



A PRACTICAL GUIDE TO

HEALTHY

AGEING

ACROSS ELLESMERE PORT



“Ageing is just another word for living”

CINDY JOSEPH

This booklet includes information relating to health and wellbeing services for older people within the Ellesmere Port area.

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IN PARTNERSHIP WITH



HEALTHBOX





Strength and Balance Programmes

Falls not only induce injury in older people, but can have a huge negative impact on the person's confidence and independence, increasing isolation and impacting on both physical and mental health.



Healthbox CIC run weekly **Strength and Balance Programmes** to help build your strength and reduce your risk of a fall.

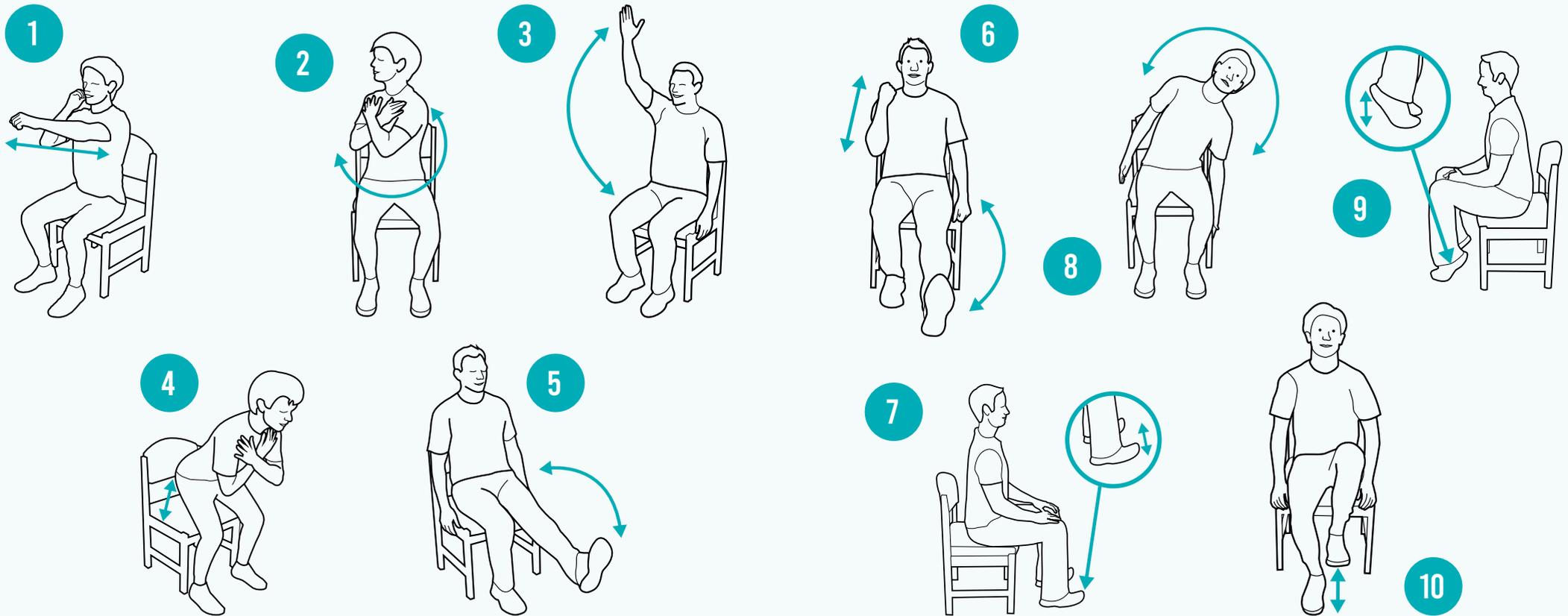
Tuesday

Ellesmere Port Sports Village
Stanney Lane,
Ellesmere Port
CH65 9LB

Thursday

Hollymere
New Grosvenor Rd,
Ellesmere Port
CH65 2HH

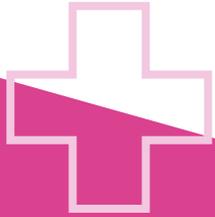
If you would like to attend one of the above programmes or for more information, please email Jack at info@healthboxcic.com or call **0151 355 0205**.



