

Worried about your balance or fearful of falling?



Ealing Falls Prevention is here to help

Looking After Yourself:

- ✓ Get regular sight and hearing checks¹
- ✓ Look after your feet, wear properly fitting shoes and slippers. See a chiropodist if necessary.²
- ✓ Be safe moving around your home at night, keep a torch by your bed, use night lights or leave a light on in the hallway and near the toilet.
- ✓ Remove or tape down uneven tiles or carpeting, especially in walkways, on stairs and doorways. Keep passages clear.
- ✓ Buy a non-slip bath mat from the pharmacy.
- ✓ Drink plenty of water - but accept that you may not be able to drink as much alcohol as you used to!³
- ✓ Move about - get up for a walk or stretch every 20 minutes or so if you've been sitting for a long time.
- ✓ Try a nearby Strength & Balance programme. Try a Tai Chi, gentle yoga or light stretching class - there are some free in community centres but others charge.

For more information, please go to: www.ealing.gov.uk/falls

¹ There may be a charge if you are under 60. ² You may have to wait for an NHS chiropodist; private chiropody will have a charge. ³ For more tips and reliable health and wellbeing information, visit NHS Choices, at www.nhs.uk

Adults' Services



Helpful Contacts and Information

Ealing Handyperson Service can help with small practical jobs to make your home safer and easier to manage. Tel: 020 8825 6070
Email: HandyPersonReferrals@ealing.gov.uk

Careline provides a personal alarm service with either a basic or enhanced monitoring service - chargeable. Tel: 020 8575 5873

Age UK Ealing free telephone support & befriending service.
Tel: 020 8567 8017 Web: www.ageuk.org.uk/ealing/

Neighbourly Care - drop in services at 20 locations across the borough, including exercise classes for all ages and levels of fitness, yoga, health walks - small charge for Strength and Balance classes. Befriending service - most languages spoken.
Tel: 020 8571 1929 Email: enquiries@neighbourlycare.org.uk

Southall Community Alliance - offers keep fit, gentle exercise, Strength and Balance classes for all ages. Tel: 020 8574 8855 or email southallcommunityalliance@hotmail.com

Ealing Centre for Independent Living (ECIL) free information, support and advice to disabled people in Ealing.
Tel: 020 8280 2274 Web: www.ecil.org

Ealing Advice Service (EAS) free local advice, information and signposting for benefits, care and support.
Tel: 020 8579 8429 Web: www.ealingsas.org.uk

Health Help now a free app with information about local health services free to download from the App Store

Strength & Balance is a 10-week programme delivered by StayActive4Life in locations throughout Ealing.
Tel: 020 8574 7785 Email: admin@StayActive4Life.co.uk

Everyone Active local leisure centres have loads of activities on offer for all abilities – bowls to badminton, swimming and social clubs (charges will apply). Go to www.everyoneactive.com