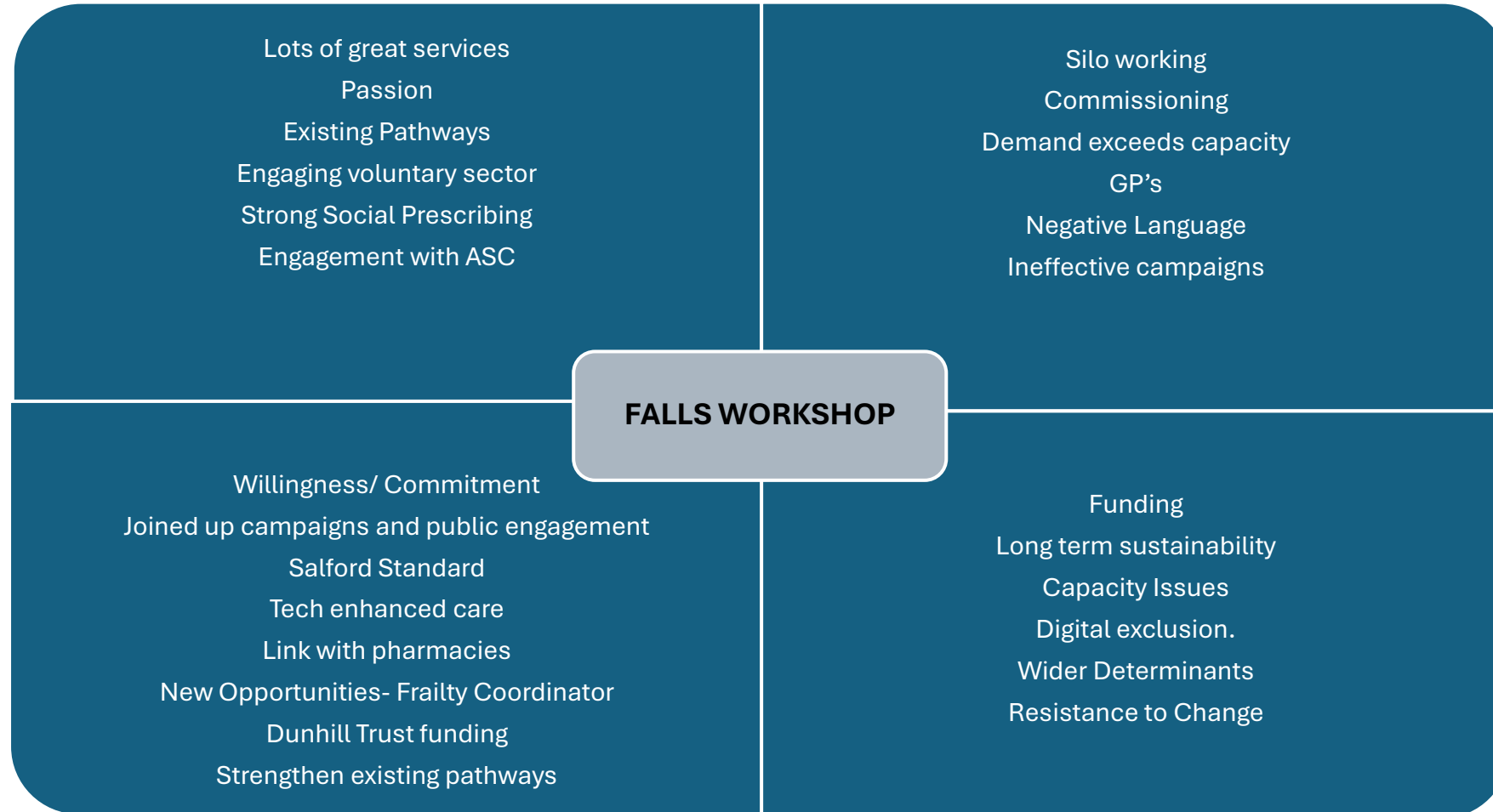
Primary Prevention Offer



Secondary/ Tertiary Prevention.



