



KEEPING WELL THIS WINTER

Plympton 2023



BEACON
MEDICAL GROUP

+ 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 ☎ 01752 345317

CHADDLEWOOD SURGERY
128 BELLINGHAM CRESCENT
CHADDLEWOOD
PLYMPTON
PL7 2QP

PLYMPTON ☎ 01752 346634

PLYMPTON HEALTH CENTRE
MUDGE WAY
PLYMPTON
PLYMOUTH
PL7 1AD

HIGHLANDS ☎ 01752 897111

HIGHLANDS HEALTH CENTRE
FORE STREET
IVYBRIDGE

IVYBRIDGE ☎ 01752 690777

IVYBRIDGE MEDICAL PRACTICE
STATION ROAD
IVYBRIDGE
DEVON
PL21 0AJ

WOTTER ☎ 01752 839312

WOTTER SURGERY
REAR OF CHURCH
WOTTER
PLYMOUTH
PL7 5HN



FINDING HELP

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://www.plymouth.gov.uk/benefits-and-grants>

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://www.plymouth.gov.uk/welcoming-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 Plymouth branch on 01752 256020 or visit www.ageuk.org.uk

CARERS REGISTRATION

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. The 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

If you need extra support in feeling confident on your feet then Falls Management Exercise (FaME) classes may be the best for you - call the FaME team on 01752 437177 for more information or complete a social prescribing self-referral form below.

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