



GET
DONCASTER
MOVING

Staying Strong at Home

Well Doncaster



WE ARE
UNDEFEATABLE



Staying strong together, even when we're at home

For those of us who have long-term health conditions or are vulnerable, we may have to stay home more than we would like to at times.

This can understandably be frustrating and upsetting, especially when we are unable to do our usual day-to-day activities that get us out and moving.

It is important to remember:

- Keeping moving at our own pace can help us cope physically and mentally
- We are in this together – there are over 17,000 Doncaster residents living with long-term health conditions
- Help is available – Doncaster has some great community based support to help you through tough times

**WE ARE
UNDEFEATABLE**



Not going out doesn't stop us being active



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Being Active Day-to-Day

Many of us know that being active is good for us and can help to manage our conditions, but finding ways to do this in our own homes can be a challenge.

But, being active at home doesn't always have to mean buying home gym equipment and sweating it out to a workout video.

Moving for 10 minutes as often as we can is a great way to stay healthy, this can include:



How being active at home helps



Reduces our risk of heart attack, stroke, diabetes & some cancers



Helps us sleep better



Improves our mood



Keeps us at a healthy weight



Reduces the risk of us falling



Prevents many health conditions from worsening



Helps us stay independent



Keeps our bowels regular



Reduces the risk of fractures



Keeps our mind active and can help our memory

“Keeping moving clears my head and helps me focus”

Staying Safe at Home



1. **Make Space** - put away anything you might trip over
2. **Hold On For Balance** – Hold on to a chair, or solid worktop if you need help balancing
3. **Drink Water** - Have a glass of water ready to sip as you exercise
4. **Be Comfy** - Wear well-fitting comfortable clothing. Avoid baggy clothes and loose slippers or shoes
5. **Have a Phone Handy** - If you are exercising on your own, keep a telephone nearby, just in case you need it
6. **Move at Your Pace** - exercise at a level that you find easy and build up gradually
7. **Stop If You Need To** - If you experience pain or dizziness then stop and rest

www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention



What to do if you fall?

If you're hurt or unable to get up, try to stay calm, lie still for a minute and check yourself for injuries.

If you are injured you should:

1. Call out for help, banging on the wall or floor, or using your aid call button (if you have one).
2. If possible, crawl to a telephone and dial 999 to ask for an ambulance.
3. Try to reach something warm, like a blanket or dressing gown, to put over you, particularly your legs and feet.
4. Stay as comfortable as possible.
5. Try to change your position every 30 minutes if you can.

If you need urgent medical help, you should call 111 or in an emergency 999

If you're not hurt and you feel strong enough to get up you should do this slowly

1. Roll on to your hands and knees.
2. Try to crawl towards a stable piece of furniture, such as a chair or bed.
3. Hold on to the furniture with both hands to support yourself
4. When you feel ready, slowly get up.
5. Sit down and rest for a while before carrying on with your daily activities.

Even if you are not hurt, make sure that you tell a relative, carer, friend, or health professional that you have fallen.

NHS www.nhs.uk/conditions/falls



Chair Based Exercises

Exercise doesn't have to be an extra chore, we could do these whilst:

- Watching TV or in every ad break
- Working from home and moving after meetings
- Listening to music and trying to do them in time with the beat for an at home dance session.

Following each of the exercises on the next few pages will help you do 10 minutes of extra movement each day!

You can do as many as you feel able to do, or simply try a different exercise each day and gradually build up to doing more.



Don't worry if you've not done much for a while – these seated exercises are gentle and easy to follow.

For these exercises, choose a solid, stable chair, or ensure you have your wheelchair brakes on firmly.

You should be able to sit with your feet flat on the floor and knees bent at right angles. If you can, avoid chairs with arms, as these will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.



These exercises have been adapted from NHS Live Well Exercise Resources

www.nhs.uk/live-well/exercise/free-fitness-ideas

Lower Body Exercises



Heel Lifts

1. Lift your heels off the floor
2. Slowly place them back down
3. You can do this 1 foot at a time or both feet together

This can be done as many times as you find comfortable so that you feel ready to move your legs more.

