

What activities are available?

There are many ways to become more active, from something as simple as regular walking or dancing, or even a specialist exercise class.

Whether you stick with an activity you have enjoyed before or try something new, Steps for Life can support you to become, and/or continue to benefit from being active.

Is there a charge for Steps for Life?

The support from the Steps for Life Officer, including activity advice and any support (as required) is free of charge. Some opportunities including the local health walking groups and home based activity programmes are also free. If you choose to exercise at one of the Kirklees Active Leisure (KAL) centres, for example swimming or attending an exercise class, then as a Steps for Life participant, you qualify for a subsidised rate.

Where can I get more information about Steps for Life?

To find out more about Steps for Life activities or other physical activity advice and information, please contact:

01484 237097

stepsforlife@kirklees.gov.uk

Steps for life



A physical activity referral scheme for people experiencing persistent memory issues and their carers.



Take Steps for Life to become more active and feel the benefit!

What is Steps for Life?

Steps for Life is a Kirklees wide physical activity opportunity specifically designed to enable individuals experiencing memory problems, and also their carers to increase their levels of physical activity.

Undertaking some regular physical activity has been shown to be an effective way of preventing the development of dementia, it also has many other physical, mental and social benefits.

Who is Steps for Life intended for?

If you live in Kirklees, experience persistent memory issues, or have a diagnosis of dementia, and are motivated to become more active then Steps for Life could be for you.

Steps for Life believes that carers are integral in supporting those with memory issues to become more active. As such, carers are strongly encouraged to attend and take part in the sessions.

Physical activity has benefits for everyone, not solely those with memory issues, and exercising together can be fun. Having the support of a carer can help ensure that someone with memory issues is able to participate fully and get the maximum benefit from the exercise sessions.

Why does physical activity work for those experiencing memory issues?

If you are someone with persistent memory problems or perhaps even a diagnosis of dementia, doing physical activity can have lots of positives.

For people with persistent memory issues or dementia, being active may:

- * reduce the risk of falls through improved strength and balance
- * strengthen bones, limiting the risk of fractures
- * maintain personal independence through stronger muscles and flexible joints
- * build confidence and increase self esteem
- * lift mood
- * contribute to better quality sleep, and
- * provide opportunities for social interaction.

Why does physical activity work for carers?

If you are a carer for someone with persistent memory problems or a diagnosis of dementia, it is really important you look after your own health. Doing some regular physical activity can help with this.

There is overwhelming evidence for the benefits of regular physical activity and exercise, it can help keep you fit, healthy and better able to cope with the stresses and strains of both caring and everyday life.

More specifically being active can:

- * improve the health of the heart and circulatory system, lessening the chances of developing high blood pressure and heart disease
- * significantly reduce the risk of breast cancer, colon cancer, stroke and Type 2 Diabetes
- * reduce the risk of developing osteoporosis and bone fractures
- * assist with controlling weight
- * help reduce negative feelings associated with frustration, anxiety and depression
- * limit the chances of developing memory issues and dementia, and
- * provide a social outlet and an opportunity to meet people.

What happens on Steps for Life?

Initially, you will speak with a Steps for Life Officer. They will work with you to establish which physical activity opportunity suits your needs and preferences. Where agreed they may also offer some individual support to get you (and your carer) started with a specific activity. The Steps for Life Officer will also be available to offer help, advice and support; this may be face to face, at support groups or via telephone.

After 10 weeks you will speak with the Steps for Life Officer to discuss how you feel you are doing and also any benefits you have noticed from being more active. Following this, the Steps for Life Officer may continue to contact you to check on your progress occasionally, and is also available should you require any further help and advice.