

We all fall, the young and the not-so-young. As we age, we begin to lose flexibility, and our reactions are not what they used to be.

If you (or someone you know) would like to improve your balance, gain confidence and reduce your chances of injury from falls or trips, please get in touch.

We would like to hear from you if you are over sixty or thereabouts, reasonably fit and healthy and interested in helping us shape this new course.

This is not just a course but an opportunity to learn and form a new social group. We encourage you to take an active part, enjoy the experience, and provide feedback and ideas to better meet your needs.

We thank Cobbs Cafe, the Dunfermline Rotary Club and Inner Wheel, Carnegie Dunfermline Trust, Edinburgh Airport, and others for their funding and support in making the course

In the year ending 31/03/2021, Scotland had around 55,000 emergency hospital admissions for unintentional injuries. Falls were the most common cause in children and those aged 65 and over.

So, we are delighted to bring the Safe Falling - Safe Standing project to Dunfermline. Based on the *Finding Your Feet* programme, the content is rooted in safe *ukemi* practised in every judo club.

We are part of a worldwide research group working with academics and experienced coaches to reduce the severity of falls, reduce anxiety, and improve confidence while reducing their social and financial impacts.

Our classes are planned to run on Friday mornings, but other classes will be added subject to demand. If you are interested in different days, please let us know using the overleaf QR code. No special equipment is needed. Wear comfortable clothes and exercise-appropriate trousers.

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Hospital, Dunfermline

Queen Margaret Fauld

Dunfermline
Queen Margaret

B972

HALBEATH

Lynebank Hospital

Halbeath Rd

Main St

Sandybank

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Fod St

Guntergates Rd

Sanderling w

Fife College
University Hub

Carnegie Primary School

CARNEGIE

JUDO CLUB

CARNEGIE



JUDO CLUB

Find us in Unit 5,
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We would like to thank Cobbs
Cafe, Dunfermline, for promoting
the Safe Falling—Safe Standing
initiative at Carnegie Judo Club.
Find Cobbs Cafe in the Sterling
World of Furniture store.

COBBS
BAKERY

Safe Falling -
Safe Standing

Finding Your Feet

