

Sunderland Strength and Balance Falls Prevention Programme January - 2025

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	Contact	Place	Day	Time	Cost
West (St Anne's, Pallion, Barnes, Sandhill, St Chad's, Silksworth)	Call: 0191 516 6083 Email: mission2mobility@gmail.com	St Gabriel's Church St Gabriel's Avenue Sunderland, SR4 7TF	Monday Start: 13 th January 2025	11.30am	Free (14 weeks)
East (Millfield, Hendon, St Michael's, Ryhope, Doxford)	Call: 0191 516 6083 Email: mission2mobility@gmail.com	Back on the Map Health Hub Suffolk St, Hendon, Sunderland, SR2 8AX	Wednesday Start: 15 th January 2025	11.00am	Free (14 weeks)
North (Castle, Redhill, Southwick, Fulwell, St Peter's)	Call: 0191 5634749 Email: Jade.Gilbertson@foundationoflight.co.uk	Grace House, Bardolph Drive Sunderland SR5 2DE	Thursday Start: 6 th February 2025	10.00am	Free (14 weeks)
Washington (East, West, North, South, Central)	Call: 0191 537 3231 Email: info@communityopportunities.co.uk	Millennium Centre Washington NE37 2QD	Thursday Start: 16 th January 2025	10.00am	Free (14 weeks)
Coalfields (Shiney Row, Houghton, Copt Hill, Hetton)	Call: 0191 584 3840 Email: houghtoninfo@everyoneactive.com	Penshaw Community Centre, Houghton Le Spring, DH4 7PD	Tuesday Start: 7 th January 2025	11.15am	Free (14 weeks)
		Houghton Sports and Wellness centre DH4 5AH	Thursday Regular weekly classes	1.30pm	£3.00 per session

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

Sunderland Area Map



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