Falls Workshop Outcomes



Next 12 Month Priorities

- Improve oversight and governance.
- Connect Falls and Frailty workstreams.
- Strengthen Existing Pathways.
- Joined Up Campaigns- consistent prevention messages.
- Consider creative ways to address waiting lists.
- Consider how to support Care Homes.
- Explore funding opportunities.
- Embed digital solutions to compliment existing offer.

Any Questions



Falls Management

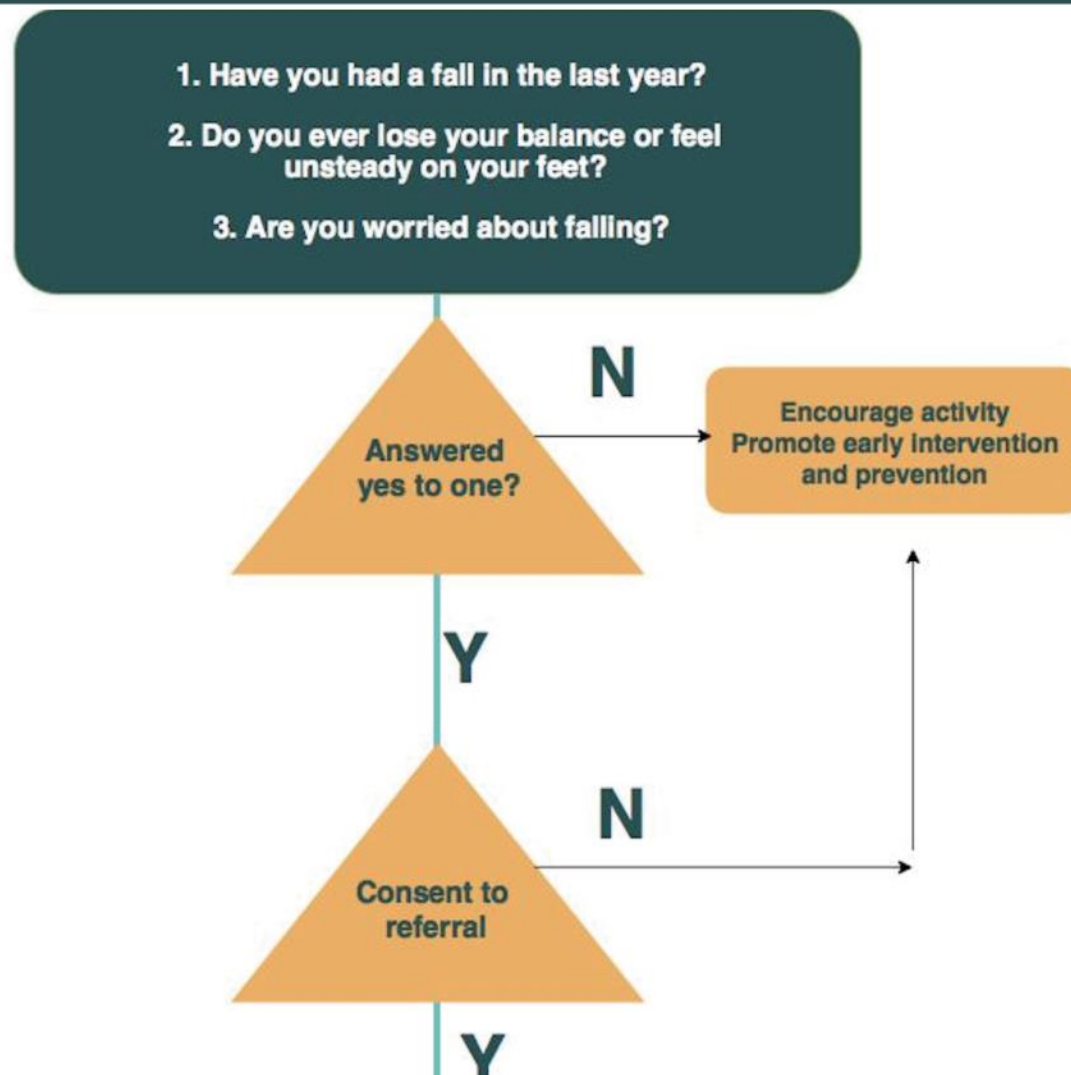
