



Further information for our Active Lives, Live Longer Better Courses:

The course presents simple and practical steps that we can all take to maintain and improve your health and wellbeing. It is all about empowerment and choosing goals to move forward positively and enjoy healthy activities. An opportunity to focus on you and make new friends.

We have special guests who visit the classes and share information and practical tools and tips which include – Falls Prevention, Diet, Nutrition and Hydration, Breathing and Relaxation as well as short exercise routines which support over all movement and flexibility.

We will be understanding how participants' feel about themselves, encouraging participants to think about their body, brain, and social circles, and capture what influences them. This will help to understand what participants would like to achieve and create goals. They will be revisited at the end of the course to show where changes have been made, and the impact on the participant.

All classes run for 9 weeks from 10:30am – 1:30pm, with an optional social lunch from 1:30pm to 2:30pm. We ask participants to arrive at 10.15am if possible to start promptly at 10.30am. Please can you check the dates below for the full 9 weeks to ensure availability to take part throughout the course.

We will be starting:

Tuesdays in Brixham commencing 6th of October 2026 , Brixham Baptist Church, Market Street, Brixham TQ5 8EU

Wednesday in Torquay commencing 7th of October 2026, Upton Vale Baptist Church, St Marychurch Road, Torquay TQ1 3HY

Thursdays in Paignton commencing 8th of October 2026, Paignton Baptist Church, Winner Street, Paignton TQ3 3BN

Activity Weeks - Keep these weeks free 2nd to 6th of November and 16th to 20th of November for exciting, new, free activities to try.

The course consists of:

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| Week 1. 5 th of Oct | <u>Understanding Ageing</u> |
| | <u>Preventing and coping with disease</u> |
| Week 2: 12 th of Oct | <u>Understanding and changing how people think about older people</u> |
| | We will be exploring participants' relationships with their body and physical health, brain and mind cognitive reserve, and there environment including social connections and activities. |

Live Longer Better -Torbay
Have fun & stay active for free!

Week 3. 19 th of Oct	<u>Reducing the risk of a bad death</u> The importance of purpose and planning
Week 4. 26 th of Oct	<u>Improving physical fitness</u> Increasing suppleness
Week 5. 2 nd of Nov	<u>Activity Week.</u> This is a variety of local activities to try on <u>each day</u> of the week.
Week 6. 9 th of Nov	<u>Increasing stamina</u> Developing strength and power
Week 7. 16 th of Nov	<u>Activity Week.</u> This is a variety of local activities to try on <u>each day</u> of the week.
Week 8. 23 rd of Nov	<u>Understanding the changing brain and mind</u> <u>Increasing brainability and reducing the risk of dementia</u>
Week 9. 30 th of Nov	<u>Maintaining and improving skill and co-ordination</u> We will be revisiting participants' relationships with their body and physical health, brain and mind cognitive reserve, and their environment including social connections and activities. Also an opportunity to share feedback and ask any further questions with next steps.

Refreshments are provided each week, with a suggested donation of £2.

Key messages from the course include:

Focus on YOU

Feel Good physically and mentally

Find fun activities you enjoy

Make time for social connections

Age Positively

Live with Purpose

Challenge yourself, try new things

Create realistic plans and goals

Change attitudes and perceptions



For further information on our website please click on,
<https://torbaycitizensassembly.co.uk/active-lives/>

Feedback shared by previous classmates:

"I didn't know a lot of the ways I can develop my strength, suppleness and skills – and it's all so easy to fit into my daily life 😊"

"This course has motivated me to start swimming again regularly, as it was something I used to do pre covid – I can now swim 1 mile twice a week again! I have also found an online Pilates Class that Jess showed me and that is great!"

"I have taken up a new challenge – becoming secretary for the rambling club I am a member of"

"More Older People need to do this course and change their attitudes – there is so much to live for – Thanks Jess"

"Great opportunity to find out about local opportunities and activities and plenty of time for discussion"

"I now know I need to be more active – physically and mentally – I have joined the Friday walking group and a motorcise GYM – yes me at a gym! Inspiring Jess Thank you!"

"I have been more spontaneous in the last 8 weeks than I have been in years – I even went abroad to Tenerife with my daughter – I would have said no I am too old to go – you go and enjoy yourself with your friends – but I said yes and I had a lovely time!"

Many Thanks, and look forward to hearing from you if this sounds like something of interest to you,

Jess

Jess Slade

Participation Development Lead

Healthy Ageing - Active Lives, Live Longer Better

Torbay Communities

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