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| It is important to feel connected to your community and look after yourself and those around you. You can you help your community this winter by:  **Keeping in touch** with friends, neighbours and family and let them know if you need anything practical such as stocking up on essential items or medication, and if you are warm enough.  **Wrapping up warm.** Wearingshoes with good grip can prevent falls on ice and wearing scarves can reduce the risk of chest infections. Encourage others to wear the same.  **Meeting new people,** learning about your local area and sharing your skills and knowledge.This helps you stay connected with others and feel fit and well for longer in your community.  **Call Age Positive** for more details on **07305104006**.      **Your community** |  | **Practice Details** **Tel: 01752 229 902**  **Website:** https://wycliffesurgery.co.uk/  **Your local Wellbeing Hub**  **Hub name:** Jan Cutting Healthy Living Centre  **Tel:** **01752 203670**  **Age UK Advice Line**  **Tel: 0800 678 1602**  A free, confidential telephone service for older people.  **Livewell Southwest**  **Tel:** **01752 306900**  For local advice, support, and signposting for those aged 65+.  **Caring for Carers**  **Tel: 01752 201890**  You are a carer if you provide (unpaid) support and care for someone who has an illness, disability, mental health problem, or addiction. Carers can provide all sorts of emotional and practical support. Help is available.    **Useful contacts** |  | **Live  Longer  Better**  A person and person standing in a grassy field  Description automatically generated  **Winter 2024/25**  **Information and  local support for over 65s to  guide you  through winter.** |

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| **If you are feeling low or have unmanageable worry, please contact Plymouth Options on 01752 435 419**  **Local support**  There are various services  that connect people to local  support for health, wellbeing and independence.  People who co-ordinate this are called Social Prescribers. They can:   * Link you to local groups and activities * Help you make positive lifestyle changes * Help you to learn new things and make new friends * Refer you to local services and information   Please contact your **GP Surgery** to ask about being supported by a **Social Prescriber.** |  | A qr code on a white background  Description automatically generated  Keeping warm over winter can help prevent serious illnesses like colds, flu, heart attaches, strokes, pneumonia and depression.  **Preventing falls**  **Steady on your Feet**  **Falling is a common  problem, but it’s not an  inevitable part of ageing.**  Have you had a fall or are you afraid of falling? There are personalised exercise groups  held within your community.  The benefits are:   * Improved strength and balance * Improved confidence * Improved mobility and flexibility * Improved quality of life * Meeting new people   To find out if this is for you, call Livewell Southwest Falls Team for a chat: **01752 437177**  Advice and resources are available online for anyone worried about feeling unsteady on their feet, with simple tips on staying active, independent, and safe during everyday activities.  **Check out: www.steadyonyourfeet.org/devon** | **Receive a free Home Fire Safety visit**  **Devon & Cornwall Fire Service** offer a free home safety check to anyone over the age of 65. Call **0800 05 02 999** for more information. | **Keep warm this winter**  **Heat your home to a temperature that’s comfortable for you**  If you can, this should be at least 18°C in the rooms that you regularly use. This is particularly important if you have a medical condition. You should also keep your bedroom windows closed at night.  **If you’re struggling with your bills, confused by your energy supplier or concerned about your home being cold or damp:**  **Warm Home Scheme on 01752 477117 or email: livewell.warmhomereferrals@nhs.net** |