-Community Rehab and Falls team

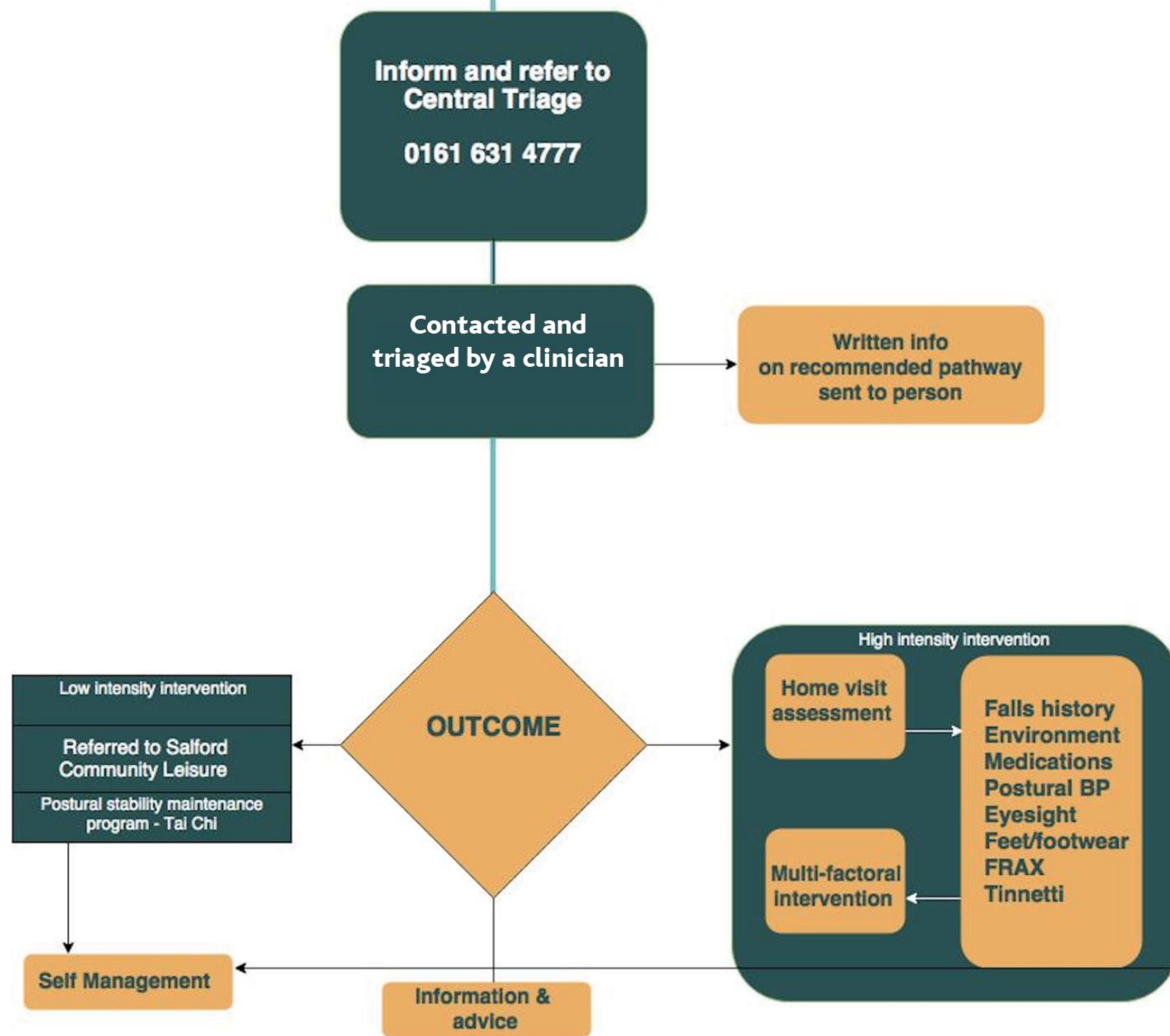
As a team we aim to empower patients to optimise their independence and safety at home through holistic, person centred assessment and rehabilitation'

- Ishita Kaneria, Senior Physiotherapist

Salford Integrated Falls Pathway

- Help identify people at risk of falls using the 3 Salford Falls Identifier Questions:





The Community Rehabilitation and Falls Team

A multi-Disciplinary Team

Physiotherapist.

