Our community

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, food or medication, and if you are warm enough.

Taking care of your mind and emotional wellbeing is as important as looking after your physical health. Social interaction can provide friendship, support, shared interests, experiences and hobbies and fuel and stimulate your mind

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

Keep in touch and let people know you are OK

Useful contacts

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

Practice Details
Tel: 01752 766644
Website: https://peverellparksurgery.com/

Your local Wellbeing Hub
Jan Cutting Healthy Living Centre
Scott Business Park,
Plymouth, PL2 2PQ
Tel: 01752 203670
Website: https://www.wolseley-trust.org

Age Positive Project
This project supports people over 65 to reduce frailty, stay happy and healthy, and remain connected to their community, helping 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 on benefits, support for Carers, Veterans, Older Adults, those with disabilities and long-term health conditions
Tel: 01752 201766

Peverell Park Surgery

Live Longer Better

Winter 2025/26

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 on **01752 435419.**

Healthy Futures Service

Social prescribing link workers connect with people to offer non- medical support, focusing on social, emotional and practical needs that impact on health and wellbeing. Social prescribing is particularly helpful for people with long-term health conditions, those facing social isolation or loneliness, and individuals with complex social needs such as housing or financial difficulties.

You can be referred by a GP surgery professional but can also self-refer

Call 01752 203673 for more information.

Eat, drink and keep well

It is important to be nourished and hydrated, in order to keep well and warm

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

Please reach out if you or someone you know is struggling

Ageing Well with the Frailty Service

We are part of a World Health Organisation initiative to reduce health inequalities and improve the lives of older, frailer people. Please contact your GP for more details

The Frailty Team, attached to your surgery, is a team of healthcare professionals who aim to provide positive, personalised, proactive support to people living with frailty in the community, and help enable them to live better, and longer at home.

The Community Frailty Virtual Ward provides specialist multi-disciplinary input to those with frailty, approaching a crisis situation at home or those having recently been discharged from hospital, requiring additional support in the community.

Falls Prevention

Anyone can fall. But making changes to prevent falls can help you avoid injuries and keep your confidence and independence.
Personalised exercise groups are held within your community. The benefits are:
Improve strength, balance, 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

Keep warm this winter

Keeping warm over winter can help prevent worsening health issues and affect your ability to fight off viruses and infections.

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. 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.

Check and find out if any support is available to help with bill payments

Try your local library, Citizen's Advice, Age UK