

## Living Well Information

### Staying Active

Staying active is key to maintaining your health and independence as you get older. Regular movement can improve your strength, balance, and overall well-being.

You can find the details of your local exercise classes by see the Gloucester Exercise Classes (PDF).

### Falls

If you have experienced a fall, or are concerned about falling, local help and support are available.



#### Self-refer to the Gloucestershire Falls Service

#### Become Fall-Proof

Fall-proof can improve your strength and balance, help to maintain your independence, and keep you out and about doing the everyday things you love to do.

Visit We Can Move - [www.wecanmove.net](http://www.wecanmove.net) – and download your easy-to-use strength and balance plan, which includes:

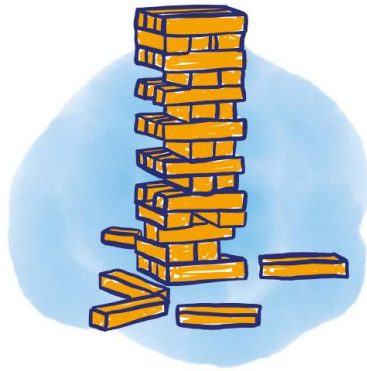
- Your “how are you doing now” self-check.
- Six simple exercises you can do alongside other activity, to keep you feeling younger and stronger.
- A progress chart to fill in, that you might want to share with friends and boast about, as you progress?

This programme was developed in conjunction with NHS Gloucestershire

If you have had 2 or more falls in the last six months, you can self-refer to the Gloucestershire Falls Service. This Service aims to reduce the number of people falling or who are at risk of falling through effective falls prevention information, education, assessment and intervention.

They have a team of clinical specialist physiotherapists who provide specialist falls assessment with a focus on mobility, physical activity, balance and strength. This will take place as an outpatient appointment.

## Staying steady



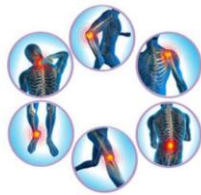
Age UK have produced a handy guide with lots of information on what to do if you are worried about falling, with useful advice on how to stay active, how to look after your health, and what you can do around the home to reduce your risk of falling.

You can download a copy of the Age UK Staying Steady booklet [here](#).



Age UK Gloucestershire offer advice and support for older people, their families and carers. Visit their website at [www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire) for further information. You can also sign up for their free Age Better e-Bulletin which is packed full of useful information, advice and ways to get involved each month so you and your loved ones can live your best later life!

## Physiotherapy



Physiotherapy is a treatment that can ease pain and improve movement if you have an injury, illness or disability. It uses exercise, massage and other techniques.

Physiotherapy is used to treat a wide range of problems, including bone, joint and muscle issues, heart and circulation problems and can help with problems moving after a stroke. Physiotherapy can also help with breathing difficulties caused by conditions such as asthma and chronic COPD, or problems during and after pregnancy such as pelvic pain or incontinence. Physiotherapy is also often used to help improve movement, strength, and stamina after surgery.

You can find out more about Physiotherapy by visiting the NHS Website at <https://www.nhs.uk/conditions/physiotherapy>, or for more detailed information on how Physiotherapy can help specific conditions visit the Chartered Society of Physiotherapy website at <https://www.csp.org.uk/conditions>.

**Did you know we have a First Contact Physiotherapist (FCP) working with us here at the Surgery?**

If you have any of the following concerns, you may be able to book an appointment directly with our FCP here at the Surgery. You won't need to see the doctor first.

- Soft tissue injuries, sprains, strains or sports injuries
- Arthritis in any joint
- Possible problems with muscles, ligaments, tendons or bone, eg, tennis elbow, carpal tunnel syndrome, ankle sprains
- Spinal pain including lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs, including pins and needles or numbness
- Changes in walking
- Post-orthopaedic surgery

You will need to be over 18 years of age to see our FCP.

Please contact Reception for further information and to book your appointment.

## ***Bone, joint or muscle pain?***

See the physiotherapist here!



