

Our community



Our local community comes together in warmth and assistance throughout the year to ensure no one feels forgotten. It is important to feel connected to our community and look after ourselves and those around us. So how can you help your community this winter?

Keep in touch with friends, neighbours and family and let them know if you need anything practical such as stocking up on essential items or medication, and if you are warm enough.

Wrap up warm. Wearing shoes with good grip can prevent falls on ice and wearing scarves can reduce the risk of chest infections. Encourage others to wear the same.

Join a local group and make some new friends. You can call the Age Positive Project team for more details on 07305104006 / 01752 201766
agepositive@improvinglivesplymouth.org.uk

Useful contacts



Keep this list of key contacts to hand for support over the winter.

Practice Details

Tel: 01752 766644

Website: www.peverellparksurgery.com

Your local Wellbeing Hub

Mannamead Wellbeing Hub, 156

Mannamead Road

PL3 5QL

Tel: 01752 201900

Website:

www.improvinglivesplymouth.org.uk

Age Positive Project

This project supports over 65's to reduce social isolation.

Tel: 07305104006 / 01752 201766

Age UK Advice Line

This is a free, confidential telephone service for older people.

Tel: 0800 678 1602

Improving Lives Plymouth

For advice, support, and signposting for those with disabilities and long-term health conditions

Tel: 01752 201766

Peverell Park Surgery

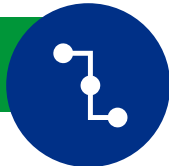
Live Longer Better.

Winter 2024/25

Information and local support for over 65s to guide you through winter.

If you are worried about your mental health or that of someone else, call Plymouth Options for advice

Local support



There are various services that connect people to local support for health, wellbeing and independence.

People who co-ordinate this are called social prescribers. They can:

- Link you to local groups and activities
- Help you make positive lifestyle changes
- Help you to learn new things and make new friends
- Refer you to local services and information

Call 01752 203673 for more information.

Wellbeing hubs

Wellbeing hubs provide information and signposting to local services such as mental health support and volunteering opportunities.

You can find contact details for your local wellbeing hub on the back of this leaflet.

Preventing falls



Personalised exercise groups are held within your community. The benefits are:

- Improve strength and balance
- Improve confidence
- Improve mobility and flexibility
- Improve quality of life
- Meet new people

To find out if this is for you, call us for a conversation: **01752 437177**

Eat

...to stay warm and well

It's not always easy to shop and cook, but there are agencies that may be able to help:

- Plymouth Age UK
- Adult Social Services
- Social Prescribers
- Community Meals
- Day Centre's
- Food Support
- Energy Support
- Befriending
- Crisis Helplines

Keep warm this winter



Keeping warm over winter can help prevent serious illnesses like colds, flu, heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you

If you can, this should be at least 18°C in the rooms that you regularly use. This is particularly important if you have a medical condition. You should also keep your bedroom windows closed at night.

Do you have concerns about your home being cold or damp?

You can telephone the Warm Home Referrals team on **01752 477117**. The service is run by Livewell Southwest, Plymouth City Council and Plymouth Energy Community.

Receive a free Home Safety visit from the Fire Service

Devon & Cornwall Fire Service offer a free home safety check to anyone over the age of 65. Call **0800 05 02 999** for more information.