



Staying Steady

with confidence

Staying Steady Launch at City Hall

The event was well attended with over 100 people representing health and social care plus community and voluntary sector organisations. Presentations were delivered outlining the need to support healthy and active ageing. We heard from the providers delivering Staying Steady: Brunel Fitness, Easton Leisure Centre, Greenway Centre, Hengrove Leisure Centre and The Park Centre (below left). The audience also took part in the 30 second balance challenge!

The 'stars' of the afternoon were the attendees of the Greenway Centre's Staying Steady classes (below right). They spoke from the heart about their experiences and benefits of attending the classes, including: getting involved in something new, making new friends, enjoying a cup of tea and a catch up after the class and, of course, the exercise!

Staying Steady is a programme of strength and balance exercise to help people build strength, walk steadily and lower their risk of falling. People can access the classes by contacting the providers directly (no need for a referral). So if you know someone who is at risk of falling or concerned about falling, Staying Steady could help them, so signpost today!



'I'm so glad I was able to attend the launch event yesterday, it was really positive and a good afternoon'.
Carly Urbanski, Bristol Ageing Better.



'So many participants and the event was very well organised'.
Cllr Asher Craig, Bristol City Council.



'Tea/coffee after the class and social prescribing is really important. People keep coming because they make friends. This becomes almost more important to them as the clinical benefit'.
Dr E Orton, University of Nottingham.

For details of Staying Steady classes and to see a short video of a class go to:
www.bristol.gov.uk/stayingsteady

