

Prevent falls this winter

Falls can happen to anyone, but they're more common as people get older. Falls can lead to injuries such as hip fractures and impact long term well-being.

Stay Steady, Stay Safe

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- ❄️ Wear well-fitting shoes with good grip.
 - ❄️ Stay active – even simple chair exercises help with strength, balance, coordination and help you keep warm.
 - ❄️ Heat rooms you use most to at least 18°C. Cold homes weaken muscles, increasing the risk of injury
 - ❄️ Eat well and stay hydrated to keep up your energy.
 - ❄️ Your vision and hearing play a vital role in keeping you balanced. Have regular eyesight and hearing checks.
 - ❄️ Some medicines can make you feel faint or affect your balance, talk to your GP or pharmacist.

Support and Resources

- ❄️ If you are worried about falling, you can call or visit your GP.
- ❄️ Self-refer to the Integrated Falls and Bone Health Service. Call **020 8614 5397** Opening Hours: Monday to Friday, 8.30am to 4.30pm.
- Visit Age UK to find guidance on Staying Steady.
- ❄️ Talk to neighbours or carers about collecting free grit from the council for footpaths.



Speak to your GP or social prescriber about a referral for falls prevention.

Scan the QR code for lots of information and services to help you stay strong, healthy and active.