

Live Longer Better

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

Looking after you

As your GP surgery, we are committed to supporting you with your physical and mental health.

We would like to support you to be happier, healthier and be more independent. There are many options available to you to support you to live well.

Below are some links to agencies that may be able to help you achieve your goals.

We have access to Social Prescribers and Life Coaches:

Our Social Prescribers are provided by the Wolseley Trust, they are skilled listeners and work in partnership with you to explore what really matters to you.

They will support you to develop a plan and reach your goals, whether that is feeling more connected with people around you, improving your physical activity or your mental wellbeing.

Our Healthy Futures team are available to support you face to face, over the phone, by email or video appointments.

For more information, please contact **01752 203673** or email **healthyfutures@wolseley-trust.org**

Mental health Support

Headspace - 07890 257 614. Headspace is a great place for assistance if you are in crisis. Staff and volunteers will be on hand to provide support in both 1:1 and group settings (**open 6pm-midnight and weekends**).

Mind - 01752 512 280.

Plymouth options - 01752 435419.

RETHINK - 01752 251072. This is available if you can leave your home.



Drake Medical Alliance Ltd

- Knowle House Surgery ▪
- Lisson Grove & Woolwell Medical Centres ▪
- North Road West Medical Centre ▪
- Roborough Surgery ▪
- Wycliffe Surgery ▪



BEFRIENDING SERVICES

The Silverline

0800 470 8090

Plymouth befriending service

01752 604 455

07881 568 095

HEALTHY LIFESTYLE

One you Plymouth

01752 437 177

HOUSING

Community connectors team

01752 398 500

Shelter

0808 800 4444

0344 515 2399

FOOD

Plymouth pie club

07983 697 866

Plymouth food bank

01752 254 981

BENEFITS SUPPORT & DEBT

Citizens advice Plymouth

0808 278 7910

0300 3309 043

Preventing falls

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

Steady On Your Feet is led by the NHS and local authorities to help increase people's confidence and reduce the risk of falls.

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

www.steadyonyourfeet.org/devon



Personalised exercise groups are held within your community

The benefits are improved strength and balance, confidence, mobility and flexibility, quality of life and meeting new people.

To find out if this is for you, call for a more information: **01752 437177**.

Keeping active and staying Independent

Activity is good for your physical and mental health and will help to improve your quality of life.

If you have falls or fear of falling, you can benefit the most from physical activity, particularly falls classes, tai chi, and yoga. Studies have shown these activities can reduce falls and fractures by up to 50% and will help you feel more confident and independent.

To sign up to these classes take a look at these sites:

To access online;

- Chair-based Pilates video workout - exercise videos - <https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-and-yoga/chair-based-pilates-exercise-video/>
- Fitness Studio exercise videos - <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- Active Devon - <http://www.activedevon.org/resource>
- The Eldertree Call on 01752 227447 or Email admin@eldertreebefriending.co.uk or visit - <https://eldertreeplymouth.co.uk/>
- Age UK - Call on 01752 256020 or visit - <https://www.ageuk.org.uk/plymouth/>
- Uniting the movement - transform lives and communities through physical activity - <https://www.sportengland.org/>



Eating well

Try to eat healthy, well-balanced meals, drink enough water, and get a good night's sleep.

- Post a note on your fridge door to remind you to drink enough water.
- For flavour and nutrients, why not add slices of cucumber, lemon or orange to the humble glass of water.
- Herbal teas and milk are also good at helping to keep you hydrated.
- Avoid sweetened drinks like soft drinks because of the high sugar content.

The Eatwell Guide is a great visual aid that shows the different types of food to eat. <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

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, warm rooms that you regularly use to at least 18°C. 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 & Somerset fire service offer a free home safety check to anyone over the age of 65. Call 0800 05 02 999 for more information.



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**.

Stay happy and connected

We all need human interaction, the simple act of talking to someone can be help. In addition to offering support, they may be able to help with solutions. Phoning a friend or family member, agreeing a date and time when you will chat again.

Good mental health helps us relax and enjoy our lives more. You can find simple ideas to help look after your mental health using the resources in this communication.

This leaflet has been co-produced by Drake Medical Alliance Ltd, Timebank South West, The Wolseley Trust, Improving Lives Plymouth, GP Practice Networks across Plymouth & West Devon, Livewell Southwest and NHS Devon Integrated Care Board.