



suffolk  
coastal  
LOCAL STRATEGIC PARTNERSHIP



# Your guide to a more active life

## Chair-based exercise classes in Suffolk



# Chair-based exercise programme

You may be feeling that you are too old to think about taking any type of regular exercise, but did you know that taking part in seated exercise can help you to stay independent for longer? It can help you to stay mobile and reduce your risk of falling.

Welcome to our first ever leaflet that lists chair-based exercise sessions around the county. Chair-based exercise has been shown to improve strength and balance, especially aiding the muscles used in everyday activity, such as washing, brushing your hair, dressing and jobs about the house.

Chair-based exercise sessions are run in the community so you can exercise with the motivation of a group but from the comfort of a chair. The exercises are done at a pace to suit you and can be adapted for special needs. The sessions are run by qualified instructors, and equipment will be provided free of charge. After the hour long exercise session there is time for a bit of relaxation, sometimes with a cup of tea or coffee, and a chat.

## What are the benefits?

The sessions may help to increase or maintain independence, help with strength and balance, and most importantly aid with activities of daily living. In addition to the physical health benefits, the groups are a great social opportunity to meet with others and have a chat while exercising, or enjoying the refreshments afterwards.

## Who can go?

Anyone can attend these sessions. Although primarily aimed at the over 50 age group, there are men and women of all ages and abilities who attend. If you have any specific medical needs, please speak to your practice nurse or GP about your thoughts on attending.

For further information contact  
Olive Quinton Tel 01394 444697 or  
Email: [olive.quinton@suffolkcoastal.gov.uk](mailto:olive.quinton@suffolkcoastal.gov.uk)

## Want to enjoy an active life?

### If you would like to

- Improve your confidence and feel good.
- Improve flexibility and suppleness
- Strengthen muscles and bone density
- Improve co-ordination and balance
- Helps back pain, stress and anxiety
- Improve your stamina
- Make new friends

### These websites could help you

- Suffolk Infolink, can help you find local exercise classes  
[www.suffolk.gov.uk/infolink](http://www.suffolk.gov.uk/infolink)
- [www.fallsandfracturepreventioninsuffolk.nhs.uk](http://www.fallsandfracturepreventioninsuffolk.nhs.uk)  
or call Ann Hunt, Falls Prevention Co-ordinator, 01284 748824 & Anita Walkinshaw, Falls Prevention Co-ordinator 01473 275250
- [www.suffolkcoastal.gov.uk/helpingpeople/healthguide/sitdown/](http://www.suffolkcoastal.gov.uk/helpingpeople/healthguide/sitdown/)

## Are you a chair-based exercise instructor?

If you would like to have details of your sessions included in future editions of this programme please email [olive.quinton@suffolkcoastal.gov.uk](mailto:olive.quinton@suffolkcoastal.gov.uk) with the following information.

Days, dates and times of sessions

Cost

Your name and contact details e.g. email, telephone

Full address of venue with postcode and telephone number

Information regarding parking, refreshments, disabled access, advance booking etc.

### **Understand your medicines:**

- Ask your doctor or pharmacist about possible side effects and feel free to raise any questions.
- Some medicine can cause drowsiness, dizziness, weakness and affect your balance so, take your time when rising from a chair or bed.
- Ask for a medicines review if you are taking four or more medicines.
- When buying medicines over the counter, always inform the pharmacist of **ALL** prescribed and over the counter medicines you are taking.

### **Avoid or limit alcohol intake:**

- Either alone or combined with medicines, alcohol increases the risk of falls.

### **Make your home safe:**

- Check for hazards around your home.
- Always take care on the stairs and remove any clutter.
- Keep a night light by your bed
- Consider hand rails around the house, especially the stairs.
- Avoid standing on chairs and stools.
- Ensure the hallway and stairs are well lit.
- Clean up spillages immediately.
- Ensure carpets are firmly secured.
- Secure loose wires and rugs.
- Always take care with pets.

### **Wear sensible shoes and keep feet healthy:**

- Wear well fitting, low-heeled shoes.
- Avoid wearing worn out or loose slippers.
- Have regular foot care.