Occupational Therapist.


Advanced practitioner.

Rehabilitation Technicians and Assistant Practitioners.

Otago 6 week Falls Programme

The Otago exercises improve strength, mobility, confidence and reduce risk of further falls.

Assessments are completed at the patient's home, care home, sheltered accommodation, independent living.



Assessments

- ▶ Comprehensive assessment
- ▶ Multifactorial Falls assessment
- ▶ Balance test– Tinetti
- ▶ Modified Barthel index for outcome measure
- ▶ **Specialist Physiotherapist** (includes but not limited to strength/balance/gait/medical/pain)
- ▶ **Occupational therapist assessment** (including but not limited to cognitive/anxiety/stress/memory)

Multi factorial Falls assessment

Identification of falls history : when/what/how

e. Assessment of gait, balance, mobility.

Tinetti

Cardiovascular examination.lying +standing BP

Medication: high falls risk meds taken, taking 5 or more medications

FRAX- Fracture Risk Assessment Tool.

Multi factorial Risk Assessment



Visual/Hearing impairment

Contenance issues urinary incontinence/doubly incontinent

Access to toilet, night-time safety

Consider B&B Service ref.

Check footwear/clothing and foot issues

Advice on appropriate footwear/clothing

Foot Health/Care

Consider Podiatry referrals

Environmental issues

Plan: Physiotherapy assessment/strengthening rehab/balance rehab

-Referred to GP/Advanced Practitioner.

-Referral to Community Geriatricians.

-Vestibular Assessment & Home visits with Dr Iqbal if necessary

FRAX

Calculation Tool

Please answer the questions below to calculate the ten year probability of fracture with BMD.

Country: **US (Caucasian)** Name/ID: [About the risk factors](#)

Questionnaire:

1. Age (between 40 and 90 years) or Date of Birth
Age: Date of Birth: Y: M: D:

2. Sex Male Female

3. Weight (kg)

4. Height (cm)

5. Previous Fracture No Yes

6. Parent Fractured Hip No Yes

7. Current Smoking No Yes

8. Glucocorticoids No Yes

9. Rheumatoid arthritis No Yes

10. Secondary osteoporosis No Yes

11. Alcohol 3 or more units/day No Yes

12. Femoral neck BMD (g/cm²)
Select BMD

Multi factorial Falls Assessment:

Medication with a link to osteoporosis:

Review any medicines that may contribute to osteoporosis

Glucocorticoids e.g. Prednisolone.

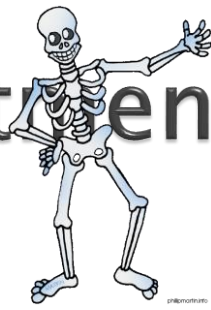
Anti - epileptics e.g. Phenytoin

PPIs e.g. Lansoprazole

Pioglitazone (used for type 2 diabetes)



