



## Useful information

- **Age UK Bristol:** [www.ageuk.org.uk/bristol](http://www.ageuk.org.uk/bristol)  
0117 929 7537
- **Bristol City Council:** [www.bristol.gov.uk/adults](http://www.bristol.gov.uk/adults)
- **Bristol Older People's Forum:**  
[www.bopf.org.uk](http://www.bopf.org.uk)  
0117 927 9222
- **LiveWell Bristol:** [www.bristol.gov.uk/livewell](http://www.bristol.gov.uk/livewell)
- **NHS Choices:** [www.nhs.uk](http://www.nhs.uk)
- **Linkage:** [www.linkagebristol.org.uk](http://www.linkagebristol.org.uk)  
0117 353 3042
- **NHS One You:** [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)
- **The Royal Society for the Prevention of Accidents (ROSPA):**  
[www.rosipa.com](http://www.rosipa.com)
- **Well Aware:** [www.wellaware.org.uk](http://www.wellaware.org.uk)  
0808 808 5252 (freephone)

You can get this document in large print, by email, in Braille, on audiotape/CD, as a BSL DVD, in Easy English with pictures and in community languages. Please call 0117 922 2290 or email [ph.leafletshp@bristol.gov.uk](mailto:ph.leafletshp@bristol.gov.uk)



# Staying Steady

with confidence



## Strength and balance classes

Helping you to keep moving for a healthy balanced life





Staying Steady is a programme of strength and balance classes to help keep you strong, walk steadily and lower the risk of falling.

### How will Staying Steady classes benefit you?


- Help you stay independent and carry on doing the things you enjoy
- Improve your confidence and reduce fear of falling
- Be mobile and healthy
- Help you keep active and have fun!

So, if you're feeling a bit unsteady, worried about falling or are less mobile than you'd like, then this class could be for you.



## The Park Centre

Daventry Road, Knowle, Bristol, BS4 1DQ

 0117 903 9770

 [gym.instructors@theparkcentre.org.uk](mailto:gym.instructors@theparkcentre.org.uk)

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

**Staying Steady classes:** Monday 3-4pm

**Getting there:**

**Buses:** 90 and 36

**Parking:** Free parking is available on site.




‘The Staying Steady classes are excellent! It's made me feel much more confident in daily life and I've made some good friends at the venue,

## The Greenway Centre

Doncaster Road, Southmead, Bristol BS10 5PY

 0117 950 3335 (main reception)

 0117 909 0027 (fitness office)

 [fitness@southmead.org](mailto:fitness@southmead.org)

 [www.southmead.org](http://www.southmead.org)

**Staying Steady classes:** Tuesday 2-3pm & Friday 2-3pm  
Monday 2-3pm

### Getting there:

**Buses:** 2 and 76 (First Group), as well as 508 and One2 (Wessex Bristol), stop directly outside the centre on Doncaster Road

**Parking:** The centre has free parking but it often fills up quickly. You may be able to find street parking nearby but we recommend finding alternative means to reach the centre.

## Brunel Fitness Centre

Speedwell Road, Bristol, BS15 1NU

 0117 377 0098

 [Bristol@almsport.co.uk](mailto:Bristol@almsport.co.uk)

 [www.brunelfitness.co.uk](http://www.brunelfitness.co.uk)

**Staying Steady classes:** Thursday 1:30pm-2:30pm

### Getting there:

**Buses:** The centre can be accessed via bus route 7. We are located next to Bristol Brunel Academy

**Parking:** There is free parking on site



To watch a short video of a Staying Steady class go to [www.bristol.gov.uk/social-care-health/staying-steady-classes](http://www.bristol.gov.uk/social-care-health/staying-steady-classes)

### What does it cost?

£3.50 per class, pay as you go

### What does the class involve?

Classes are led by instructors who can adapt the exercises to suit you, so you can exercise safely with support from experts.

We use equipment such as bands, balls and hoops (all provided).

Exercises can be done seated or standing.

### How long are the classes?

Each Staying Steady class lasts for an hour and you'll be given some information about exercises to do at home. Why not stay for a cup of tea or coffee and a chat afterwards? You can learn more about organisations and activities in your area that can help you stay active and independent.

### Joining is easy

If you'd like more information or to join a Staying Steady class near you, just contact the the centre of your choice by phone or email.



## Staying Steady venues



## Easton Leisure Centre

Thrissell Street, Easton, Bristol, BS5 0SW

 0117 955 8840 or 07825 033 741

 [eh.eastonexercisereferral@nhs.net](mailto:eh.eastonexercisereferral@nhs.net)

 [www.everyoneactive.com/easton](http://www.everyoneactive.com/easton)

**Staying Steady classes:** Wednesday 11am -12noon

**Getting there:**

**Buses:** 6, 7, 35, 36, 37, 42, 42A, 43, 44, 45

**Parking:** Parking is free for up to three hours. There are 4 disabled parking spaces.

**Extra Information:** Upon arrival go to reception and make them aware you would like to take part in the Staying Steady class. They will help you if you need it. You will also need to register for a free Everyone Active card. The lockers take a £1 coin (returnable).

## Hengrove Park Leisure Centre

Hengrove Promenade, Hengrove Park, Bristol, BS14 0DE

 0117 937 0200

 [hengrove.referral@parkwood-leisure.co.uk](mailto:hengrove.referral@parkwood-leisure.co.uk)

 [www.leisurecentre.com/hengrove-park-leisure-centre](http://www.leisurecentre.com/hengrove-park-leisure-centre)

**Staying Steady classes:** Tuesday 12.30pm-1.30pm

**Getting there:**

**Buses:** The leisure centre can be accessed via several bus routes including 50, 51, 52, 75 and 76 (First Group) and 515 (Wessex). The stop to look out for is H.

**Parking:** Free parking is available on site for up to 3 hours. Just validate your ticket at reception when you leave.