



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on AHS Wellbeing



AHS Wellbeing is a not-for-profit community interest company offering a range of Wellbeing services to keep people active at any stage of their lifetime.

**Wellbalanced for Wellbeing** is run by AHS Wellbeing, on behalf of Adur & Worthing District Councils, Arun District Council, Chichester District Council and Mid Sussex District Council.

For residents outside these areas, you can register and fund online classes independently. Here is an idea of the classes available: <https://ahs.app.goretrieve.com/timetable>

### Stay Steady this Winter

As the autumn into winter weather draws in, with temperatures dropping and slippery conditions likely, we need to think about falls and how to prevent them.

1 in 3 people aged 65 and older experience a major fall each year, both inside and outside people's homes. A fall can mean many different things, not just pain and injury but anxiety, loss of independence, confidence issues and in the worst cases hospitalisation.



Whilst we can't stop the aging process (as much as we'd like to), taking a tumble is NOT an inevitable result of getting older and we can take preventative action. Keeping active and exercising has been identified as a key factor in reducing the risk of a fall.

**Wellbalanced for Wellbeing** is an affordable community-based programme for anyone over the age of 65, who has either, experienced a fall, feels unsteady on their feet, or perhaps has some concerns about falling in the future. Developed with qualified postural stability instructors, the classes are focused on building balance and strength.

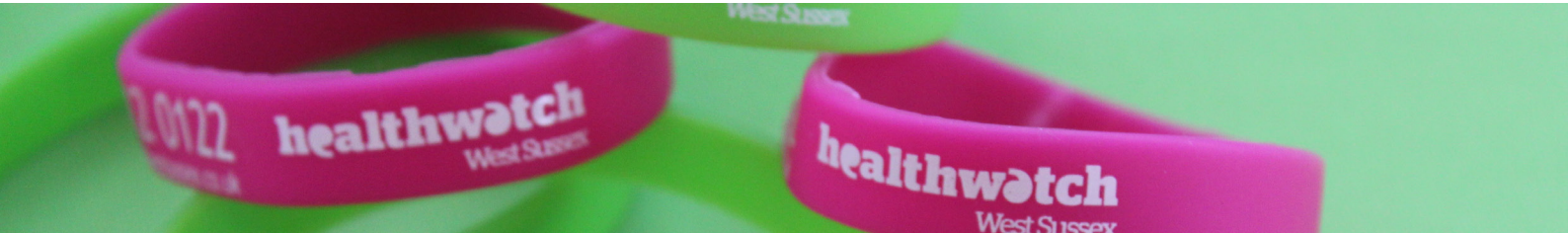
**Wellbalanced for Wellbeing** Programme participants are offered:

- Local regular classes across Adur & Worthing.
- Home support packs
- Practical advice
- 1 to 1 strength and balance assessments

Even during the COVID-19 pandemic, it is important to keep moving and remain sociable! The service is now offering even more support options to choose from the comfort of your home:

- Online workouts
- Virtual coffee mornings
- Support calls.

For more information, visit this website [www.wellbalancedprogramme.co.uk](http://www.wellbalancedprogramme.co.uk), call 01444 657099 or speak with your doctor.



All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.

Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk), Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

**healthwatch**  
West Sussex

You can also follow our social media channels:  
Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)