Try to do a couple more each time to build up strength in your legs and feet.



Marching

This is a great way to get some steps into your day and feel your heart beating faster.

1. Lift your legs one at a time as if marching like a soldier.
2. If you feel comfortable, you can swing your arms as you do this, as try to raise your knees a little higher each time.

Try doing this for 30 seconds.



Alternate Leg Extensions

This exercise builds leg strength and flexibility.

1. Start with both feet comfortably on the floor.
2. Straighten your knee and extend the leg out in front of you.
3. Put your foot down and repeat on the other side.

To make this harder, try lifting your leg as you straighten your knee.

Aim for 3 sets of 5 with each leg.

“Doing some every time there are adverts on the TV can boost our daily steps and be a good way to move regularly throughout the day”.

Upper Body Exercises

Arm Raises

This exercise builds shoulder strength.

1. Sit upright with your arms by your sides.
2. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
3. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

Try to do 3 sets with each arm 5 times.



Even if we can't raise our arms all the way up above our heads, we might reach further each day.



Arm Curls

This exercise builds strength in your arms.

1. Keep both elbows into your side and start with both arms straight down.
2. Bend 1 arm up in front of you to try to touch your shoulder.
3. Repeat as many times as you are comfortable with, then change sides.

To make this harder try using a light weight like a bottle of water or tin of food.

Try to do 3 sets with each arm 5 times



Neck Rotation

This stretch is good for improving neck mobility and flexibility.

1. Sit upright with shoulders down. Look straight ahead.
2. Slowly turn your head towards your left shoulder as far as is comfortable.
3. Hold for five seconds and return to starting position.

Repeat 3 times each side.

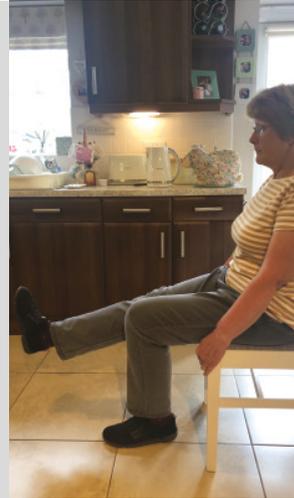
Seated Stretches

Ankle Stretch

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

1. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
2. With your leg straight and raised, point your toes away from you.
3. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

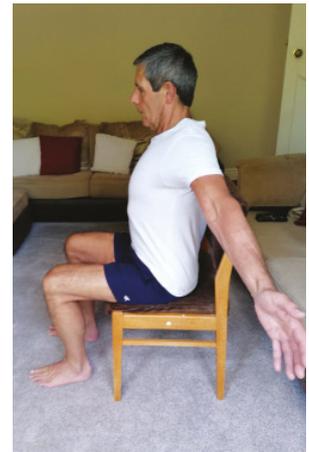


Chest Stretch

This stretch is good for posture.

1. Sit upright and away from the back of the chair with your shoulders back and down.
2. Extend your arms out to the side.
3. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds, breathing steadily in through your nose and out through your mouth



Neck Stretches

This stretch is good for loosening tight neck muscles.

1. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
3. Slowly tilt your head to the right while holding your shoulder down.
3. Repeat on the opposite side.

Hold for 5 seconds on each side



“Even on my days when I don’t feel up to much, stretching helps my pain and wakes me up”

Standing Exercises

Don't worry if you haven't done much for a while – these strength exercises are gentle and easy to follow.

To start with, you may wish to use a chair or solid surface nearby to help you balance. Please choose a solid, stable chair that does not have wheels.

As you get stronger and more confident, all of these exercises can be made harder by not using a chair or side for balance, doing more each time, or trying to make the movement more controlled.



These exercises have been adapted from NHS Live Well Exercise Resources

Marching

This is a great way to get some steps into your day and feel your heart beating faster.

Lift your legs one at a time as if marching like a soldier.

