

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. (St Johns on **020 8725 8064** or at Queen Marys on **020 8487 6170** (Monday to Friday at 8am–5pm).
- ❄️ 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.