Treatments for Osteoporosis: Healthy Living for Strong Bones



Dietary:
Calcium



Vitamin D



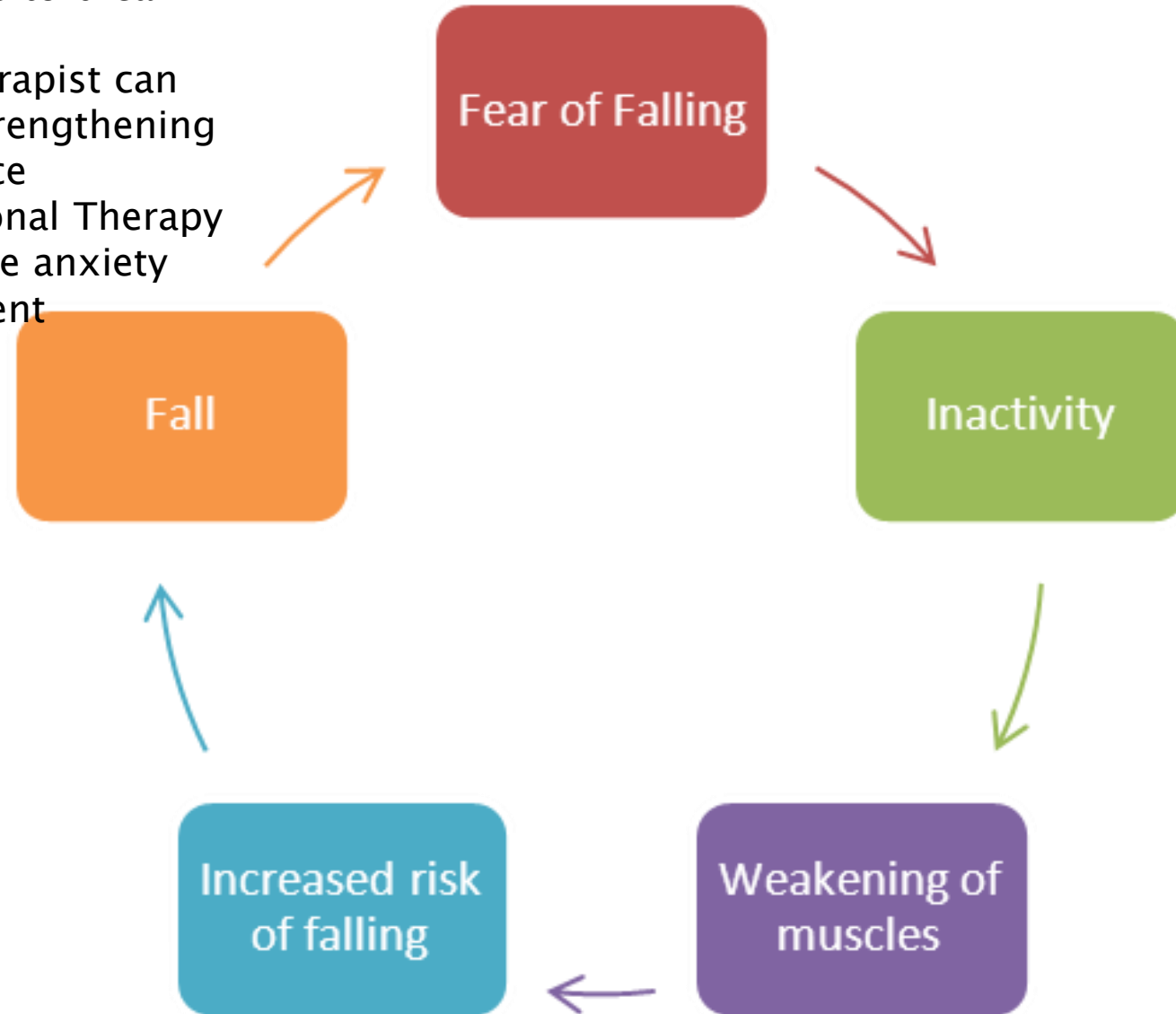
Exercise:



Medication:

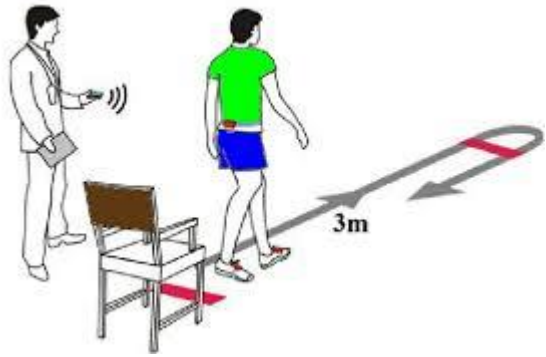


- Our aim is to break this cycle
- Physiotherapist can provide strengthening and balance
- Occupational Therapy can provide anxiety management