If you feel comfortable, you can swing your arms as you do this and try to raise your knees a little higher each time.

Try doing this in each advert break or once each hour for as long as you feel comfortable.

You should be able to hold a conversation as you exercise when pregnant. If you become breathless as you talk, then you're probably exercising too strenuously. Remember to move at your pace.



www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise



Lower Body Exercises

Sit to Stand

This exercise helps to build legs, bum, and tum strength, as well as balance to help prevent falls.

1. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
2. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.
3. Stand upright and then slowly sit down, squeezing the muscles in our bottom-first.



The slower and more controlled we can do this exercise the more strength we will build.



Mini Squats

1. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
2. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
3. Gently come up to standing, squeezing (clenching) your bottom as you do so.

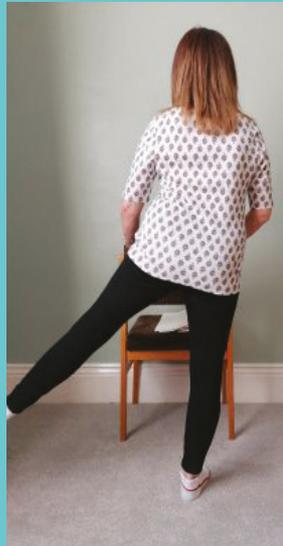
Leg Extension

1. Rest your hands on the back of a chair or side for stability.
2. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.
3. Repeat with the right leg.

Hold the lift for up to 5 seconds and repeat 5 times with each leg.



Lower Body Exercises



Sideways Leg Lift

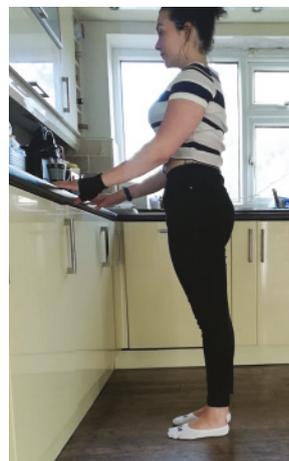
1. Rest your hands on the back of a chair or solid side for stability.
2. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
3. Return to the starting position. Now raise your right leg to the side as far as possible.

Raise and lower each leg 5 times.

We all often have 1 side that is better than the other, but in time we get stronger.



I feel better after, it helps me do more around the house without as many aches and pains



Heel Raises

1. Rest your hands on the back of a chair or solid side for stability.
2. Lift both heels off the floor, as far as is comfortable. The movement should be slow and controlled.

Repeat 5 times.

To make this more difficult, perform the exercise without support.

Upper Body Exercises



Wall Press

1. Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.
2. With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.
3. Slowly return to the start.

Try 3 sets of 5 to 10 repetitions.



Arm Curl

1. Hold a pair of light weights (filled water bottles, or tins of food will work) and stand with your feet hip-width apart.
2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
3. Slowly lower again.

This can also be done while sitting.

Try 3 sets of 5-10 curls with each arm.

Standing Stretches



Chest Opening Stretch

This stretch is good for posture.

1. Stand tall and upright, with your shoulders pushed down.
2. Extend your arms out to the side.
3. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds, breathing steadily in through your nose and out through your mouth.

To make this stretch a little easier, you can also do it sitting down.



Calf Stretch

Place your hands against a wall for stability.

Bend the right leg and step the left leg back, keeping it straight.

Keep both feet should be

flat on the floor.

You should feel a slight stretch down the back of your left leg.

To get a deeper stretch, try stepping back more.

Repeat with the opposite leg and hold each for 10-15 seconds.

Be YOUR Best

Moving around for 10 minutes or more in a way that makes us feel a little warmer and slightly out of breath is important for our health. We should aim to do this as often as possible, when we feel like we are able to do so.

Tracking how often we move around for 10 minutes or more can help us see our progress and remind us to move more often.

TIP:

Cutting out this progress chart and using it to plan how you can get 10 minutes (or more) activity into your daily lives. As a reminder, try having it somewhere you see every day, like the fridge or next to your bed.



