

# Free events: Monday 7 October Charing Cross Hospital

Free health events for senior citizens as part of Silver Sunday week. Booking information below.

10:45am - 12 noon – Low impact exercise class  
donated by Charing Cross Sports Club

12:30 - 1:15pm – Informative workshop: staying  
active to stay well, run by the Trust frailty team

1:45 - 3.30pm – South Asian dance workshop,  
a gentle dance class kindly donated by Akademi  
and Imperial Health Charity



All events are free and held at the Sports and Social Club (more details and map overleaf).  
Tea, coffee and light refreshments available after each session. For the active sessions, you  
will complete a short survey about your health before starting.

Booking is required for each session. To book email: [imperial.involvement@nhs.net](mailto:imperial.involvement@nhs.net)  
Telephone: 07768 965 657. Contact: Linda Burridge



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OUR HOSPITALS  
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# Silver Sunday event information

## Monday 7 October, Charing Cross Hospital

### 10:45am – 12pm: Low impact exercise class

Join us for a 60 minute low impact body conditioning class. This session is a gentle but fun exercise class to lively music. Everyone will start off seated, focusing on arm and hand movements and depending on ability (and energy levels!) it may also include standing exercises and light weights. Please wear comfortable loose clothing and arrive at 10:45am to complete a short questionnaire about your health.

### 12:30 – 1:15pm: Informative workshop, staying active to stay well

Join us for an informative session from our frailty team that focuses on the care of frail and older patients. They'll cover how to stay active and simple things you can do at home to increase your strength and stay as healthy as possible. They will also share information on hospital stays when you're an older patient. This will include how to make sure carers know what matters to you, how to minimise the impact of being less active while in hospital and recover as soon as possible.

### 1:45 – 3.30pm: South Asian dance workshop

Join us for a 90 minute low impact dance class run by Akademi. The class will use the medium of South Asian dance to improve health and wellbeing. Participants will learn new dance movements which aid day-to-day tasks by using 'mudras', hand gestures used in dance, to articulate the joints of the fingers and wrists. Everyone will start off seated, focusing on arm and hand movements and depending on ability (and energy levels!) may also include standing movements. Please wear comfortable loose clothing and arrive at 1:45pm to complete a short questionnaire about your health.



### Booking and site information

All events are free and held at the Sports and Social Club. Booking is required for each session. To book email: [imperial.involvement@nhs.net](mailto:imperial.involvement@nhs.net). Telephone: 07768 965 657. Contact: Linda Burridge

Please note the building is wheelchair accessible but there is no disabled bathroom at the venue. The nearest disabled bathroom is available in the main hospital.

