



OTAGO New strength and balance exercise classes

Action for Carers and Active Surrey are working together to offer carers an opportunity to take time for yourself and meet other carers while exercising.

There will be new strength and balance classes for carers aged 65+ and carers under 65 who have a physical disability, condition or illness which affects your physical health.

These classes can help you to maintain or regain your physical abilities through gentle standing and seated exercises. You can find out what a strength and balance class is like by watching this video: <https://www.youtube.com/watch?v=nU4bKPRHSds>

The exercises in the classes will help to improve your strength and balance – your ability to do everyday tasks more easily, help you to feel more energetic and healthier.

Run by qualified instructors, these classes will be at venues across the county.

Venues for classes are:

- St Mary's Hall, Camberley (starting 22nd July)
- Haslemere Leisure Centre (starting 20th July)
- St Mary's Hall, Reigate
- Addlestone Community Centre (starting 22nd July)
- St George's Centre, Ashstead
- Merrow Hall, Guildford (starting 7th July)

Here are the details:

- The classes are free and are limited to 10 carers per venue.
- Classes are entirely for carers and will be run by qualified Otago strength and balance instructors.
- 10 weeks of face-to-face classes. During these 10 weeks you will receive a support phone call from your instructor
- You should attend the class and do the exercises at home, so you do 2 hours of Otago a week – 1 at the class and 1 at home

- After the 10 weeks, you will receive 3 phone calls (one a week) from your instructor to check in to see you have got on with your 1 hour of Otago exercises at home.
- After this, you will attend 2 face-to-face classes to finish the programme off

- You can wear everyday clothes, no special sports gear is needed
- You should bring a water bottle
- If you've fallen before, you should ask a medical professional, such as your GP or physio, if they recommend that you do strength and balance exercises
- Classes will run according to the latest Covid-19 safety measures

**For more information or to book please
give us a call on 0303 040 1234 option 1
or email CSAdmin@actionforcarers.org.uk
or on our website — Events.**