

POSTURAL STABILITY NEWSLETTER

Issue 39
Autumn 2026



Welcome to the Postural Stability Newsletter!!! It's 39th edition of the letter! Hope you are getting ready for autumn! Topics we'd like to highlight this time will cover importance of Falls Awareness week, with tips and advice, confidence re-building, celebrating Older People Day and more...

Facts and figures. Our Postural Stability programme runs 13 groups per week. Our latest course results show that 94% of participants improved or maintained their performance in the 180° Turn Test. The 180° Turn Test is important because many falls occur when changing direction, and people who need more steps to complete a turn are more likely to have reduced balance and a higher risk of falling. Improvements in this test indicate better dynamic balance, coordination and stability during everyday activities such as turning around in the kitchen, navigating crowded spaces or changing direction while walking. This excellent outcome highlights the positive impact of regular strength and balance exercise, helping participants maintain stability, confidence and independence in everyday activities while reducing their risk of falls. If you have any questions regarding our programme, classes, enrolling process please telephone **0161 778 0596**. Leave a message and we will be happy to return your call and answer your queries.



21st to 25th September 2026 marked Falls Prevention Awareness Week

Falls are not an inevitable part of getting older, and there are many practical steps people can take to stay active, independent and well as they age. Maintaining physical activity, building strength and confidence, and adopting healthy lifestyle habits can all help support wellbeing and reduce the risk of falls. To help raise awareness of healthy ageing and support older people to live well for longer, AFS is running **Live Well Age Well** community workshops. These sessions provide practical information and guidance on topics including healthy eating and drinking, understanding frailty, preventing falls, improving breathing capacity, and supporting long-term brain health.

Upcoming Live Well Age Well Workshops:

- **14 October 2026, 1pm-3pm** - Ranulph Court, King Street, Irlam Height, M6 7GX, call Michael on 07421 129 032

Walks Salford Community Leisure Salford Wellbeing Walks aim to help people get active locally. They are easy walks led by trained volunteer walk leaders. Please arrive 15 mins before walk begins. Wear flat grippy shoes or trainers, suitable clothing for the weather. Bring some water. No booking required. For further information contact Jo.bennett@scll.co.uk



RHS Garden Bridgewater Wellbeing Walk - Strength and Balance Awareness Monday 19 October, 1.30pm to 2.30pm Meet at 1.15pm, outside the Welcome Building, RHS Garden Bridgewater, M28 2LJ Parking P Toilets Approx 1hr walk FREE Cafe A 30min walk and 30min exercises/ guidance. For Salford Residents only.

RHS Garden Bridgewater Wellbeing Walk Tuesday 13 October, 12.00 to 12.30pm Meet at: 11.45pm, outside the Welcome Building, RHS Garden Bridgewater. M28 2LJ. A 30min walk, slower paced. For Salford Residents only.

Postural Stability Team 0161 778 0596 salfordcommunityleisure.co.uk/be-active/active-lifestyles

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Falls Prevention

Awareness Week 2026

Staying Strong, Steady and Independent

21 to 25 September 2026 marked Falls Prevention Awareness Week across the UK. This year's theme, "From Awareness to Action", highlights an important message: falls are not an inevitable part of ageing, and there are practical steps we can all take to reduce our risk. For clients attending our Postural Stability Programme, Falls Prevention Week is a great opportunity to celebrate the positive changes you are making to improve your balance, strength and confidence.

Why Falls Prevention Matters

As we get older, changes in balance, muscle strength, eyesight, hearing and reaction times can increase the risk of falling. A fall can affect more than just physical health. It can also reduce confidence, lead to fear of activity and impact independence.

The good news is that many falls can be prevented through regular physical activity, strength and balance exercises, good nutrition, medication reviews and simple changes around the home. Falls Prevention Awareness Week promotes these evidence-based approaches to help people remain active and independent for longer.

How Your Postural Stability Programme Helps

By attending your Postural Stability classes, you are already taking one of the most effective steps to reduce your risk of falling.

Regular participation can help to:

- Improve balance and coordination
- Increase lower body strength
- Enhance mobility and walking ability
- Build confidence in everyday activities
- Reduce fear of falling
- Support independence and wellbeing



Research consistently shows that strength and balance activities play a vital role in falls prevention, which is why programmes like ours are recommended by healthcare professionals.

Simple Steps to Stay Steady

1. **Keep Moving** Continue attending your exercise classes and stay active between sessions.
2. **Look After Your Feet** Wear supportive, well-fitting footwear and seek advice if you have foot problems.
3. **Check Your Vision and Hearing** Regular eye and hearing checks can help you spot hazards and maintain good balance.
4. **Review Your Medicines** Some medications may increase dizziness or affect balance. Speak to your GP or pharmacist if you have concerns.
5. **Make Your Home Safer** Remove trip hazards, improve lighting and use handrails where needed.

These small actions can make a significant difference in reducing falls risk.

Confidence is Key

Many people become less active after a fall because they worry about falling again. However, avoiding activity can actually lead to weaker muscles and poorer balance. Staying active, safely and within your abilities, is one of the best ways to maintain confidence and independence.

Your instructors and fellow participants understand the challenges that can come with balance problems, and every class attended is a positive step towards staying stronger and steadier.

