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***Focus for December 2022 –*** ALCOHOL.

**What’s on in Nottingham West?**

* **EXERCISE REFERRAL SCHEME**:
  + Full and unlimited access to Kimberley & Bramcote Leisure Centres and Chilwell Olympia.
  + Speak to your local leisure centre or Health Professional about being referred onto our GP referral scheme where you will be able to use a range of facilities with expert guidance and support. The health professional will determine whether you are eligible for this scheme.
* **MOVE IT OR LOOSE IT**
  + Stay active at home, join an online class and get top tips and advice.
  + **www.moveitorloseit.co.uk**
* **Eastwood**:
  + Chair based exercise, Dora Phillips Hall, Wood St, Eastwood, NG16 3DD.
    - Thursday’s 1:30pm – 2:30pm. Join Amy for low impact exercise, no booking required. £3
* **Beeston**:
  + Gentle seated yoga exercise, BRCA, Leyton Crescent, NG9 1PR.
    - Wednesday’s 10:30am – 11:30am. Call Melissa for booking: 07866 484 667. £3
  + Movement to Music, The Pearson Centre, NG9 2NH
    - Wednesday’s 10am – 11am. £4. Over 60’s. [amy@godsmark.co.uk](mailto:amy@godsmark.co.uk) / 07985 605 212
* **Awsworth**:
  + Movement to Music, Awsworth Village Hall, NG16 2QQ
    - Monday’s 11am – 12noon. £3.50
* **Stapleford**:
  + Movement to Music, St Helen’s Church Hall, Stapleford.
    - Thursday’s 10am – 11am. £3.50

For more strength and balance provision in Notts please see: **www.activenotts.org.uk/fallsandactivity**

* **BENEFITS OF CHAIR BASED EXERCISE**:

• Improved strength and balance

• Stronger bones

• Increased self-confidence

• Reduced risk of falling

• Improved circulation

• Reduced loneliness

• More independence

**POPULATION HEALTH MANAGEMENT**

**NOVEMBER 2022 TARGET AREA**

**FRAILTY AWARENESS AND PREVENTION**