



Welcome to Steady and Stable by Open Age

Designed specifically for people over 50, Steady and Stable is a 38-week programme that helps prevent falls by enabling older people to improve their balance, strength and coordination.

Steady and Stable is here for anyone who feels wobbly on their feet, anxious about walking or who is at risk of a fall. During our fun and social weekly classes, you'll take part in exercises that help you feel fitter, healthier and more confident. You'll be surrounded by people in a similar situation, and you'll be able to progress at your own pace.

Thanks to Steady and Stable, I am more mobile. The exercises are good for me physically and mentally. I enjoy the social interaction with the group and really look forward to my weekly class.

Colin, aged 83



We are Open Age

We are a membership organisation and offer a weekly programme of low-cost, fun-filled courses and events designed specifically to meet the needs of Londoners over 50.

Our activities range from yoga and IT courses to phone groups, cultural visits and weekly sessions for carers. Each one enables our members to meet new people, have fun together and feel part of a community - because we're here to help people live happier, healthier and more connected lives.

Open Age changed my life. Now I look forward to getting out of the house. I live a normal, enjoyable life. I feel completely different, full of energy and improving all the time. Albert

Want to find out more?

To find out more about Steady and Stable, please get in touch today.

Call: 020 4516 9975

Email: steadyandstable@openage.org.uk

Visit: www.openage.org.uk

Pop in: Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ or any other Open Age Centre

Open Age is registered as a Charitable Incorporated Organisation in England and Wales. Registration number 1160125.



Steady and Stable by Open Age

Helping people over 50 to improve their balance and strength.

Cynthia's story

Aged 71, Cynthia began Steady and Stable following the physiotherapy she had after a hip replacement. Cynthia hoped the programme would help her become stronger and improve her mobility, walking and balance. And that's exactly what Steady and Stable did!



At the end of the programme, Cynthia hadn't had any falls, and she told us she felt much healthier, fitter and more stable. Cynthia's confidence had also improved, enabling her to meet friends and go out more often.

Steady and Stable gave Cynthia a reason to leave the house and instilled a sense of routine. The weekly class was also a great opportunity to get out into the community and socialise with others.

100% of Steady and Stable participants would recommend the programme.

"I enjoy exercising with others of a similar ability and always feel full of energy after the classes."

Carol, aged 73



How Steady and Stable works

Steady and Stable classes are held weekly, with participants joining in-person or via Zoom.

Classes are led by a specialist trainer and involve a series of exercises performed in standing. Each exercise is designed to improve balance, strength and mobility. Exercises can be progressed at your own pace.

During the programme, your trainer will also talk to you about other ways you can reduce your risk of a fall.

The benefits

At the end of Steady and Stable you'll be:

- Steadier on your feet
- Stronger
- Fitter
- Feel more confident about going out and doing the things you love
- Friends with the other people on the programme



Frequently Asked Questions

Who can take part in Steady and Stable?

Steady and Stable is for anyone over 50 who wants to improve their balance, strength and coordination.

Do I need a referral from a healthcare professional to attend?

No. We accept referrals from healthcare professionals and self-referrals. Please get in touch if you're interested in taking part.

Is Steady and Stable free to attend?

Yes. We don't charge for Steady and Stable.

What should I wear?

You can wear anything you feel comfortable in as long as it doesn't restrict your movement.

How do I enrol?

Booking is essential for Steady and Stable. To enquire about your eligibility or to sign up, please contact us using the details overleaf.

We can't wait to meet you!



Statistics taken from survey of Osteo Blast participants in 2022. All names have been changed.