

LEISURE AND ACTIVE WELLBEING

Newsletter



Forest of Dean
— DISTRICT COUNCIL —



September 2026 / Issue # 5

Spotlight on ...

Falls Prevention

Find out about Falls Prevention
Awareness Week 2026

Carers Hub

Support and activity sessions for
carers

Active Balance Classes

FoDDC Exercise Recommendation
Scheme classes

Welcome to the September edition of our newsletter

As we move into the autumn months, it's a great time to focus on staying active, maintaining our strength and balance, and taking positive steps to reduce the risk of falls.

Falls are not an inevitable part of ageing, and there are many things we can do to stay steady on our feet and maintain independence. This September, we are supporting Falls Prevention Awareness Week by highlighting the importance of strength and balance activities, sharing practical tips to help prevent falls, and showcasing the benefits of Active Balance classes.

We hope you enjoy this edition and discover something that inspires you to take a positive step towards better balance and wellbeing.

Falls Prevention Awareness Week 2026

Falls Prevention Awareness Week takes place from 21 to 25 September 2026. The week aims to raise awareness of falls prevention and encourage people to take practical steps to reduce their risk of falling. This year's theme, **From Awareness to Action**, focuses on helping people stay active, maintaining strength and balance, and living independently for longer.

The **Falls Assessment and Education Service** will be out and about before and during Falls Prevention Awareness Week at various locations across Gloucestershire, speaking to members of the public about falls prevention, staying steady and living well at home.

The team will be at:

- **Tuesday 15 September:** Co-op, Coleford, 10am to 1pm
- **Monday 21 September:** Market House, Newent, 10am to 1pm

Come along to meet the team, learn about simple steps you can take to reduce your risk of falling and find out about the support available to remain active, independent and safe at home.

More information here: [Falls Assessment and Education Service > Glos Health & Care NHS Foundation Trust](#)

Carers Hub

Gloucestershire Carers Hub is offering a wide range of activities and wellbeing sessions throughout September, all free of charge for unpaid carers registered with the Hub.

Available both in local communities and online via Zoom, sessions include Reiki, Yoga, Crafts, Carers Chat Time, Coffee Mornings, and much more. These activities provide a great opportunity to connect with others, learn new skills, and take some valuable time for your own wellbeing.

For more information contact the Carers Hub on 0300 1119000 / bookings@peopleplus.co.uk

Forest Linkline

Forest Linkline is a 24-hour emergency alarm service that provides reassurance and support at the touch of a button, connecting you to a trained operator any time of the day or night.

The service also offers a falls detection option. If you experience a fall and are unable to press your alarm, the detector can automatically identify the incident and alert the monitoring team, helping to ensure that appropriate support is arranged as quickly as possible.

For more information contact Forest Linkline on 01594 810000 / forestlinkline@fdean.gov.uk



Gloucestershire
Carers



Physical activity for adults and older adults

Any level of activity is linked to health benefits



Improves
Sleep



Manages
Stress



Maintains
Healthy weight



Improves
Quality of life

Reduces your chance of

-40% Type II Diabetes

-35% Cardiovascular disease

-30% Falls, depression etc.

-25% Joint and back pain

-20% Cancers (colon and breast)

Be active everyday

Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



Aim for



OR



**Moderate
intensity**

increased breathing
able to talk

**Vigorous
intensity**

breathing fast
difficulty talking

or a combination of both

To keep muscles,
bones and joints strong



**Build
strength**



on at
least

2

days a
week

For older adults

Improve balance

2 days a week to reduce the
chance of frailty and falls



Minimise sedentary time

Break up periods
of inactivity



Active Balance Classes

Active Balance classes are designed to help improve balance, stability, strength, and confidence in movement. The sessions include a range of gentle exercises focusing on posture, coordination, lower body strength, and flexibility, all aimed at reducing the risk of falls and supporting everyday activities.

Classes are suitable for adults of all abilities and are delivered in a friendly, supportive environment, with exercises adapted to individual needs. Regular participation can help enhance mobility, maintain independence, and promote overall wellbeing.

Benefits include:

- Improved balance and coordination
- Increased strength and flexibility
- Greater confidence when walking and moving
- Reduced risk of falls
- Improved posture and mobility
- Social interaction and enjoyment

Suitable for anyone looking to maintain or improve their balance, particularly older adults or those who feel unsteady on their feet.



Forest of Dean District Council (FoDDC) Exercise Recommendation Scheme

Active Balance classes

Day	Time	Place	Contact
Mon	10:30-11:30	Woolaston Memorial Hall	FoDDC 01594 812447
	13:00-14:00	Corse & Staunton Village Hall	Jo Anne Hale 07817 851214
Tues	11:30-12:30	Broadwell Memorial Hall	FoDDC 01594 812447
	12:00-13:00	Blakeney Community Centre	Sue Davies 07938 986983
	13:30-14:30	Lydney Community Centre	FoDDC 01594 812447
Wed	10:00-11:00 11:30-12:30	Drybrook Rugby Club	FoDDC 01594 812447
	10:00-11:00	Hartpury Village Hall	Toni Vassilouthis 07803 345702
Fri	11:15-12:15	Corse & Staunton Village Hall	Toni Vassilouthis 07803 345702
	13:00-14:00	Newent Memorial Hall	
	14:15-15:15	Newent Memorial Hall	

For more information about Leisure and Active Wellbeing, visit our website here:

[Leisure and Active Wellbeing](#)

or contact us on:

Telephone: 01594 812447

Email: community.wellbeing@fdean.gov.uk