

DATE:

For immediate release

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“Get Up & Go” in 2019 with Northamptonshire Sport’s brand new physical activity sessions supporting Falls Prevention

Looking to increase your strength and balance in the New Year? Then we might have the solution you are looking for. “Get Up & Go” is a community based activity programme that runs across Northamptonshire, aimed at supporting the elderly and reducing the risk of injurious falls in the county.

The “Get Up & Go” programme uses the evidence based OTAGO exercise intervention to support the development of strength and balance in adults over 55 years old. The activity sessions welcome anyone who may have previously suffered a fall, those with a limiting disability or illness or those who would like some support to increase their strength, stamina, mobility and balance. The programme is delivered by friendly qualified instructors.

We rely on our balance to keep us upright every day, especially if we are to over-reach or trip, but as we age, our balance and reaction times get slower and so do our reflexes. We also lose some of our muscle strength which make day to day activities increasingly difficult as we age. Being active is not just about doing exercises such as walking, it is important to incorporate strength and balance work into your weekly activities to help keep you on your feet and reduce your risk of having a fall.

There are currently twelve existing groups that are part of ‘Get Up & Go’ programme across Northamptonshire, with five new groups launching in January 2019. The programme which has encouraged over 700 participants countywide to sign up to the scheme since it started.

Fraser Lodge, Community Sports Development Officer (Falls Prevention) from Northamptonshire Sport said:

“The Get Up & Go sessions are a great way to improve an individual’s strength, stamina, mobility and balance. We have seen individuals attending the sessions who were unable to walk or were heavily reliant on walking aids, gain a huge benefit through prolonged participation in the exercises. Inactivity in the older population is a target area nationally, so locally we’re looking to expand the programme to support as many people as possible from the risk of having an injurious fall as they age. We want to encourage participation in activity

For further information please contact: Fraser Lodge at Northamptonshire Sport
Fraser.Lodge@firstforwellbeing.co.uk Or Tweet @NSport

but also support the reduction in social isolation across Northamptonshire through the “Get Up & Go” sessions. The groups cater for all levels and abilities, the camaraderie and social element of the groups is also key as it helps to retain and motivate members”.

For more information and to view a full activity list for the Get Up & Go activity groups please visit: <https://www.northamptonshiresport.org/getupandgo>

The Get Up & Go programme is looking to expand further in the New Year, so if you are interested in supporting the development of a new session then please do get in touch. We are providing the OTAGO Exercise Leader award to upskill coaches or volunteers who work with elderly people in Northamptonshire and would like to hear from you. Contact Fraser.Lodge@firstforwellbeing.co.uk for further discussion.

ENDS

Notes to Editors

About Northamptonshire Sport

One of 45 County Sports Partnerships, Northamptonshire Sport is a partnership of local and national organisations working together to provide opportunities for people to participate in sport, physical activity and recreation in Northamptonshire.

The Northamptonshire Sport Core Team is hosted by First For Wellbeing and its activities are funded through Sport England Lottery grant and by local and national partners.

Northamptonshire Sport is committed to ensuring that sport, physical activity and recreation across Northamptonshire is both safe and inclusive.

Get Up & Go programme

‘Get Up & Go’ is the new branding for the OTAGO Network that has been developed through Public Health and Northamptonshire County Council since January 2017. The groups are all part of a wider aim of reducing the number of injurious falls across Northamptonshire as part of a countywide strategy (*Reducing Falls & Promoting Bone Health - A Strategic Commissioning Framework for Northamptonshire 2015-2020*). In partnership with Northamptonshire Sport the programme has been developing since April 2018 and has encouraged over 700 participants so far to develop their strength and balance through physical activity.



*A fitter, more active and successful
sporting county by 2020*