Simple falls exercises from the comfort of your chair

Here's a collection falls prevention exercises to do from the comfort of your own chair.

- | | | | |
|---|-------------------|----|-------------------------|
| 1 | Punching | 6 | Heel Digs & Bicep Curls |
| 2 | Thoracic Rotation | 7 | Toe Raises |
| 3 | Arm Raise | 8 | Side Bend |
| 4 | Sit to stand | 9 | Calf Raise |
| 5 | Leg Extension | 10 | Knee Raise |



Brio 75 Membership

Offering all Ellesmere Port residents aged 75 and over a discounted off-peak membership! This includes the use of the following on weekdays until 5.00pm, and anytime on weekends:

- Casual swimming
- Access to all fitness classes during off-peak times, and our online booking system
- Gym use including support and guidance via our Member Journey programme
- Sauna, steam room and jacuzzi
- Racquet sports



Monday

11.00-12.00 – Pilates
12.00-12.45 – Brio Move
1.15-2.00 – Brio Move Circuit

Tuesday

10.15-11.15 – Yoga
11.15-12.15 – Pilates

Wednesday

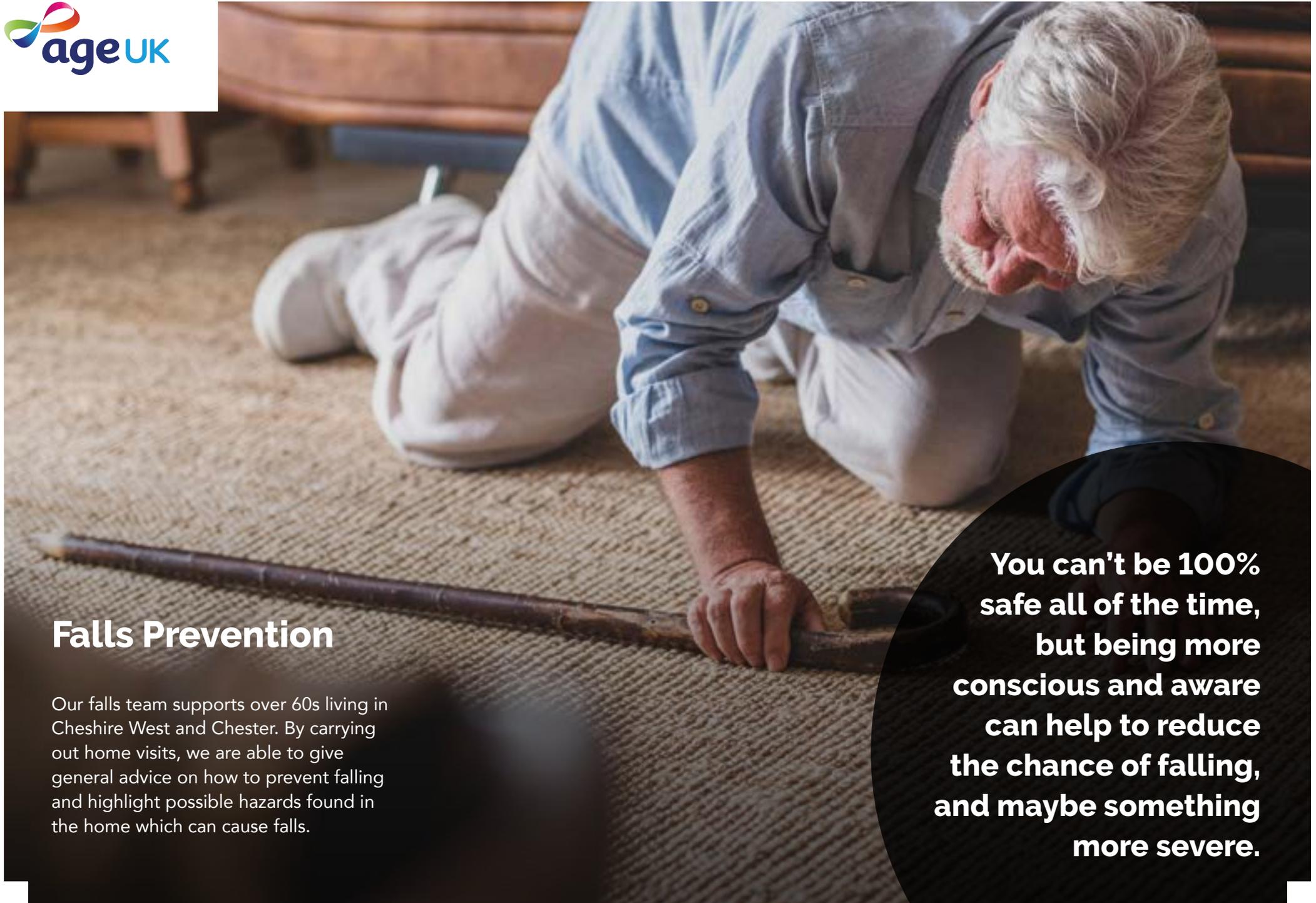
9.30-10.25 – Pilates
10.30-11.15 – Brio Dance
11.30-12.15 – Brio Move

