

Adult Learning - Course Information Sheet



AHK4WA01 - Get Up And Go - Falls Prevention Course

Wellingborough Hindu Community Centre
148 Highfield Road

Wellingborough

NN8 1PL **Room** TBC

Start Date: 15 September 2022
End Date: 08 December 2022
Start Time: 1:45PM
End Time: 2:45PM
Day: Thursday
Sessions: 10
Tutor: Ms Elizabeth Willis

Here4U

At Here4U we will support you to move towards your individual goals. We offer short courses between 4 to 6 weeks, and whole day workshops so that if you have not learnt with us before, you can come and learn some new skills for everyday living in a safe and supportive environment. We also run longer courses with a specific health benefit outcome. We will support you to gain a new skill, hobby or qualification and inspire you to express yourself and gain the confidence to succeed in life.

Course aim

Occasionally in our lives our confidence and self-esteem can be affected by a fall, or fear of a fall, and so limit our physical activity. This may lead to loss of muscle strength, endurance and mobility. This course will support you to develop the muscles necessary to improve your balance, reducing the risk of future falls and helping to improve your confidence.

Course outcomes

- a) Explain the importance of muscle strength, endurance and mobility.
- b) Participate in chair based and standing exercises during the sessions to develop 'balance confidence.'
- c) Practise some exercises on a weekly basis at home to increase your confidence.
- d) Identify the benefits of being active on your self-esteem and mental wellbeing.

How will the course be taught?

This course is held in-person. A variety of teaching methods will be used which may include group discussion, practical activities etc., relevant to the course subject. Handouts may be sent to you after the session to support your learning. Your tutor will guide you throughout your course.

What do I need to bring / have ready?

From your own resources a pen and notebook may be useful if you would like to make notes. You should bring reading glasses if you require them as there will be a little bit of paperwork to complete. A supply of course resources including ankle weights will be available each session.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