### **The First Contact Physiotherapist (FCP) will:**

- Assess you and diagnose what's happening
- Give expert advice on how best to manage your condition
- Refer you on to specialist services if necessary.



# **VERSUS ARTHRITIS**

Living with arthritis can be challenging, but there are many things you can do to help you live a fulfilling life.

The Versus Arthritis website at <https://versusarthritis.org> contains a wealth of information about arthritis, whether you have just been diagnosed with arthritis or are looking for help and advice on how to manage your symptoms.

You can also contact the Versus Arthritis helpline on 0800 5200 520 for further advice and support tailored to you.

**Did you know you can self-refer to NHS Gloucestershire's Adult Musculoskeletal Physiotherapy and Hand Therapy Service without needing to see your GP first?**

NHS Gloucestershire's Adult Musculoskeletal Physiotherapy and Hand Therapy Service provides treatment for muscular and joint problems. They also offer a specialist service for hand therapy and pelvic health treatment.

This is a service for people over the age of 16 only, except for hand patients who can be seen at any age. Clinics are offered at various locations across Gloucestershire.

Further information, including a self-referral form, can be found on the NHS Gloucestershire Health and Care Website at <https://www.ghc.nhs.uk/our-teams-and-services/adult-physiotherapy>.

You can refer yourself to this service without needing to see your GP first.

## Around the Home



Sometimes even familiar environments can become difficult to navigate as we get older. There are some simple things you can do to feel safer and more comfortable at home.

If you think you could benefit from adaptations to your home, you can contact the Adult Social Care Team at Gloucestershire County Council's Adult Social Care Helpdesk. They will work with you to understand your needs and make sure you can access the right kind of support if you require it.

Visit their website to find out more - [Adult Social Care in Gloucestershire](#)



You can contact the Adult Social Care Helpdesk using the Enquiry form on their website, by email, or by calling 01452 426 686. Their phone lines are open Monday to Friday, 8am-5pm.



## Fire Safety in the Home

Gloucestershire Fire and Rescue Service has a dedicated team of operational firefighters and Community Safety Advisers (CSA's) that conduct "Safe and Well" visits at people's homes throughout Gloucestershire.

The CSA's have received additional training to give people not only fire safety advice, but advice on their general wellbeing. This additional training ensures the CSA's can recognise winter-related illnesses and issues, such as falls, cold homes, flu and social isolation during health and wellbeing checks for the over 65s.

If the fitting of smoke alarms is recommended during a "Safe and Well" visit, these will be supplied and fitted free of charge.

If you are concerned about a risk of fire in your home or someone who you feel is at risk from a fire in their home, please call the Advice Line on 0800 180 4140, or e-mail [SkillzoneCFSTeam@glosfire.gov.uk](mailto:SkillzoneCFSTeam@glosfire.gov.uk).

Further information is available on the [Gloucestershire Fire and Rescue Service Website](#).

## Carers



Do you have a Carer, or are you a Carer yourself?

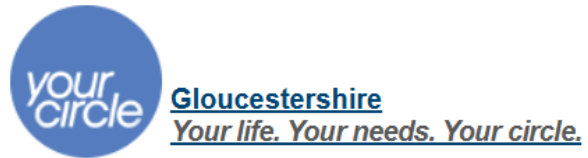
The Gloucestershire Carers Hub provide a person-centred approach to Carers. Registering with the Gloucestershire Carers Hub gives you access to free information, guidance and support to empower you in your caring role. This could help you to meet other Carers in a safe space, if you would like to. You can gain support, feel valued and offload your worries or concerns to one of the team.

You can complete the referral form on their website or contact the Team on 0300 111 9000.

The lines are open on Monday, Wednesday and Friday from 9am-5pm, and on Tuesdays and Thursdays from 8am-8pm.

Further information is available on the [Gloucestershire Carers Hub Website](#).

## Where to find Information on other local services



Your Circle is a local directory to help you find your way around care and support and to connect with people, places and activities in Gloucestershire.

Visit the Your Circle Website at [www.yourcircle.org.uk](http://www.yourcircle.org.uk), or click on the buttons below for further information.