### **Low mood and depression:**

- These can increase your risk of falls, discuss with your GP

## **Chair-based exercise classes in Suffolk Coastal**

Monday 10 - 11am £2	Kettleburgh Village Hall, The Street, Kettleburgh Amanda Mallett - 01728 688696 <a href="http://www.coastalfitness.co.uk">www.coastalfitness.co.uk</a> Sessions are open to members of the local community
Monday 10.30-11.45am £2	Westleton Village Hall, Darsham Road, Westleton IP17 3AD Sarah Rodgers - 01394 461262 <a href="mailto:Sarahrodgers197@gmail.com">Sarahrodgers197@gmail.com</a> Exercise sessions lasts one hour followed by 15 minutes relaxation. Soup and Pud Club £3.00
Tuesday 10.30-11.30am Free	United Reform Church, Tomline Road, Felixstowe, IP11 7PA Joy Emeny and Nikki Riddell - 01394 625732 Donations welcome. Wheelchair access, limited car parking, no refreshments
Tuesday 10.30-11.45am £2	Darsham Village Hall, The Street, Darsham Sarah Rodgers - 01394 461262 <a href="mailto:Sarahrodgers197@gmail.com">Sarahrodgers197@gmail.com</a> Exercise sessions lasts one hour followed by 15 minutes relaxation
Tuesday 11 - 12 noon £3	Leiston Leisure Centre, Red House Lane, Leiston IP16 4LS Marion Walker 01728 830364 <a href="mailto:walkerjamsnape@aol.com">walkerjamsnape@aol.com</a> Open to all ages and abilities. Parking and wheelchair access
Tuesday 11 to 12 noon £2.50	The Conference Room, Mills Meadow, Framlingham IP13 7BL Amanda Mallett - 01728 688696 <a href="http://www.coastalfitness.co.uk">www.coastalfitness.co.uk</a> Wheelchair access. Limited car parking but close to town centre car park. No refreshments
Tuesday 11.15-12.15pm £2	Kesgrave Scout Hut, next to Kesgrave Tesco car park Zeta Wright - <a href="mailto:Zask6@homecall.co.uk">Zask6@homecall.co.uk</a> New six week course from January 25 - March 8, 2011, includes one week half term break
Wednesday 1.30 -2.30pm £2	Fairfield Centre, Aldeburgh IP15 5JS Amanda Mallett - 01728 688696 <a href="http://www.coastalfitness.co.uk">www.coastalfitness.co.uk</a> Wheelchair access, limited parking, no refreshments

Thursday 10 -11am £3.	Wenhaston Village Hall, Hall Road, Wenhaston IP19 9EP Marion Walker - 01728 688669 walkerjamsnape@aol.com Open to all ages and abilities
Thursday 10.15 -11.15am £2.50	Bromeswell Village Hall, School Lane, Bromeswell IP12 2PX Pat Stannard - 01394 421761 p.stannard660@btinternet.com Parking available. Wheelchair access. As a small room is used, contact the leader to ensure space is available.
Thursday 10.30 -11.45am £3	St Felix Church, Rendlesham Sarah Rodgers, 01394 461262 Sarahrodgers197@gmail.com Exercise sessions lasts one hour followed by 15 minutes relaxation.
Thursday 10.30 - 11.30am £2.50	Friston Village Hall, IP17 1PU Amanda Mallett - 01728 688696 www.coastalfitness.co.uk Wheelchair access, parking, no refreshments.
Thursday 3 -4pm £2.50	United Church, High Street, Leiston, IP16 4EL Amanda Mallett - 01728 688696 www.coastalfitness.co.uk. Wheelchair access, parking, no refreshments.
Friday 10 - 11am £3	Suffolk Place, Woodbridge IP12 1XB Amanda Mallett -01728 688696 www.coastalfitness.co.uk Wheelchair access, limited parking, no refreshments,
Friday 3 - 4pm £3	Snape Village Hall, Church Road, Snape IP17 1SX Marion Walker - 01728 688669 walkerjamsnape@aol.com Open to all ages and abilities

## Are you at risk of falling?

You may be at risk of falling if you:

- Get dizzy or light headed when you stand or turn.
- Have difficulty walking or rising from a low chair or bed.
- Have poor balance.
- Have fallen before.
- Take four or more medicines.
- Have a fear of falling.
- Suffer from depression or memory problems.
- Have poor eye-sight or hearing.
- Have a cluttered or poorly lit home

## Helpful Tips to prevent you falling:

### Be active:

- Physical activity i.e. walking, gardening, dancing, swimming & Tai Chi, can help to improve mobility, strength, balance and flexibility.
- Suffolk Infolink, can help you find local exercise classes ([www.suffolk.gov.uk/infolink](http://www.suffolk.gov.uk/infolink))
- Pace yourself - plan your activities sensibly.
- Low mood or depression can increase your risk of falling; consider joining an exercise class or social club.

