

Ashfield & Mansfield Falls Prevention Scheme

Falls - The Next Step



HAVE YOU HAD A FALL?

DO YOU KNOW SOMEONE WHO HAS?

Then take the next step and refer to our falls-specific community exercise group – “Falls the Next Step”

“Falls - the Next Step” is a falls-specific, chair-based community exercise group especially for people who have had a fall or have problems with balance and mobility

The sessions are currently held:-

Thursdays 10am-12noon at Stacey Rd. Centre in Mansfield

Fridays 10am-12noon at Healdswood Community Centre in Skegby

There is no charge to attend the first 10 sessions and free transport and refreshments are provided

The sessions are available to residents of Ashfield and Mansfield registered with a doctor in the Ashfield/Mansfield Primary Care Trust areas

Are You Interested?

Do You Want to know more?

For more information and help with self-referral please telephone Donna Chadwick at Ashfield District Council on 01623 457091.

Alternatively talk to your Doctor or Physiotherapist who can refer you directly onto the scheme.

Working together to improve the health of local people

Ashfield & Mansfield District 
Primary Care Trusts



Mansfield District Council
Working for the future



