

Research Participants Wanted!

Are you 65 years or older, from a South Asian community, and do you know Urdu or Hindi and some English?

We need your valuable input to help us develop a digital physical activity programme focused on the South Asian community.

About this research: We also want to see if the NHS-approved digital activity program, Keep-On-Keep Up (KOKU), suits South Asian community members aged 65 and above.

What you will be doing:

1. Learn to use KOKU
2. Answer questions about your movements, self-care, and emotions.
3. Perform simple tests like walking and balancing (with support where needed).
4. Use an iPad with KOKU for three weeks.
5. Share your thoughts on using KOKU and participating in this study

Why Participate:

- Your ideas will be used to make a special program that helps older South Asians stay healthy and might make them less likely to fall.
- Get the experience of using KOKU on an iPad
- Share your experiences and make a meaningful impact.

How to Participate:

Ready to Join In? Just Reach Out to Bibhu

☎ 0-161-275-1217

✉ bibhusha.karki@postgrad.manchester.ac.uk

Your insights can shape the future of fall prevention for the South Asian community. Feel free to join us in making a difference! To show our appreciation, compensation will be offered for the participant's time at the end of the study.