	Chair Exercises	Standing Exercises	Cleaning	Gardening	DIY	Dancing
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Radio and Online Sessions

Below are some examples of other places you can find out more and get involved:



10 Today

A daily radio broadcast of 10 minutes exercise designed for older adults. This is available at 10AM every day on BBC Radio 5 Live Sport Extra (DAB: 12B or Freeview TV channel: 706)

We Are Undefeatable - Sport England

www.weareundefeatable.co.uk

An inspirational campaign from Sport England to inspire and enable people living with long-term health conditions to be physically active.

Get Doncaster Moving

www.getdoncastermoving.org

The Get Doncaster Moving Team are always working with our partners across Doncaster to provide the latest news on the work clubs and community groups are offering near you to stay active at home.

Follow us on twitter: @DoncasterMoving

Facebook: @GetDoncasterMoving

DN Connects

www.dnconnects.com

The online home of events, activities, and entertainment for Doncaster. Click on Dance/ Exercise for some great home workouts.

Well Doncaster – Doncaster Council Public Health

Well Doncaster work alongside Get Doncaster Moving with communities across all of Doncaster to help residents create healthier and more vibrant places to live.

For more information contact:

welldoncaster@doncaster.gov.uk

07971 395978

Active Dearne - Yorkshire Sport Foundation

Across Denaby, Conisbrough and Mexborough, community champions have been working with residents and local organisations to help them be more active and stay connected.

Facebook: @activedearedenaby

Email: paul.cummins@yorkshiresport.org

NHS Fitness Studio

www.nhs.uk/conditions/nhs-fitness-studio

Here you can find videos of home exercises that are tailored to different medical conditions and abilities. There is yoga, pilates, strength exercises, cardio, and much more!

5 Ways to Wellbeing



Connect

Staying connected with our friends, family and local community can help us feel valued and give us a chance to discuss things that we are worried about.

This could be a phone call, letter, text, or by video calling on WhatsApp, Skype, Facetime, or Zoom if you have a smartphone, tablet, or computer.

Keep Learning

Learning a new skill or trying something we've never done before can help us feel good about ourselves and proud.

Our Well Doncaster team hold regular peer support groups to help people with a wide range of conditions to learn from each other and professionals to find out how we can manage our health better.

Visit: www.doncaster.gov.uk/5waystowellbeing

Take Notice

Being more aware of our surroundings and how they make us feel may also help us to live in the moment and appreciate the things we enjoy.

This might be taking notice of the weather, listening to the birds outside, taking note of the words in our favourite song, or the time to appreciate the colours in our favourite picture or flowers.

Get Active

As we've talked about in this booklet moving more regularly can help us feel good, manage our health, and keep fit.

Give to Others

Being kind to others and giving to our community can help us to be happier.

For ways that you could volunteer and give back whilst staying at home, please read our Volunteering heroes section on the next page.

Contact our Well Doncaster team for more information:

Email: welldoncaster@doncaster.gov.uk

Phone: 07971 395978

Volunteering Heroes



You can give back to your community by volunteering from home with a number of local charities and organisations.

B:friend are helping people to stay connected and reduce the number of people feeling lonely by pairing volunteers with people who may need a friendly chat. You can do this from home over the phone.

For more information contact:

E-mail: info@letsbfriend.org.uk

Phone: 07523 698530



There are many other community organisations looking for help too.

You can register to become a volunteer by contacting:

Voluntary Action Doncaster

E-mail: voluntaryactiondoncaster@gmail.com

Phone: 01302 965459

Useful Support Contacts

Citizens Advice

Free advice on a range of issues including money, benefit, housing or employment problems.

- 0344 499 4137 (free)
- www.citizensadvice.org.uk

Loneliness Support

If you are feeling alone and are in need of friendly conversation over the phone or support in person please contact b:friend.

- Mike at B:friend: 07523 698 530, Open 8am-8pm

Support for Carers

If you are in need of support from a carer, or you are a carer and need support please contact our teams. We provide support for all ages as well as ex-carers.