### Eat well and drink plenty of fluids:

- Eat food rich in Vitamin D and Calcium - they are essential for healthy bones e.g. dairy produce, eggs and green leafy vegetables.
- You MAY benefit from prescribed Calcium and Vitamin D. Talk to your GP.
- Avoid missing meals.
- Dizziness and weakness can be reduced by eating regular meals and drinking at least eight cups (one litre) of fluid (preferably water) a day.

### Check your sight and hearing:

- Have your eyes tested regularly it's free if you are over 60yrs.
- Be sure you wear the correct glasses, and take care when using bifocals and varifocals, especially on stairs and steps.
- Poor hearing can affect your balance, see your nurse or GP for advice.

## Chair-based exercise classes in Mid Suffolk and Babergh

Tuesday Angel Court Community Wellbeing Service, Hadleigh IP7 5HA  
Mid morning Paulette Scott - 01473 824414 Paulette.scott@suffolk.gov.uk  
Free Sessions are open to members of the local community.  
Contact Irene Sampson 01473 824414 for details

Tuesday Steeple View, Reeds Way, Stowupland IP14 4BW  
Contact Sam or Trish on 01449 678514 or to check sessions  
are running, times and cost.

Tuesday every other Tuesday from January 18, 2011  
1.30 - 2.30pm Stonham Baptist Community Church, Stonham, on the A1140  
£3.50 Zoe George - 07931 546858 or info@fitclub.org.uk  
Seated Keep Fit Class to music. Includes tea and biscuits  
Please contact for confirmation of dates. Parking

Wednesday Angel Court Community Wellbeing Service, Hadleigh IP7 5HA  
Mid morning Paulette Scott - 01473 824414 Paulette.scott@suffolk.gov.uk  
Free Sessions are open to members of the local community.

Thursday Steeple View, Reeds Way, Stowupland IP14 4BW  
Contact Sam or Trish 01449 678514 or steepleview@orwell-  
housing.co.uk to check sessions are running, times and cost.  
Includes tea & biscuits

## Chair based exercise classes in Ipswich

Monday Whitton Sports & Community Centre, Whitton Church Lane,  
1.30-2.30pm Ipswich, IP1 6LW  
£2.20 Lee Woodward - 01473 433633 Lee.woodward@ipswich.gov.uk  
Instructor- Amanda Woods 50+ fitness class that  
incorporates some chair-based exercise within the routine.  
Centre has disabled wheelchair access.

Tuesday St Mary's Church Hall, Stoke Street, Ipswich IP2 8DA  
10.30-11.30am Lindsay Bennett -01473 261112 Lindsay.bennett@ipswich-cvs.org.uk  
£1.50 Chair-based strength and mobility

Tuesday St Mary's Church Hall, Stoke Street, Ipswich IP2 8DA  
1.30 -2.30pm Lindsay Bennett -01473 261112 Lindsay.bennett@ipswich-cvs.org.uk  
£1.50 Various chair-based & low impact activities. 45+

Tuesday Cumberland Towers, Norwich Road, Ipswich  
2.30 - 3.30pm Lindsay Bennett -01473 261112 Lindsay.bennett@ipswich-cvs.org.uk  
Donation for tea/coffee. Chair-based strength & mobility. 45+.

Tuesday Manor Ballroom Cobbold Road entrance, IP4 2BP.  
12.-1.00pm Shavra Begum for information and booking. 01473 429740  
£1 Women only Bangladeshi Women's chair-based exercise  
group. Wheelchairs by prior notice.

