

Falls Prevention information for Warm Hubs/Spaces

This guide has been put together by the Nottingham & Nottinghamshire Falls Reduction and Management group with our less mobile, frailer residents in mind. It includes resources, information, and contacts to consider that might help people accessing your warm hub/space.

If you have people attending your group who are less mobile, older and/or at risk of a fall, please consider passing on some of this information to them.

★ Get Up and Go: a guide to staying steady

Includes information about:

- How to reduce your risk of falls
- How to fall-proof your home
- How to stay safe out and about
- How to keep moving and exercises for strength and balance to follow
- How to get up from a fall safely and what to do if you can't get up

Electronic copy: <https://www.nottinghamshire.gov.uk/media/115630/getupandgo.pdf>

Hard copies: contact rachael.dyer@activenotts.org.uk to find out where you can get copies locally

★ Healthy Eating

- 7 days of healthy meals on a budget: www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/eat-well-on-a-budget/sample-menus
- Healthier Families (NHS): <https://www.nhs.uk/healthier-families/>
- Budget meal recipes: www.bbcgoodfood.com/recipes/collection/budget-recipes

★ Local Services that support Falls Prevention Reduction and Management (*self-referral*)

- **Your Health Your Way** service (county residents). Falls prevention classes, weight management, stop smoking and reducing alcohol intake services in your area, contact: yourhealth.notts@ablhealth.co.uk
- **Activities** in your area that support strength and balance: <https://makingourmove.org.uk/about/active-notts/falls/>
- **Nottingham On Call** service (available to residents in Nottingham, Gedling, Rushcliffe, Ashfield) with packages available to help independence at home (including pendant alarms): <https://www.nottinghamoncall.com/>

- **Connect service:** helping people maintain independence, offering information, guidance and practical support on a range of areas.
 - Mansfield, Ashfield and Newark & Sherwood: <https://www.ageuk.org.uk/notts/our-services/help-and-support/connect/>
 - Rushcliffe, Broxtowe and Gedling: <https://www.mtvh.co.uk/support-services/connect/>
 - Bassetlaw: <https://www.ncha.org.uk/care-and-support/>
- **Nottingham Community Musculoskeletal Service** - anyone living with long-term aches and pains can self-refer: <https://www.connecthealth.co.uk/services/nottingham/>
- **Nottingham CityCare Health and Care Point:** city residents can self-refer into falls and rehab service, social services (care needs) and major adaptation referrals - www.nottinghamcitycare.nhs.uk/our-services/nottingham-citycare-health-and-care-point
- **Preventative Adaptations (PAD) scheme:** small home adaptations e.g. grab rails www.nottinghamcity.gov.uk/pad