

***Focus for December 2022 –*** ALCOHOL.

**What’s on in Nottingham West?**

* **EXERCISE REFERRAL SCHEME**:
	+ Full and unlimited access to Kimberley & Bramcote Leisure Centres and Chilwell Olympia.
	+ Speak to your local leisure centre or Health Professional about being referred onto our GP referral scheme where you will be able to use a range of facilities with expert guidance and support. The health professional will determine whether you are eligible for this scheme.
* **MOVE IT OR LOOSE IT**
	+ Stay active at home, join an online class and get top tips and advice.
	+ **www.moveitorloseit.co.uk**
* **Eastwood**:
	+ Chair based exercise, Dora Phillips Hall, Wood St, Eastwood, NG16 3DD.
		- Thursday’s 1:30pm – 2:30pm. Join Amy for low impact exercise, no booking required. £3
* **Beeston**:
	+ Gentle seated yoga exercise, BRCA, Leyton Crescent, NG9 1PR.
		- Wednesday’s 10:30am – 11:30am. Call Melissa for booking: 07866 484 667. £3
	+ Movement to Music, The Pearson Centre, NG9 2NH
		- Wednesday’s 10am – 11am. £4. Over 60’s. amy@godsmark.co.uk / 07985 605 212
* **Awsworth**:
	+ Movement to Music, Awsworth Village Hall, NG16 2QQ
		- Monday’s 11am – 12noon. £3.50
* **Stapleford**:
	+ Movement to Music, St Helen’s Church Hall, Stapleford.
		- Thursday’s 10am – 11am. £3.50

For more strength and balance provision in Notts please see: **www.activenotts.org.uk/fallsandactivity**

* **BENEFITS OF CHAIR BASED EXERCISE**:

• Improved strength and balance

• Stronger bones

• Increased self-confidence

• Reduced risk of falling

• Improved circulation

• Reduced loneliness

• More independence

**POPULATION HEALTH MANAGEMENT**

**NOVEMBER 2022 TARGET AREA**

**FRAILTY AWARENESS AND PREVENTION**