



Here's what some past participants had to say about Steady Steps

"... Steady Steps was the best thing that ever happened to me after the fall I had."

"...there are lots of different abilities and the instructor makes everyone feel very comfortable."

"... I seem to have lost that fear of falling..."

"... forget all preconceived ideas about exercise, this was fun!"

"... the class has given me confidence to get on with everyday life. I've gotten stronger and no longer stress about using public transport."

"...it's very welcoming, upbeat and social which encourages me to come each week"

Contact

If you require any more information about the Steady Steps programme, please don't hesitate to contact a member of our Active Communities team on the details below:

Tel: 0131 458 2260 Email: active@edinburghleisure.co.uk

Text 'ACTV17 £3' to 70070 to donate to Edinburgh Leisure's Active Communities' programmes and help improve lives through the power of physical activity.

edinburghleisure.co.uk/support-us

EL0719

Active Communities



Steady Steps

Physical Activity Referral Programme

Improving balance, strength and confidence.



Working together for a caring,
healthier, safer Edinburgh
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Registered Scottish Charity No: SC027450

Edinburgh Leisure

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What is Steady Steps?

Steady Steps is a community-based physical activity referral programme delivered by Edinburgh Leisure and supported by the Edinburgh Integration Joint Board.

Steady Steps is delivered within Edinburgh Leisure venues over 16 weeks. Participants attend weekly physical activity sessions and are encouraged to complete home exercises twice a week for the duration of the programme.

Who is it for?

Anyone who has had, or is at risk of having a fall.

How much does it cost?

Each session lasts 1 hour and 30 minutes and costs **£1 to attend** (this includes complimentary refreshments after the physical activity session).

Who delivers the sessions?

All sessions are delivered by a Postural Stability Instructor who has completed specialist training. Volunteers also play a key role. They will help identify your goals and ensure you exercise in a safe supported environment. This enables us to provide a person-centered experience for participants during the session and

over a well-deserved tea or coffee afterwards.

How can I access it?

Referrals can be made by a range of Health professionals including Physiotherapists and Occupational Therapists.

If you feel you would benefit from taking part in Steady Steps speak to your health professional who can make a referral on your behalf.

Once we receive your referral a member of our Active Communities team will contact you and invite you to your first session.

What happens at a session?

The sessions include a warm- up, followed by



specific exercises designed to improve balance, endurance, strength and flexibility. Then a cool-down, followed by a 30-minute refreshment and an opportunity to chat to other participants.

All exercises will be adapted to individual ability so that no exercise is too easy or too difficult for you. There are also seated alternatives available for all exercises.

In the first and last session we will do some quick and simple physical assessments and questionnaires to help us measure your progress.

Carers

Carers are welcome to attend and support where required. If this would help, please ask your health professional to note it on the referral form.

What happens after the programme?

At the end of the 16 week programme, you should feel more confident taking part in physical activity. A member of our Active Communities team will discuss a range of options which meet your needs and allow you to continue to be physically active on a regular basis.