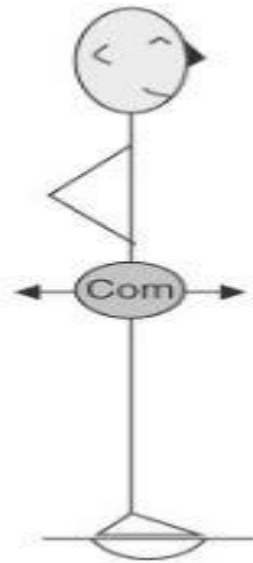


Outcome measures used

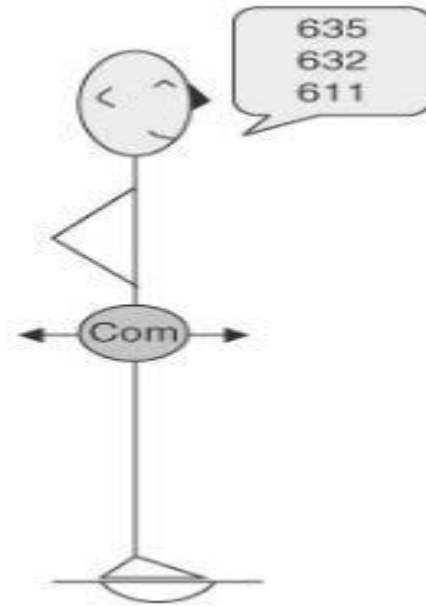
- Tinetti
- Timed up and go
- Dual tasking
- Sit to stand
- Dizziness Handicap inventory and ABC scale for vestibular cases



1. Single task



2. Dual task



How to get people up from the floor. (no 6 in pack)



Try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll



If you can, crawl to strong, stable furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat.



Slowly, begin to rise. Bend whichever knee is stronger; keep your other knee on the floor.



Slowly twist around and sit in the chair.

How to keep warm after a fall



1) Call for help, press pendant alarm or keep phone on you.



2) Try to reach something warm, such as a blanket or dressing gown.




3) Put the clothing over you, particularly your legs and feet.



4) Stay as comfortable as possible and try to change your position at least once every half an hour or so. (NHS website).

Onward referral to other services in community

- ▶ -Care on call- for those who are living alone/with frail and vulnerable partner and unable to get themselves up
 - ▶ -Postural stability/step up classes at Salford Leisure
- 

▶ **THANK YOU!**

▶ **QUESTIONS ?**



Postural Stability and Step Up

The Active Lifestyles Team

Lucy Reynolds

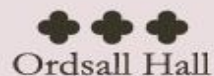
Senior Active Lifestyles Development Officer



16 LIBRARIES

We manage 16 libraries across the City, offering a range of books - from print and audio to electronic books to download. We provide free access to over 200 computers, including a range of specialist electronic resources.

We offer welcoming spaces to read, relax, learn, get advice and have fun and provide regular and one off events and activities for all ages, including children's storytimes, digital courses and help to get online. We also offer a service - books@ home - for residents who through disability or a health condition find it difficult to use their local library.



ORDSALL HALL

A welcoming and friendly Tudor Hall dating back over 820 years. One of only eight comparable Grade 1 listed, timber-framed large houses in Lancashire.

Surrounded by two acres of organically managed gardens, it boasts hands on exhibitions, immersive room settings, meeting rooms and a small café. On average, the Hall welcomes over 30,000 visits each year.

Did you know?

Ordsall Hall have a resident ghost and regular ghost nights are held at the Hall.

8 LEISURE CENTRES AND 6 SWIMMING POOLS

Our 8 Leisure Centres deliver a multitude of activities including indoor and outdoor sports, over 300 exercise classes a week, fitness suites, saunas, swimming lessons and cafes.



7 COMMUNITY CENTRES

Across the city, we manage 7 Community Centres that are available for hire. The centres provide valuable community hubs with over 160 local groups using the facilities



Did you know?

Every year we run a reading challenge to encourage children to continue reading during the summer holidays



WEDDINGS

Ordsall Hall is a licensed venue hosting civil wedding ceremonies and partnerships

Did you know?

We have around 9,000 active health and fitness members

LEARNING MORE ABOUT WHAT WE DO

SALFORD MUSEUM AND ART GALLERY

Salford Museum and Art Gallery, also referred to as SMAG was the UK's first free public library which opened in 1850.

SMAG presents an exciting programme of permanent displays and changing contemporary exhibitions together with a range of events and activities for individuals, families, schools and organisations to enjoy. Over 100,000 visits are recorded each year.

Did you know?

The museum shop sells gifts handmade by local Salford artists and craftspeople?



