# **Come and try SAYGo**

# **SAYGO classes**

SAYGo classes are based on the internationally renowned Otago Exercise Programme. The exercises are designed for BALANCE, MOBILITY and LEG STRENGTH. Five audio tracks give 46 minutes of gentle stretches and movement, seated, standing and a little walking. Each set targets specific muscle groups responsible for keeping us upright.

Regular class members gain confidence, feel stronger and report that they notice a difference in their stability almost immediately. Over a longer period of class attendance, the statistics show a much reduced likelihood of a serious fall.

# **Come and try a SAYGo class**

You will be warmly welcomed at any of the open SAYGo classes. Just come along. No need to book. $2 donation please.

Request a class in your area. Ph 0274339598

Steady As You Go  
Falls Prevention, Strength and Balance Classes

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| Age Concern Canterbury | **December 2017** | Issue 4 |

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**The results speak for themselves**

****Nearly everyone who joins a SAYGo class is assessed twice in their first couple of months. Assessments are simple little timed exercises that have been proven as indicators of balance and mobility. Most people attending a class regularly for at least ten weeks show a marked improvement in their strength and balance. Research also shows that people who do SAYGo regularly for two years or more are quite a lot less likely to fall. **AND THAT IS WHAT WE ARE HERE FOR!!**

We also listen to what our class members are saying about SAYGo and how they feel it has helped them. Here are some of the things they have been telling us:

* *I feel surer on my feet now. I am much more aware of what my feet are doing.*
* *I feel much more confident now.*
* *I am steadier and more aware.*
* *The class is keeping me active.*
* *I can stand up and sit down much more easily now - I had to pull up on furniture before.*
* *I feel much safer now.*
* *I can stand for longer.*
* *I do the exercises at home daily as they really help my back pain.*
* *I just notice a big difference all over, generally. I feel much better since doing this class.*
* *I have Parkinsons, and I notice a difference now – I can walk differently now and I feel so much better.*
* *I stood for an hour watching my grandson play rugby, using what I had learned in the class – and I felt fine.*
* *I can stand unsupported to dress myself now.*

***Peer Leader gathering and training day 23 January 2018, Fletcher Place Community Lounge, Upper Riccarton 10am. Please contact Christine 0274339598***

**Steady As You Go   
Falls Prevention exercise classes in Canterbury   
as at 01 December 2017**

**For more information about any of these groups please phone Dierdre at Age Concern Canterbury   
366 0903, Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).**

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| **Day** | **Time** | **AREA** | **Location of class** |
| **Christchurch City classes** | | | |
| **Monday** | **10.00am** | **Redcliffs** | **Port Hills Uniting Church, Augusta Street** |
| **Monday** | **10.00am** | **Parklands** | **Parkview Lounge, Parklands Community Centre, entry beside the playground helicopter** |
| **Monday** | 10.30am | **Hei Hei** | Community Centre, Wycola Ave |
| **Monday** | 10.30am | **Wainoni  Best Years group** | Celebration Centre, 81 Bickerton Street, turn right from the driveway to car park |
| **Monday** | 1.00pm | **Harewood 2\*** | St James Church Hall, Harewood Road, Airport end  **\**Waitlist only, please try 2pm class*** |
| **Monday** | 2.00pm | **Harewood 3** | St James Church Hall, Harewood Road, Airport end |
| **Monday** | 1.00pm | **Halswell** | Te Hapua, Halswell Service Centre and Library **341 Halswell Road** |
| **Tuesday** | 9.00am | **Sydenham** | **Nazareth House, 220 Brougham Street** |
| **Tuesday** | 9.30am | **Papanui** | Age Concern Centre, cnr Main North Rd and Loftus St |
| **Tuesday** | 10.30am | **Bryndwr** | Bryndwr Chapel, 179 Idris Road |
| **Tuesday** | 10.30am | **Upper Riccarton** | Fletcher Place Residents Lounge, off Bowen Street |
| **Tuesday** | 2.00pm | **Waltham** | Waltham Cottage, 201 Hastings Street East |
| **Wednesday** | 10.30am | **Redwood** | Manse Place Residents Lounge,325 Main North Road |
| **Wednesday** | **1.00pm** | **Lincoln** | **Lincoln Community Care, Lyttelton St, behind the Library  *Another class planned for Barton’s Field – ask Lois 03 3252007 about date and time.*** |
| **Thursday** | 9.30am | **Riccarton** | Kauri Lodge, 148 Riccarton Road |
| **Thursday** | 10.00am | **St Albans** | St Albans Community Centre, Colombo St (car park entrance Caledonian Road) |
| **Friday** | 9.30am | **Hoon Hay** | Hoon Hay Presbyterian Church Lounge,  5 Downing St |
| **Friday** | 10.00am | **New Brighton\*** | **New Brighton Library –** in the PAD ***\*Waitlist only – please try Parklands*** |
| **North Canterbury classes** | | | |
| **Wednesday** | 10.30am | **Rangiora** | **Ballarat Retirement Village, 21 Ballarat Road *(class full, new members welcome at Thursday class)*** |
| **Wednesday** | 11am | **Amberley** | Amberley Library, RSA Room |
| **Wednesday** | 10.30am | **Culverden** | Culverden Library |
| **Wednesday** | 1.00pm | **Rotherham** | Amuri Health Centre |
| **Wednesday** | 1.30pm | **Amberley Beach** | Amberley Beach Hall |
| **Thursday** | 2pm | **Kaiapoi** | Wesley Centre, Co-op Church Fuller St |
| **Thursday** | 4pm | **Rangiora** | **Ballarat Retirement Village, 21 Ballarat Road,** |
| **Friday** | 10am | **Kaiapoi** | Anglican Church, 20 Cass Street |

**Please ask Age Concern Canterbury about our plans for classes next year. If you would like to host a class or suggest a venue, please contact Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).**