A Message to Our Clients

During Falls Prevention Awareness Week 2026, we would like to congratulate all our Postural Stability Programme participants for the commitment they show each week. By attending classes, practising exercises and looking after your health, you are already turning awareness into action. Together, we can continue to reduce falls, improve confidence and help people live active, independent lives. Stay active. Stay strong. Stay steady!

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How to Rebuild Your Confidence After a Fall

Falls prevention is not just about avoiding accidents. It's about building strength, balance, confidence, and independence. Experts recommend:

- Accepting feelings of fear after a fall, as this is a normal part of recovery. Fear can help you understand your limitations, which is a good thing, because it means you will be more willing to engage in rehab or ask for support.
- Taking recovery gradually and avoiding doing too much too soon.
- Speaking to a doctor if falls are recurring, as medications, blood pressure, vision, or hearing issues may contribute.
- Making the home safer by removing trip hazards, improving lighting, and installing grab rails where needed.
- Using walking aids if appropriate to improve stability and independence.
- Completing regular strength and balance exercises, particularly for the legs and core, as these can significantly reduce fall risk. Simple sit-to-stand exercises are highlighted as effective.
- Gradually increasing walking activity and focusing on small achievements during recovery.
- Using relaxation techniques such as mindfulness and breathing exercises to manage anxiety about falling again.
- Wearing supportive, well-fitting footwear and staying socially active to maintain confidence and wellbeing.

Key message: Building strength, balance, confidence, and social connections can help recover physically and mentally after a fall while reducing the risk of future falls. *Shirley Ballas article, The Independent*



finger on the other, and swap hands repeatedly. **Pinky & thumb swap:** One hand lifts the pinky while the other lifts the thumb, and swap hands repeatedly. These exercises are simple and can be incorporated into daily routines. Consistency is key, and even 5 to 10 minutes a day can make a difference. Pairing finger exercises with other brain-healthy habits like walking, balanced nutrition, and social engagement can provide maximum benefits.

What our clients say:



'My name is Sheila, and I attend the Ordsall class. Since I started coming, I have felt so much better. The exercises have been brilliant and have really helped me rebuild my confidence after my fall.'

I no longer need my walker at home or when going to nearby places, which has made a huge difference to my independence.

I really enjoy the class, and I especially value the company and the new friends I have made. Coming to the sessions has had a positive impact on both my physical health and my confidence.' *Sheila, 73*



'My name is Bernard, and I am new to the exercise class. When I first started, I wasn't doing too well, but over the last couple of weeks I would say I've improved 100%.

The exercises are very good and have made me feel a lot better. I've noticed a real improvement in my walking, and I'm not getting out of breath as quickly as I used to, which is definitely a step in the right direction.

I can now do a lot more exercises without support, and I feel much more confident. The class has helped me improve both my fitness and my confidence, and I'm really pleased with the progress I've made.' *Bernard, 82*

Cognitive Exercises Regular finger exercises can significantly benefit cognitive health. Here are some exercises:
Fist & open swap: Make a fist with one hand while keeping the other hand open and swap positions repeatedly.

Finger count swap: Hold one finger up on one hand and two fingers on the other, and swap hands repeatedly. **Pinky & thumb swap:** One hand lifts the pinky while the other lifts the thumb, and swap hands repeatedly.



Getting up from a fall

If you fall, lie still for a minute, stay calm and check for injuries if you are unhurt and think you can get up follow these:

1. roll onto your side then push up onto your elbows into the half-seated position
2. use your arms to push yourself to your hands and knees into all four position
3. crawl to a very stable piece of furniture sturdy chair or bed and hold onto it for support
4. slide or rise the foot of your stronger leg towards so it's flat on the floor
5. lean forward and push up using your arms and front leg slowly rising to standing position
6. turn around and sit down sit for a minute or two to rest

If you can't get up or feel pain in your hips or back:

- get help use your pendant alarm
- use your phone to call 999
- bang on wall radiator or floor
- stay warm cover yourself with anything you can find a blanket a coat put cushion under your head or roll up an item of clothing
- keep moving, roll from side to side if you can, move your limbs as pain allows to maintain circulation
- keep your fluids up if you can reach for a drink
- keep your mobile phone with you consider getting a community alarm and wear it.

Planning ahead It makes sense to prepare yourself and your home just in case the worst happens then you can get on with enjoying your life knowing that you've done the groundwork.



Simple Home Falls Check:

- Clear clutter, loose rugs and trailing cables.
- Keep rooms, hallways and stairs well lit.
- Use handrails on stairs and grab rails in bathrooms.
- Wear well-fitting shoes or slippers with good grip.
- Keep everyday items within easy reach.
- Clean up spills straight away and keep floors dry.

Small changes at home can make a big difference in preventing falls.

Watch Video



RoSPA- Falls prevention tips and advice | RoSPA

International Day of Older People 2026

1ST October we celebrated **International Day of Older People (IDOP) 2026**, celebrating the people, places and services that help us stay active, connected and supported as we age. This year's theme, **"What's on Your Doorstep?"**, encourages us to think about the local amenities, relationships and opportunities that make a difference to everyday life, while also highlighting the barriers that can make them harder to access.

Thank you for sharing your wisdom, experience, and inspiration. We wish you continued health, happiness, and opportunities to stay active and connected.

Happy Older People's Day to everyone who's proving that fun doesn't have an age limit! Keep moving, keep smiling, and keep proving that age is just a number!



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