ARTS DEVELOPMENT

The Arts Development Team provide inspiring opportunities for local people to benefit from participation in arts projects.



CATERING AND RETAIL

Based at Salford Museum and Art Gallery, the team are responsible for managing the retail and cafe functions of our heritage venues and 2 park cafes. The team are also responsible for venue hire and external catering.

HELLY HANSEN WATERSPORTS CENTRE



HELLY HANSEN WATERSPORTS CENTRE

We manage the North West's premier Watersports Centre, based on Salford Quays.

The centre offers: canoeing, climbing, kayaking, open water swimming, sailing and windsurfing and is also home to Salford Wake Park.

Did you know?
The Watersports Centre deliver Swim Safe sessions each summer, teaching children how to be safe in open water.

DANCE TEAM

Our Dance Team deliver a variety of classes across the city in a number of dance styles including: Ballet, Contemporary, Freestyle, Modern Jazz, Street Dance and movement and dance classes for young people and adults with a disability.

Guild Hall Community Centre is the home of SCL's School of Dance.



4 HIGH SCHOOLS

Across the city we manage the community use of indoor and outdoor sports facilities at 4 high schools.



ACTIVE LIFESTYLES TEAM

Our Active Lifestyles Team provide a range of physical activity programmes for those who have been diagnosed with various long term health conditions.

Each year over 1,000 people with long term health conditions are referred to the team and undertake a programme of physical activity

Did you know?

Each week 10 health walks are led throughout the city by trained volunteers.



CLEAVLEY RUNNING TRACK

A specialist athletics venue in Winton, the eight lane synthetic rubber track is home to two athletics clubs.



GYMNASTICS TEAM

A team of expert coaches deliver gymnastic and trampolining sessions across the city for babies through to advanced gymnasts.

Ordsall Leisure Centre houses the Centre of Excellence for gymnastics and regularly hosts local and regional competitions.



ACTIVE COMMUNITIES

Our Active Communities team develop and deliver various programmes to help make a positive difference to communities by creating opportunities for everyone to get active, stay active and achieve more. This is delivered by a number of designated teams, specialising in:

- Community sports development
- Sports specific teams – Watersports, Dance, Gymnastics, Swimming
- School Sports
- Club Development
- Volunteer Development
- Arts Development



FOOTBALL

Salford Sports Village provide a range of 5 a side and 7 a side 3G pitches and is home to the JP League which offers flexible football opportunities for all. The team deliver a programme of Soccer Tots and Soccer Stars sessions across the city.



Did you know?

Across the city there are a number of sports halls, 3G pitches and grass pitches where football can be played indoor and outdoor.

MUSIC AND PERFORMING ARTS SERVICE

MAPAS provide music and drama tuition in schools and within the community.

Each week the team work with over 60 schools throughout the City as well as running evening activities at part of their Arts Centre programme, providing opportunities for children and adults from all areas of Salford to participate in a wide variety of ensembles, including bands, orchestras, choirs and theatre study groups of various standards.



SALFORD SPORTS NETWORK

Salford Sports Network supports over 120 sports clubs in Salford. The principal aim of the Network is to advance sport in Salford and provide the best possible support to the city's clubs.



CHILDREN AND FAMILIES TEAM LIBRARIES AND HERITAGE

This team supports children and families in accessing the wide variety of opportunities offered through Salford's libraries and museums. This includes facilitating school visits, promoting reading and creativity through fun activities for babies, children, young people and their families, and supporting the development of the library and heritage services.

SALFORD YOUTH ALLIANCE

The SYA team support a range of youth activities in Ordsall, Langworthy, Clarendon, Weaste and Seedley and offers a volunteer programme for young people.



SCHOOLS LIBRARY SERVICE

The Salford Schools' Library Service is a dedicated resource for teachers and lends materials to support the curriculum, as well as offering practical advice on developing school libraries.

The team also run the annual Salford Children's Book Award for 11 to 14 year olds in Salford schools

Did you know?

Over 3,200 children and young people receive music tuition from MAPAS.

SWIMMING

Our swimming team provide activities and lessons for all ages across the city. Each week over 3,800 children learn to swim with us and around 80 schools have lessons with us.