Thursday

9.15-10.15 – Pilates
11.15-12.20 – Aqua Fit

Friday

9.20-10.05 – Aqua Zumba
10.15-11.15 – Yoga
11.30-12.15 – Brio Move
12.20-1.30 – Pilates



Falls Prevention

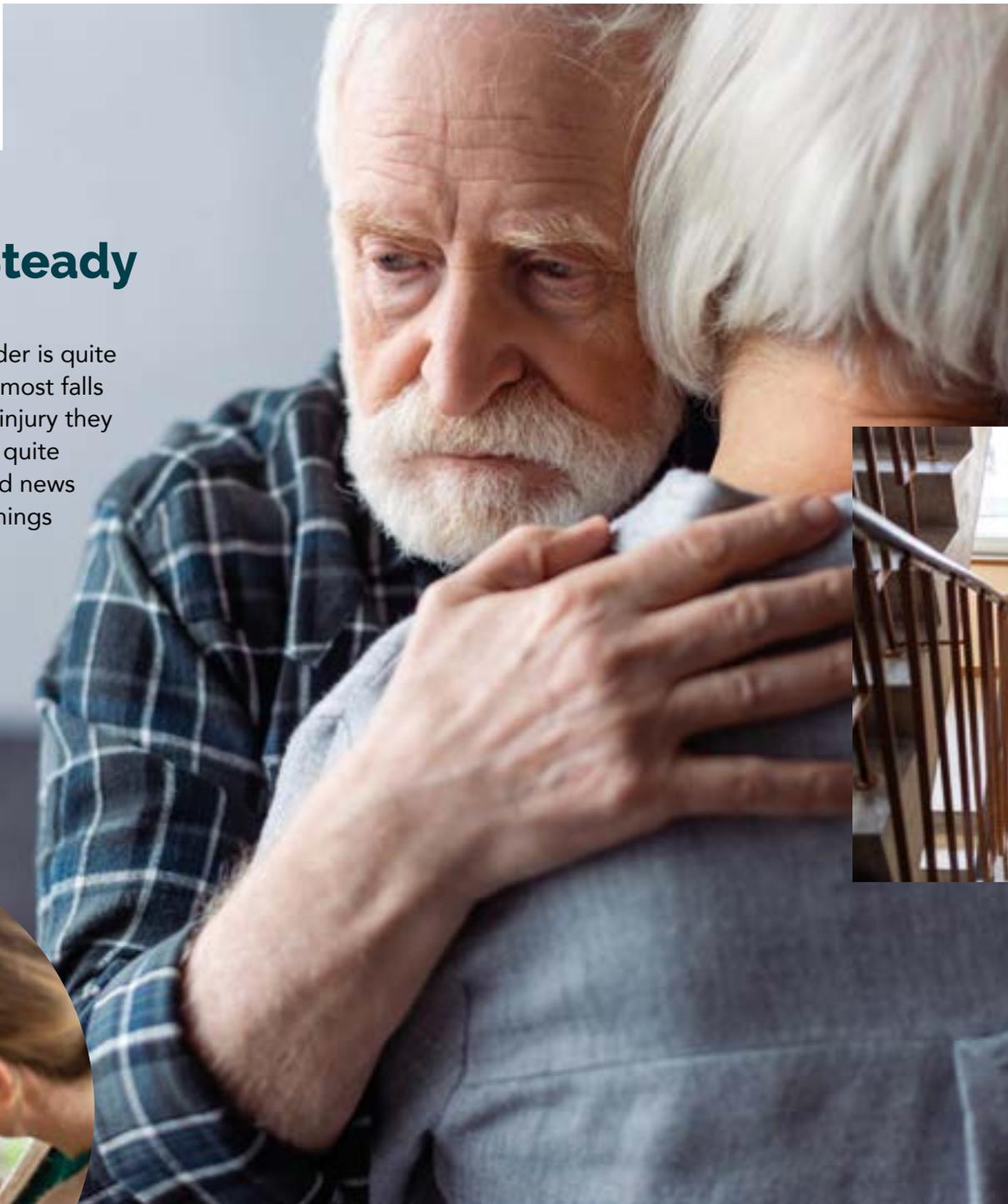
Our falls team supports over 60s living in Cheshire West and Chester. By carrying out home visits, we are able to give general advice on how to prevent falling and highlight possible hazards found in the home which can cause falls.

