

HOW TO JOIN

- If you are already a member/client of any of the partner organisations involved in this project (**ASKI, PAMT, ACHA, SACCO, SANGAM**), simply **speak to the team** and join the project.
- If you're NOT currently connected to these organisations, you can self-refer by **emailing placeatmytable@aol.com** or **calling 0203 649 4609**
- If you are a Sutton-based organisation or community group and would like to get involved or refer people, please **contact 0203 649 4609**
- If you are interested in becoming a **Health Champion volunteer** – supporting other community members to develop and sustain safer habits – please **contact Joseph Jeffers - 07759194567** to find out more.



Together, with **early support, shared knowledge and strong community connections**, we can stay steady, active, independent and connected.



Registered Company No: 08324877 | Charity Number: 1171343

A.S.K.I.
Advice Support Knowledge Information

FALL-FREE FUTURE

A **FREE** community
fall prevention project in Sutton.
Starting february 2026

**Yes, it's
FREE!**



FALL-FREE FUTURE

Falls can affect much more than physical health, especially for people aged **65 and over**. A fall can knock confidence, limit independence, and make people feel less safe leaving home.

The good news is that **many falls can be prevented** with the right support, gentle activity, practical advice, and strong community connections.

Fall-Free Future is a **FREE** community fall prevention project for Sutton residents aged 65+, particularly people from **global majority backgrounds**, those living with **mobility difficulties or health conditions**, and older men who may be less connected to services.

WHAT THE PROJECT OFFERS

The project supports people to build **safer habits and stronger confidence** through a mix of **culturally sensitive, community-based, friendly group activities**, including:

- Gentle balance, strength and movement sessions
- Practical advice on reducing fall risks at home and outdoors
- Walking groups and movement-based activities
- Healthy lunch clubs and social groups
- Dance and wellbeing activities

Yes, it's
FREE!



The focus is on **prevention, confidence and connection** — not just exercise.

WHO WE ARE

This project is co-delivered by **local, global majority-led community organisations**, working together to offer trusted, culturally informed and community-led support:

- **ASKI** (Advice Support Knowledge Information)
- **PAMT** (Place At My Table)
- **ACHA** (African & Caribbean Heritage Association)
- **SACCO** (Sutton African and Caribbean Cultural Organisation)
- **SANGAM**

Together, we bring strong community relationships, cultural understanding and local knowledge to help people feel **safe, welcome and included**.

HOW TO JOIN,
AND CONTACT
DETAILS
OVERLEAF

PLACE AT MY TABLE

Kiosk 3
North Entrance
St Nicholas Way
Sutton - Surrey
SM1 1AW



0203 649 4609