

KEEPING WELL THIS WINTER

Ivybridge 2023



+ KEEPING WELL

Keep Active



Staying active both physically and mentally is a great way to stay positive and age well. Try teaching something you know and learning something new at Time Bank South West.

Visit https://www.timebanksw.org or call 01752 875930.

Keep In Touch

There are plenty of simple things we can do for each other to help everyone through the winter. Try checking in with your neighbours and making time for friends and relatives. See if they need any practical help or even just some company – a simple cup of tea together can make all the difference.

Keep Warm

Keeping warm over the winter months won't just help with preventing colds and flu but can also reduce the risk of serious conditions like stroke or hypothermia. Try to keep the rooms you use most often at a steady and comfortable temperature. This should be at least 18 °C.

Check Your Gas Appliances

Unsafe gas appliances are not just a fire or explosion risk; inefficient combustion or ventilation can also put you at risk of carbon monoxide poisoning. Consider getting your appliances checked and installing a carbon monoxide alarm.

Visit the Gas Safe Register for more information: www.gassaferegister.co.uk

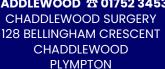
In the event of a gas emergency contact the national Gas Emergency Service on 0800 111 999





WHERE TO FIND US?

CHADDLEWOOD 23 01752 345317



PL7 2OP





PLYMPTON 2 01752 346634

PLYMPTON HEALTH CENTRE **MUDGE WAY PLYMPTON PLYMOUTH** PL7 1AD



HIGHLANDS HEALTH CENTRE **FORE STREET IVYBRIDGE**







IVYBRIDGE 27 01752 690777

IVYBRIDGE MEDICAL PRACTICE STATION ROAD **IVYBRIDGE** DEVON **PL21 0AJ**

WOTTER 27 01752 839312

WOTTER SURGERY REAR OF CHURCH WOTTER **PLYMOUTH** PL7 5HN





FINDING HELP

IELP

Finances can be tight these days, but financial help is available through your local council for support, both financial and otherwise.

For more information visit https://southhams.gov.uk/support-directory

If you are having difficulties heating your home in winter then councils can also help you find a space to visit where you can stay warm and socialise.

For more information visit https://southhams.gov.uk/warm-spaces

Age UK is the country's leading charity dedicated to helping everyone make the most of later life. They have a wealth of information ranging from financial to health to care and support.

Call your local Devon branch on 0333 241 2340 or visit **www.ageuk.org.uk**



Do you rely on someone for your care?

Does somebody rely on you?

Carers make a major contribution to society. Estimates show that the care provided by friends and family members to ill, frail, or disabled relatives is equivalent to £119 billion every year.

If you identify as a Carer you could be entitled to a Carers assessment and Carers allowance. You are also entitled to advice, information, and support for your own needs as well as advice and information to support the person(s) you care for.

For more information visit our website at: bmg.link/Carer



ATTENDING A FALLS CLASS +

Steady On Your Feet is a campaign led by the NHS and local authorities to help increase confidence and reduce the risk of falls. Our advice, guidance, and resources are designed for anyone worried about feeling unsteady on their feet. They aim to equip people with simple tips to stay active, independent, and safe during everyday activities.

For more information visit Steady On Your Feet at www.steadyonyourfeet.org

SOCIAL PRESCRIBING +

Social prescribing is a way for healthcare providers to support your overall health and well-being by connecting you to non-medical resources and activities. Instead of medications or treatments, social prescribers may "prescribe" activities or services that can help address your specific needs and improve your quality of life.

If you think social prescribing may help then please contact your surgery on 01752 348884 or complete the self-referral form at bmg.link/SocialPrescribing

We have also compiled a list of other local organisations and services that may be able to support you at bmg.link/OtherServices

