

FALLS *Prevention* **Collaborative**



Please contact: Sylvia Leary
(Falls Collaborative Worker)
Hope Street Medical Centre
Hope Street
Grimsby
DN32 7QL

Tel: 01472 313535
Sylvia.leary@nelpct.nhs.uk

Dear Lesley

My story of success.....

My journey began in July 2007, I work for the Local Council in Grimsby and my job is to work with Community Volunteers to prevent falls. I was asked by my line manager if I would like to do a Tai Chi Workshop so I could go out in my local Community to deliver Tai Chi for Arthritis. Well as you can imagine I was shocked at the idea, but thought to myself give it a go and see what happens.

I am a 45year old lady who was never built to do any form of exercise but was willing to try. I started by coming along to practice with a volunteer who worked for the Falls Prevention Collaborative and already teachers Tai Chi in our Community to the elderly.

On my first day of practice I was a little embarrassed to say the least, being a larger lady; my self confidence was quite low, even though many people say I have a personality larger than life! But at the end of the lesson I felt a sense of achievement, and really enjoyed it.

So this was the start of my journey, I attended every session to practice and started to read all the history of Tai Chi and wow what a difference it made, a feeling of..... this is where I belong!

In September 2007 Lesley Roberts came to Grimsby to do Workshop, and I was one of the 18 students. I really wanted to pass this course but had doubts in my mind, but all I could think about was go for it and see what happens you have nothing to lose. I thoroughly enjoyed the Workshop and it made me

realise this is my future. Guess what? I passed! Well all I can say is in my 45years I never thought I could possibly achieve success and I have never looked back since. On the final day of the Workshop, Lesley presented me with my Pass Certificate, I cried because I was so overwhelmed, I had achieved something that was very special to me, I will remember that day for the rest of my life!

I have gone from strength to strength, I started looking at my own health and needed to do something about my weight so went along to a slimming class and now I have lost almost 3 stone in 10 weeks, I believe the focus Tai Chi has given me inspiration, commitment and has definitely helped with the weight loss!

I now deliver Tai Chi classes for Arthritis 3 times a week to the elderly and they love it!

My journey has only just begun and I now look forward to the rest of my life.

Thanks for listening to my story I hope you enjoyed it.

Regards
Sylvia Leary