Wednesday Manor Ballroom Cobbold Road entrance IP4 2BP  
10 - 11 am 01473 261112 Lindsay.bennett@ipswich-cvs.org.uk  
£1.50 Low Impact Movement 2 Music & chair based strength work

Wednesday Ipswich Mosque/Manor Ballroom (Ipswich) IP4 2BP  
2 - 3.00pm Norman Siddiqui for information and bookings 01473 429740  
£1 Men only - Bangladeshi Men's chair-based exercise group

Thursday All Saints Church Hall, Chevalier Street IP1 2PQ  
10 -12noon Lindsay Bennett 01473 261112 Lindsay.bennett@ipswich-cvs.org.uk  
£1.50 Coffee morning and activities, including chair based mobility

## Chair-based exercise classes in Bury St Edmunds

- Monday** Havebury Housing Partnership, Chesnut Crt, Prince Charles Ave, Bury St Edmunds, IP32 6EF  
Contact Pippa Pearmain 01284 706693 for details of times and cost or email Pippa.pearman@havebury.com Sessions are open to the local community. Wheelchair access, refreshments.
- Tuesday** Havebury Housing Partnership, Autumn Close, Ley Road, Barrow, Bury St Edmunds IP29 5DH  
Contact Helen 01284 810998 for times and cost. Sessions are open to the local community. Wheelchair access, refreshments
- Tuesday** 2.15pm Havebury Housing Partnership, Northgate Lodge, Long Brackland, Bury St Edmunds IP33 1UF  
Contact Jane Frost 01284 703765 Jane.frost@havebury.com for details of cost. Sessions are open to the local community and include refreshments.
- Tuesday** 11.30-12.30pm Abbeycroft Leisure, Bury St Edmunds Leisure Centre, Beetons Ways, Bury St Edmunds IP33 3TT.  
Sam Reid- 07850 207365, 01284 753496 or sam@yourfitness.net £4.00 non members, £1.00 members - specialist Osteoporosis class, open to all ages. Parking, disabled access & refreshments.
- Wednesday** 10-11am £1.50 Havebury Housing Sheltered Scheme, Redwood Gardens, Cotton Lane, Bury St Edmunds, IP33 1XG  
Rosalind Andrews - 01284 755090 Rosalind.andrews@havebury.com Sessions are open to the local community but ring first.
- Wednesday** Havebury Housing Sheltered Scheme. Thingoe Lodge, Forge End, Fornham All Saints, Bury St Edmunds IP28 6JU  
Contact Wendy Zipfel 01284 767203 or wendy.zipfell@havebury.com for details of times and cost Sessions are open to the local community and include refreshments.
- Wednesday** Havebury Housing Partnership, Autumn Close, Ley Road, Barrow, Bury St Edmunds IP29 5DH  
Contact Helen 01284 810998 for details of times and cost Sessions are open to the local community and include refreshments.

**Friday** Havebury Housing Partnership, Autumn Close, Ley Road, Barrow, Bury St Edmunds, IP29 5DH  
Contact Helen 01284 810998 for details of times and cost Sessions are open to the local community and include refreshments.

**Friday** 10 - 11am £5 Trinity Methodist Church, Brentogovel St, Bury St Edmunds IP33 1EB  
Gary Britong -01842 763156  
Tai Chi Mobility Group - contact Gary for further details.

## Chair-based exercise classes in West Suffolk

**Monday** 2-3pm Abbeycroft Leisure, Haverhill Leisure Centre, Ehringshausen Way, Haverhill CB9 OER  
Carol Clerkin 01440 702548 carol@clerkin.wanadoo.co.uk for details of cost. Sessions are open to the local community, refreshments included.

**Monday** 11.15-12.15pm 12.30-1.15pm Free Blackbourne View, Peddars Way, Ixworth  
Contact Sam Reid - 07850 207365 or 01284 753496 for more information, tea and coffee available, Ixworth patient transport available.

**Tuesday** 11am-12noon Free to residents Playford Court, Inkerman Row, Sudbury, CO10 1JG  
Kathy Sargeant -01787 379404 Kathy.sargeant@babbergh.gov.uk Sessions are open to the local community. Contact Kathy to check availability. Parking and wheelchair access.

**Wednesday** 1.30 - 2.30pm Newmarket Leisure Centre, Exning Rd, Newmarket CB8 0EA  
Sam Reid - 07850 207365, 01284 753496 or sam@yourfitness.net Open to all ages, refreshments available, contact Sam for cost.

**Thursday** 2-3pm £2.50 Kingfisher Leisure Centre, Station Rd, Sudbury CO10 2SU  
Sam Cross - call Kingfisher 01787 375656 £20 for 10 week course - starts January 20.

**Friday** Havebury Housing Partnership, Westbourne Court, Haverhill, CB90DX  
Pat Spring 01440 763866 or pat.spring@havebury.com leader for details of times and cost Sessions are open to the local community and include refreshments.