

Ways to Move More

Walking

Health Walks

Free walking groups with our Health Walks team starting from 20-30 minutes duration. To find available walks in your area, visit www.sasp.co.uk/health-walks or phone **(01823) 653990**



Active Befriending

Free service supporting older people to get more active by matching a volunteer to accompany them for a gentle walk and talk. For more information contact: <https://tinyurl.com/auks-activebefriending> **(01823) 345625**



Walk YOUR Way

Short accessible walks undertaken in person using a mapped booklet or at home with online videos. For more information, visit SASP www.sasp.co.uk/walk-your-way or phone **(01823) 653990**



Exercise Referral Scheme

Supervised gym sessions at reduced rates. Referrals are available through your health professional and exercise programmes will be tailored to your individual needs. For more information, visit www.healthysomerset.co.uk/gp-exercise-referral-scheme



SOMERSET
County Council

Community and home-based exercise classes (including virtual delivery)

For a variety of low cost activity classes, and for pre-recorded exercise videos tailored to people with health conditions or returning to exercise, please visit

<https://tinyurl.com/auks-exercise> **(01823) 345 626**

or www.sasp.co.uk/exercise-videos



Moving More

Love to Pedal Scheme

Chair based cycling using pedal exercisers and filmed bike rides from across Somerset. For more information or to register for a set of pedals, visit www.sasp.co.uk/lovetopedal or phone (01823) 653990



Falls Prevention Classes

Rehabilitation Referral

If someone has had a fall (or has a fear of falling) and would benefit from some rehabilitation, you can refer to the Rehabilitation Team via the Neighbourhood Hubs.



Get Outside

Keeping active everyday can help us to remain independent, improve emotional wellbeing and confidence, improve sleep and help prevent deteriorating health conditions. For more inspiration, get involved in Get Outside Somerset.

www.getoutsideinsomerset.co.uk



Stay Strong, Stay Steady

To reduce the risk of falls, join our falls prevention classes to increase your strength, balance, and confidence. For more information or a self-referral, visit <https://tinyurl.com/auks-staysteady> or speak to your health professional.