- Doncaster Council Carers Support Team: 01302 986900

Aging Well

For support staying well at home or advice on finances for over 65's, Age UK in Doncaster are able to support.

For advice on Dementia for yourself or others please contact your local Alzheimers Society listed below.

- Age UK Doncaster: 01302 812345, www.ageuk.org.uk/doncaster
- Alzheimers Society: 01709 580543, doncaster@alzheimers.org.uk

Cancer Support

For information and support about Cancer for patients, relatives and carers, or anyone worried about cancer.

- Living Well Services: 01302 796 666 rdash.livingwellinfo@nhs.net
- Aurora: 01302 796853

Mental Health and Wellbeing Support

We all have times when we don't feel ourselves, feel sad or stressed and struggle to cope with day-to-day life. If you feel like this is affecting you, or somebody else and you need support there are many ways to get in touch:

- Doncaster MIND wellbeing support: 01302 812190 (09:30 – 15:00)
- Samaritans: 116123 (24/7 helpline)
- In a crisis? Text SHOUT to 85258 24/7 (free to text)
- CALM Helpline: 0800 585858 5pm onwards
- SANE Out of hours mental health helpline: 0300 304 7000

Housing and Homelessness

Advice for people who are renting, buying a house, selling, or homeless

- www.doncaster.gov.uk/services/housing
- Housing Support and advice: 01302 862862 info@stleggerhomes.co.uk
- Homelessness support: 01302 736000 (Monday to Friday 08:30 - 17:00) or 01302 323444 (Out of hours)

Alcohol and Substance Misuse Support

If you are worried that yourself or somebody else is struggling with drug or alcohol misuse, or would like more information please contact

- Aspire: 01302 730956
- Doncaster Alcohol Services: 01302 360090

Domestic Abuse

Support for victims of domestic abuse, children and young people, people who are abusive and information to help those you are worried about.

- www.doncaster.gov.uk/services/crime-anti-social-behaviour-nuisance/domestic-abuse-support
- Domestic Abuse Hub: 01302 737080
- Immediate threat: 999

Bereavement Support

If you need advice or support to cope with the loss of a loved one, we are here to help

- www.doncaster.gov.uk/services/health-wellbeing/coping-with-bereavement
- Listening Ear South Yorkshire 0800 048 5224
- Marie Curie free helpline: 0800 090 2309
- Compassionate Friends: 0345 123 2304 (help after the loss of a child)

Doncaster Coronavirus Support Hub:

Anyone who needs help and has no other support can ring the Helpline or email the Hub 7 days a week from 8am to 8pm.

- 01302 430300, enquiries@dncommunityhub.org.uk

For general medical advice, please consult your GP.

If you have an urgent medical problem and you're not sure what to do:

Phone the NHS helpline: 111
www.111.nhs.uk

Only visit A&E in a medical emergency, or if you have a critical or life threatening problem dial 999.

This booklet was created by Get Doncaster Moving as part of the Sport England “We Are Undefeatable” campaign, to provide inspiration and trusted information to the public about how to get active in and around the home when living with a long-term health condition.

Get Doncaster Moving have taken all reasonable measures to ensure the content of this booklet is, to the best of our knowledge, accurate at the time of printing. However, it is not to be perceived as professional advice. Before following any exercise or health guidelines set out in this booklet, readers shall always consult with a GP if: they consider necessary; they have concerns about their health conditions; they are not sure whether the exercises in this booklet are suitable for them.

Readers who rely on the information of this booklet are at their own risk. Get Doncaster Moving shall not be held liable or responsible for any injury, loss, or damage of any kind (including; without limitation, any direct, special, indirect or consequential damages) arising out of or in connection with the use of this booklet. The mentioning or inclusion of any trade names, websites, companies, or reference to any products or services or publications does not necessarily constitute or imply an endorsement or recommendation by Get Doncaster Moving.

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getdoncastermoving.org

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