

The Strong and Steady Exercise Group Information

The Strong and Steady exercise group takes place in the Goose Green Centre at St John's East Dulwich every Wednesday morning.

What happens in the group?

The Strong and Steady exercise group takes you through a set of exercises that research has shown improves muscle strength and balance. The group lasts 1 hour each week. There will be up to 12 regular group members in attendance.

What is strength and balance exercise?

Getting older and being less active can have an effect on muscles. Even a small loss in muscle strength can make it harder to walk and stay balanced. Strength exercises involve repeating movements, making the muscles work a bit harder than usual. This is what triggers the muscles to get stronger.

Balance is a skill, just like playing an instrument. Regular challenging practice is needed to keep up any skill. To keep your balance system on top form, you need to practice things that make you wobbly on a regular basis.

The exercise instructor will make sure that the exercises set for you are not too easy or too hard. Before you start the group, you will meet the exercise instructor for an assessment to set the exercises and they will continue to review your progress in the group.

What should I wear?

You do not need special kit, just loose clothing that will not get in your way when moving. Trousers may be preferable to skirts as some of exercises involve getting on and off the floor (if you are able to). You should wear comfortable, well-fitting and supportive shoes.

Who organises the group?

The group is organised through the Goose Green Coffee Morning at St John's East Dulwich. One of the organisers is an experienced physiotherapist and oversees the management of the group.

Who leads the group?

The group is led by a Level 4 postural stability trained exercise instructor. Level 4 training means they are qualified to provide exercise for people with certain health conditions. Postural Stability Instructor training qualifies an instructor to run strength and balance exercise groups.

Who is the group for?

The group is designed for older people who are starting to experience unsteadiness or who are losing confidence in their ability to stay balanced. To make sure it is safe for you to do this exercise, we will ask you some questions about your mobility and to get clearance from your GP.

How will taking part help me?

Research has shown that doing regular strength and balance exercise, designed by a qualified instructor can improve strength, walking and balance, prevent falls, improve confidence and maintain your independence.

How much does it cost?

Each session costs £4. You can pay each week or for a block of sessions. Cash or card payments can be made.

How long can I keep coming?

If you commit to regular attendance, there is no end date. People who have finished an NHS strength and balance group and found it helpful, may wish to continue these exercises in the Strong and Steady group. The Strong and Steady group use the same exercises as NHS classes.

What commitment is involved?

Exercise only works if it is done regularly, and a group is more fun if there are regular members. We do not request payment for the exercise instructor assessment, but in return, we ask for a commitment to attend for at least 12 weeks.

What happens if I can't attend?

Occasional absences are to be expected. If you have a holiday or important commitment, please let us know in advance. Also contact us if you are unwell, especially if your mobility is affected. We might need to reassess the exercises to help you return to exercising safely.

How do I get a place in the group?

Step 1: Contact us to ask for a self-referral form

Step 2: Complete the self-referral form

Step 3: Ask your GP to complete the health clearance form OR complete the self-certification clearance to exercise form (*this step is not necessary if you have just completed an NHS class and have the exercise instructor form as per step 4*).

Step 4: (OPTIONAL) Ask your exercise instructor to complete the exercise instructor form (only if you are finishing an NHS strength and balance class)

Step 5: Attend the assessment session with the exercise instructor

Step 6: You will be contacted when there is a space in the class

What if I am not sure about joining?

If you would like to find out more, we welcome questions. Please feel free to contact us by email or telephone and we will arrange for someone to contact you to answer your questions. You may wish to observe a session before signing up. Please arrange that with us in advance.

Contact details:

Website: <https://www.stjohnseastdulwich.org/goose-green-coffee-morning/>

Telephone: 07961 580920

Email: goosegreencoffeemorning@gmail.com

Alternatively, drop into coffee morning between 11 and 12:30 on Wednesdays. You would be very welcome.