

Donation supports Steady Steps campaign

A care home in Edinburgh has donated £200 to an exercise programme supporting vulnerable adults in the community at risk of having a fall.

David Holbrook, customer relations manager at Lauder Lodge, presented Steady Steps, part of Edinburgh Leisure, with the donation.



The 16-week programme involves weekly classes which focus on strength, flexibility and balance exercises, followed by the chance for participants to get together for a cup of tea.

The £5.5m, 60-bed care home, which incorporates space for hobby and leisure activities and includes its own cinema, hairdressing salon and cafe, will welcome its first residents in December.

Mr Holbrook said: “We advocate activity-based care and encourage residents to stay active throughout their life, but we know all too well how common falls are amongst older people.

“Falls prevention is very important to the team and to the well-being of the residents, so we’re keen to support initiatives that help to prevent falls and promote a healthy, active lifestyle at any age.”

Amy Fastier, health development officer for Falls Prevention at Edinburgh Leisure, said: “Our Steady Steps programme makes a real difference to the lives of our participants.

“We see people grow in balance confidence and increase their independence which also reduces risk of social isolation.”