



**East Cheshire  
Hospice**

*Where people come to live*

# Staying Strong and Keeping Safe

A guide for patients



## What is the programme?

Staying Strong and Keeping Safe is both an educational and exercise course. Each week will include strategies and tips to help maintain safety and also, a gentle, tailored exercise class which will be progressed throughout the programme.

At the end of the programme, the aim will be to have a personalised action plan to keep you safe at home and to maintain your strength, mobility, and balance.

## Who is the programme for?

This programme is aimed at people living with life limiting conditions who are motivated to improve their mobility, balance and strength and may be at risk of falls (including history of falls or fear of falling).

Although the exercise programme will be tailored to different abilities, you should be able to maintain standing when completing the exercises.

## How can I be referred?

You can be referred by a healthcare professional involved in your care (GP, nurse, consultant, physiotherapist, occupational therapist, Macmillan nurse etc).

## What happens once I have been referred?

We will be in touch via telephone to discuss the referral, complete the initial assessment and give you a date of the next Staying Strong and Keeping Safe Programme.

## Where and when is the programme held?

The Staying Strong and Keeping Safe Programme runs over six weeks from 10:30am until 12:30pm on a Thursday for consecutive weeks, at the Sunflower Living Well Centre at the East Cheshire Hospice.

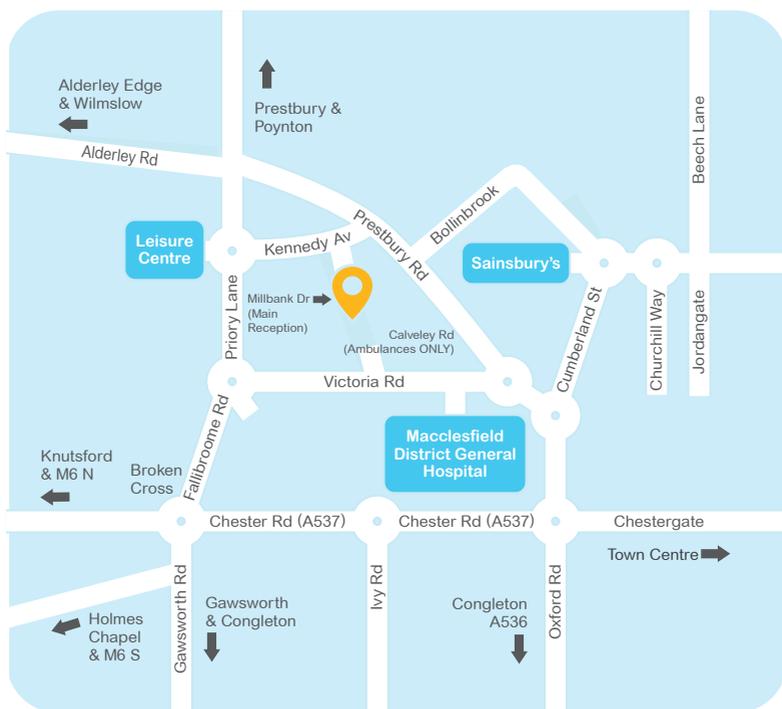
## What will the programme include?

|        |  |
|--------|--|
| Week 1 | Introduction to Staying Strong and Keeping Safe <ul style="list-style-type: none"><li>- Risk of falling</li><li>- Fear of falling</li><li>- Exercise session</li></ul> |
| Week 2 | Staying active <ul style="list-style-type: none"><li>- Benefits of exercise</li><li>- Ways to exercise</li><li>- Exercise session</li></ul>                            |
| Week 3 | Safety at home <ul style="list-style-type: none"><li>- Home hazards</li><li>- Footwear</li><li>- Exercise session</li></ul>  |
| Week 4 | Keeping Healthy <ul style="list-style-type: none"><li>- Vision and Hearing</li><li>- Medication and Dizziness</li><li>- Exercise session</li></ul>                     |
| Week 5 | Healthy Bones <ul style="list-style-type: none"><li>- Food and drink</li><li>- Osteoporosis</li><li>- Exercise session</li></ul>                                       |
| Week 6 | Planning ahead <ul style="list-style-type: none"><li>- Getting up from a fall</li><li>- Pendant alarms</li><li>- Exercise session</li></ul>                            |



**East Cheshire Hospice**

Where people come to live



East Cheshire Hospice  
Millbank Drive  
Macclesfield  
Cheshire SK10 3DR

Sunflower Centre: 01625 665685  
Main Reception: 01625 610364

[www.eastcheshirehospice.org.uk](http://www.eastcheshirehospice.org.uk)

SFC-35-0424