

Sessions are currently available in:

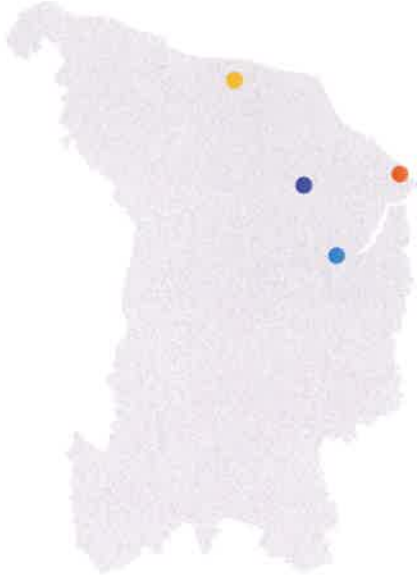
**Ipswich**

**Felixstowe**

**Woodbridge**

**Leiston**

**With more sessions coming soon**



Please call for most up to date  
information of venues and timings or to book  
your first session!

**01473 345350**

**ActivLives**  
Changes Lives ●●●

**STEP** BY **STEP**  
Better Balance Sessions

Contact the team

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Ipswich and East Suffolk  
Clinical Commissioning Group





## Step by Step Programme

ActivLives is working in partnership with IESCCG (Ipswich & East Suffolk Clinical Commissioning Group) to deliver the 'Step by Step' programme. Working with people 55+ within community settings to support and increase the number of falls prevention exercise sessions available in Ipswich and East Suffolk. ActivLives will be working closely with numerous health professionals across many services to develop a simple and accessible referral process for those at risk of falling or have had multiple falls.

## Improve your Strength and Balance

Evidence has proven that by regularly taking part in OTAGO based falls prevention exercise this can help you maintain strength, balance & flexibility whilst enabling you to carry on doing the things that you enjoy.



## Let's get started!

Receive a referral from your GP or other health professional and you will be entitled to your first 4 sessions FREE. If you have complex health issues you must speak to your registered GP, nurse or Therapist for clearance to participate in this programme. If you need any more information about the referral process then please call the number below.

**RECEIVE A REFERRAL**

**IMPROVE BALANCE**

**INCREASE STRENGTH**

**STAY STEADY**

**INCREASE CONFIDENCE**

**STEP** BY **STEP**

**For more information  
contact us now on  
01473 345350**

## Reduce your risk of falling

### Keep Active

This exercise programme is designed to help keep you mobile, active and independent. Specialised exercises can help make it easier to get out of a chair, stay steady on your feet, improve your confidence, reduce your risk of falling, as well as increase your ability to carry out day – day tasks.

### Make new friends

Have a reason to get out and about more and meet others in your community, whilst taking part in such a beneficial activity. All activities provide the opportunity to chat with others over tea & coffee or maybe even join one of our lunch clubs, gardening groups, sports groups or one of the many other activities on offer.