The City of Salford Swimming Club and City of Salford Synchro Club are our competitive clubs that have a proud history of developing International swimmers and National Champions.



SCHOOLS SPORTS TEAM

A team of qualified sports coaches deliver high quality PE in primary schools in the city.

The Active Lifestyles Team

Weight Management

Exercise on Referral

Salford Wellbeing
Walks

Cancer Rehabilitation
(CAN-Move)

Our Exercise on Referral scheme provides a range of physical activity programmes for those who have been diagnosed with various long term health conditions. This programme is operated by our Active Lifestyles Team.

We work with a range of health partners who refer people to our dedicated team of friendly, highly qualified exercise professionals, who help to improve the health and wellbeing of the people of Salford through specialised exercise referral programmes for the treatment of heart and lung conditions, cancer, diabetes and falls prevention.

We also offer a range of community activities including [Salford Wellbeing Walks](#) – providing the whole community with the opportunity to live a healthier, more active lifestyle.

Over the last 12 years, the Active Lifestyles Team has supported 14,000-15,000 people to become more active.

If you are interested and require further information, please contact a member of our team by calling 0161 778 0577 or email active.lifestyles@scll.co.uk.

Postural Stability/ Step Up Service

- Referral via intermediate care/falls team
- Free 24 week course, once a week
- One hour exercise, 15 mins tea/coffee, biscuits/ chat or education talk
- Progressive home exercise hand out at week 4, 12, 18
- Transport provided
- Assessments at week 1, 12 and 24 (30 sec sit to stand, 180 degree turn, 4 test balance and TuG) and qualitative questionnaire at week 1 and 24
- Courses staggered every 12 weeks (maximum 3 month waiting list)
- Aim for clients to progress onto Step Up Maintenance class, option to “top up” or redo PS (direct ref. into Step Up also possible)
- Step Up £2 charge/ £2.50 for those who require transport
- More advanced exercises in SU typically delivered in a circuit format

Do you, or someone you know need help improving balance, stamina, strength or functional movement?

Around **1 in 3** adults over 65 who live at home will have **at least one fall a year**



About half of these will have more frequent falls

POSTURAL STABILITY AND STEP UP EXERCISE CLASSES ARE AIMED AT OLDER PEOPLE AT RISK OF FALLS

Postural Stability can help to improve confidence, maintain independence, reduce falls and social isolation.

Free, includes free transport

Step Up is a more advanced ongoing maintenance class. *£2.50, including transport to the class, or £2 without*

Classes currently run in Eccles, Walkden, Swinton and East Salford, refreshments provided.

For more information visit our website or contact us:

☎ 0161 778 0596 ✉ active.lifestyles@scll.co.uk

salfordcommunityleisure.co.uk/lifestyles

Client feedback/ engagement

"I'm learning what my body can do"

"Not using stick around house and able to go on my knees!"

"I enjoy coming and can see the improvements"

"I can keep doing more for longer"

"Can better manage anxiety around standing and moving around"

"It has got me going to get out"

- Newsletters
- You Tube videos for Postural Components (e.g. Warm Up, Dynamic Endurance etc)
Videos plus backward chaining (care homes)
- Filming classes to increase initial uptake



BACKWARD CHAINING

VEED



InShot

Strength and Balance

- Partnership working/meetings including Salford Falls Steering Group, Physical Activity Alliance, Partners in Prevention
- Healthy and Active Aging Month
- Strength and balance campaign - marketing campaign incl. social media calendar (stats/ challenges) leaflets, pop ups, Fall Fighter Training, web page developed to include info, exercises, links, Strength and Balance class, Freelance CPD training
- [Strength and Balance - SCL](#)
- Freelance instructors identified for L3 Designing Physical Activity for Older People
- Parkinson's bid submitted, potential link/ referral pathway with Centre for Neuroscience
- Strength in communities Dunhill MT – Implementing evidence- based interventions to support older adults' independence
- Links with Sport and Leisure Manager possibility of training gym staff, continuation, adherence
- Further plans to disseminate messaging throughout wider team, SCL



Salford Walking Festival + Falls Prevention Awareness Week – SCL Strength and Balance Wellbeing Walk