

Come and Find Your Feet This Autumn — *at St Wulfram's Church*



Quality Care in Your Home

Picture a Friday afternoon inside St Wulfram's Church in Grantham. Autumn light filtering through those magnificent gothic windows. A circle of chairs. Friendly faces. And a quiet, unhurried hour that leaves you feeling steadier, calmer, and more connected than when you arrived.

This is Chair Yoga with Right at Home Grantham & Newark — and as Director, it's one of the things I'm most proud of bringing to this community. Every second Friday of the month, from 1pm to 2pm, I lead the session myself, inside one of Grantham's most beautiful and historic buildings. People come from across our villages — from Great Gonerby and Barrowby, from Belton and Manthorpe — and what strikes me every

single time is how quickly the room relaxes into it. Eyes close. Shoulders drop. Breathing slows. For an hour, the week's worries simply wait outside.

No experience needed. No getting up and down from the floor. Just gentle, guided movement from a chair — designed specifically to build the strength, balance and confidence that helps older people stay steady on their feet and safe in their own homes.

And that matters more than many people realise. Falls are one of the leading reasons older people lose their independence. A moment of unsteadiness on the stairs, an uncertain step on a wet path, a wobble getting up from an armchair — these things can change everything. But stronger legs, better balance

and improved flexibility don't simply disappear with age. With the right support, they can be genuinely maintained.

If someone you love has started holding onto furniture when they move around the house, seems reluctant to go out alone, or has had a near-miss they've quietly brushed off — please take that seriously. And perhaps mention a Friday afternoon in a beautiful church, with a warm group of local people and an hour that does them real good.

Beyond Chair Yoga, Right at Home Grantham & Newark supports families across our villages with care at home — from help with daily routines, to companionship, to more specialist support. Always local. Always personal.

Chair Yoga runs every second Friday, 1pm–2pm at St Wulfram's Church, Grantham.

All are welcome — just come along. To find out more about care at home, call 01476 833168 or visit rightathome.co.uk/grantham-newark.



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