

# Improve your Balance



Phyllis  
Tuckwell  
Hospice Care  
...because every  
day is precious



Reduce the risk  
of falling

For you to receive practical help and learn techniques to reduce the risk of falling, whilst building confidence and improving balance.

For more information about Improve your Balance, please contact [physio@pth.org.uk](mailto:physio@pth.org.uk) or 01252 729422.

For information about Living Well, call 01252 913040





# Improve your Balance

## what are these groups?

The group runs for five weeks and is aimed at improving balance.

## what are the benefits?

These sessions will help you to improve your balance and teach you how to avoid and prevent falls.

## what happens in these sessions?

You will learn techniques to prevent a fall, including strengthening exercises and advice on home safety.

## is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

## when are the groups held?

Groups are currently run quarterly, at the Hospice in Farnham and Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.