

## About us

**Aquarius** is a Midlands-based charity with over 40 years' experience supporting individuals, families, organisations and communities to overcome the physical, emotional and psychological harms caused by alcohol, drugs and gambling.

## Contact us

To find out more about the support we can provide and our referral process, contact us on:

**T:** 0121 622 8181

**E:** [stepstochange@aquarius.org.uk](mailto:stepstochange@aquarius.org.uk)

**W:** [www.aquarius.org.uk](http://www.aquarius.org.uk)

 /aquariuspage  @aquariustweets



**Steps to Change** is funded by Sport England.



**Aquarius** is now part of **Recovery Focus**, a group of charities with the shared aim to **inspire recovery together**

**Aquarius Head Office:** 236 Bristol Road, Edgbaston Birmingham B5 7SL  
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Registered Charity: 1014305 Company No: 2427100



# Steps to Change

Improving health and wellbeing through activity for over 55s affected by alcohol, drugs or gambling.



funded by



## What we do



**Steps to Change** offers a range of activities for over 55s who are affected by alcohol, drugs or gambling, including family, friends and carers.

We provide an alternative to substance misuse, and our activities help to prevent isolation, increase physical activity, improve mental and physical health, and support people to make social connections.

Our activities are open to everyone no matter their level of physical fitness or capability, and our volunteers can work with you based on specific needs and disabilities.

The programme lasts 12 weeks, and involves engaging in half an hour of exercise per week. Activities are run by volunteers in community venues, parks, and Aquarius sites, and include some of the following:

- Walking
- Cycling
- Swimming
- Walking football
- Table tennis
- Bowling
- Oomph – armchair sports

## Where we are

The project is accessible in:

- Birmingham
- Derby
- Solihull
- Telford and Wrekin
- Wolverhampton

This is not a treatment service, and no interventions will take place.

We accept referrals from other services and agencies; please ensure you have the consent of the person you are referring prior to submitting a referral.

We complete a risk assessment and health assessment for every individual to ensure the project is appropriate for them.

**"I laughed at the idea. I was using a Zimmer frame and basic tasks were proving too difficult. Eventually I reluctantly agreed. Fast forward to today and I play walking football twice a week. Just over a year ago, I never thought that would be possible. Both my mental and physical health have dramatically improved and I've gained the confidence to build my own social networks."**

Evaluation is a key aspect of Steps to Change to monitor changes in and benefits to physical health and wellbeing.