



# Staying Steady

**Feel unsteady? Afraid of falling? Had a fall?**

Staying Steady falls prevention classes will improve your balance, confidence and stability.

Balance is a skill that can be trained and improved, it's never too late and you're never too old! These classes are fun and social, and you'll have a chance to make new friends too.



**Healthworks**  
the community health charity



# What is Staying Steady?

The Staying Steady programme is for people who have had a fall, or who feel as though they may be at risk of having a fall. It runs once a week over 27 weeks and is free of charge.

## How do I get involved?

You can contact us directly or you can be referred by your GP, Nurse, Physio or another professional. One of our team will then contact you to arrange an assessment.

## Where is Staying Steady offered?

We offer it at our Lemington Centre and Health Resource Centre and in other community venues in Byker and Gosforth.

## Will Staying Steady benefit me?

Staying Steady is scientifically proven to improve strength and balance and aims to reduce falls and enable people to live independently at home for longer.

## How do I find out more?

Call us: 0191 272 4244

Visit: [www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)



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