



## Welcome to the Breathe and Beat Programme

The Breathe and Beat Programme is a 24-week community-led initiative designed to support Black Caribbean and African adults aged 50+ living in the Royal Borough of Kensington & Chelsea.

This programme blends physical activity, health education, and culturally sensitive cooking sessions to support individuals at risk of or living with heart or lung conditions such as COPD, hypertension or asthma.

Through weekly sessions, we aim to prevent and support those with cardiovascular and respiratory conditions.

Whether you're managing a condition or simply want to maintain your health, this programme is here for you.

Each time I do a session with Open Age I feel a million dollars, I'm walking taller, feel steady on my feet, my head held high. A most wonderful feeling.



## We are Open Age

We are a membership organisation and offer a weekly programme of low-cost, fun-filled courses and events designed specifically to meet the needs of Londoners over 50.

Our activities range from yoga and IT courses to phone groups, cultural visits and weekly sessions for carers. Each one enables our members to meet new people, have fun together and feel part of a community - because we're here to help people live happier, healthier and more connected lives.

**Open Age changed my life. Now I look forward to getting out of the house. I live a normal, enjoyable life. I feel completely different, full of energy and improving all the time.**

## Want to find out more?

To find out more about Breathe and Beat, please get in touch today.

**Call:** ~~020 7581 2345~~

**Email:** ~~openage@openage.org.uk~~

**Visit:** [www.openage.org.uk](http://www.openage.org.uk)

**Pop in:** Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ or any other Open Age Centre

Open Age is registered as a Charitable Incorporated Organisation in England and Wales. Registration number 1160125.



## Breathe and Beat by Open Age

Helping people over 50 to improve their Heart and Lung Health



## Why join the Breathe and Beat Program?

If you're over 50 and living in Kensington & Chelsea — and want to improve your breathing, endurance, strength, and stay active — this programme is for you.

Led by a qualified Clinical Exercise Specialist, the Heart & Lung Health Programme combines safe, supportive exercise with easy-to-follow health education and culturally relevant cooking sessions. It's designed specifically for Black Caribbean and African communities and supported by local partners you know and trust.

Over the course of 24 weekly sessions, you'll:

- Build strength and mobility to support daily tasks
- Learn how to manage breathlessness and energy levels
- Improve balance and confidence
- Understand more about your heart, lungs, and lifestyle
- Enjoy culturally sensitive, healthy cooking classes
- Connect with others in your community

Sessions are adapted to your ability — with seated or standing options available — and no medical referral is needed to take part.

You'll leave feeling more informed, more capable, and more in control of your health.

## What a typical session may look like?

Each weekly session runs for 90 minutes and is structured to support heart and lung health in a safe, supportive environment:

- **Welcome & Check-In** – Brief catch-up to see how participants are doing and identify any adaptations needed.
- **Warm-Up** – Light movements to gradually raise heart rate, improve circulation, and prepare the body.
- **Main Exercise Session** – A variation of exercises focusing on strength, balance, mobility, and endurance. All movements are adaptable and chair-supported options are always available.
- **Cool-Down** – Slow, calming movements and breathing to safely bring the body back to rest. Adapted Tai Chi movements could also be included.
- **Health Education and Closing** – A short, engaging discussion on topics such as managing breathlessness, healthy eating, energy conservation, or stress reduction.



## Frequently Asked Questions

### Who can take part in Breathe and Beat?

We welcome anyone over the age of 50. The programme is open to residents in the Royal Borough of Kensington & Chelsea. Focused on supporting those from a Black Caribbean or African background, but open to ALL.

### Do I need a referral from a healthcare professional to attend?

No. We accept referrals from healthcare professionals and self-referrals. Please get in touch if you're interested in taking part.

### Is Breathe and Beat free to attend?

Yes! Heart and Lung classes are free to attend.

### How do I enrol?

You can book your place on the Breathe and Beat programme by contacting us on the details overleaf. We'd be happy to hear from you!

**We can't  
wait to  
meet you!**

