

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
www.plymouth.gov.uk/benefits-and-grants or
southhams.gov.uk/support-directory

Winter heating costs will make a dent in everyone's budget. Plymouth Energy Community can help with free and impartial advice to reduce energy bills, including information about eligibility for grants or funds to help make homes energy efficient.

For more information call **01752 447117** or visit
www.plymouthenergycommunity.com
www.sdce.org.uk or call **0800 112 3044**

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

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



BEACON
MEDICAL GROUP

KEEPING WELL THIS WINTER

Ivybridge 01752 690777
Ivybridge Medical Practice
Station Road
Ivybridge
Devon
PL21 0AJ

PLYMPTON 01752 346634
PLYMPTON HEALTH CENTRE
MUDGE WAY
PLYMPTON
PLYMOUTH
PL7 1AD

HIGHLANDS 01752 897111
HIGHLANDS HEALTH CENTRE
FORE STREET
IVYBRIDGE
PL21 9AE

Chaddlewood 01752 3453177
Chaddlewood Surgery
128 Bellingham Crescent
Chaddlewood
Plympton
PL7 2QP

WOTTER 01752 839312
WOTTER SURGERY
REAR OF CHURCH
WOTTER
PLYMOUTH
PL7 5HN

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 www.timebanksw.org
or call 01752 875930.

Elder Tree is a charitable organisation that offer a range of health and social engagement activities to help stay active in body and mind Visit eldertreeplymouth.co.uk/ or call 01752 227447.

The Ivybridge Diary catalogues activities in the Ivybridge area of all types and for all ages. For details please visit www.ivybridge.gov.uk/diary

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

ATTEND 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. Our 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, economic, and environmental factors can be just as impactful on health as medical problems. Social Prescribers offer people time to explore those factors and support people with taking greater control over their own health and wellbeing.

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

OSTEOPOROSIS SUPPORT

The Royal Osteoporosis Society is the UK's national charity for osteoporosis. It has detailed information about osteoporosis prevention and treatment, and support groups throughout the UK.

For more information and to check your risk today visit theros.org.uk