

Your community



It is important to feel connected to your community and look after yourself and those around you. You can help your community this winter by:

Keeping 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.

Wrapping 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.

Meeting new people, learning about your local area and sharing your skills and knowledge. This helps you stay connected with others and feel fit and well for longer in your community.

Call Age Positive for more details on **07305104006**.

Useful contacts



Practice Details

Tel: 01752 766644

Website:

www.peverellparksurgery.com/live-longer-better/

Your local Wellbeing Hub

Hub name: Jan Cutting Health Living Centre

Tel: 01752 203670

Age UK Advice Line

Tel: 0800 678 1602

A free, confidential telephone service for older people.

Livewell Southwest

Tel: 01752 306900

For local advice, support, and signposting for those aged 65+.

Caring for Carers

Tel: 01752 201890

You are a carer if you provide (unpaid) support and care for someone who has an illness, disability, mental health problem, or addiction. Carers can provide all sorts of emotional and practical



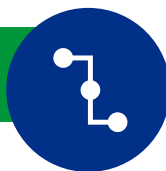
Live Longer Better



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

Winter 2024/25

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

Please contact your **GP Surgery** to ask about being supported by a **Social Prescriber**.

If you are feeling low or have unmanageable worry, please contact Plymouth Options on 01752 435 419

Preventing falls



Falling is a common problem, but it's not an inevitable part of ageing.

Have you had a fall or are you afraid of falling? There are personalised exercise groups held within your community.

The benefits are:

- Improved strength and balance
- Improved confidence
- Improved mobility and flexibility
- Improved quality of life
- Meeting new people

To find out if this is for you, call Livewell Southwest Falls Team for a chat: **01752 437177**

Steady on your Feet



Advice and resources are available online for anyone worried about feeling unsteady on their feet, with simple tips on staying active, independent, and safe during everyday activities.



Check out:
www.steadyonyourfeet.org/devon

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.

If you're struggling with your bills, confused by your energy supplier or concerned about your home being cold or damp:

Warm Home Scheme on 01752 477117 or email:
livewell.warmhomereferrals@nhs.net

Receive a free Home Fire Safety visit

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.