You can't be 100% safe all of the time, but being more conscious and aware can help to reduce the chance of falling, and maybe something more severe.

Staying Steady

Falling as we get older is quite common. Although most falls don't cause serious injury they can leave us feeling quite distressed. The good news is there are lots of things you can do to stay steady on your feet.

We can help reduce the number of older people having falls in their homes by carrying out home visits and talks to groups, providing general advice on how to stay steady on your feet and prevent falling. We can also highlight possible hazards around the home which could cause falls.



Due to the current COVID-19 pandemic, we have paused home visits and provide free falls prevention telephone assessments.

Before each telephone appointment, information is sent out to help prepare for the assessment. Some health conditions, medications and footwear can affect your ability to stay steady on your feet and we'll help you look at:



Vision & Hearing



Medication



Foot care



**Personal Care/
Bathing**



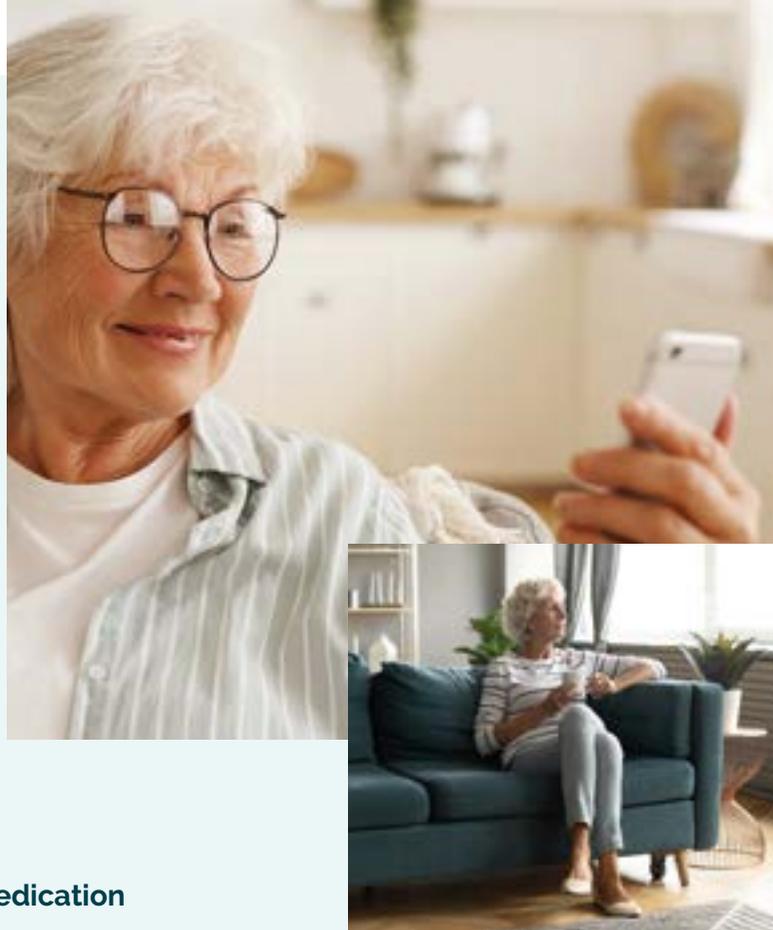
Diet



Home Hazards

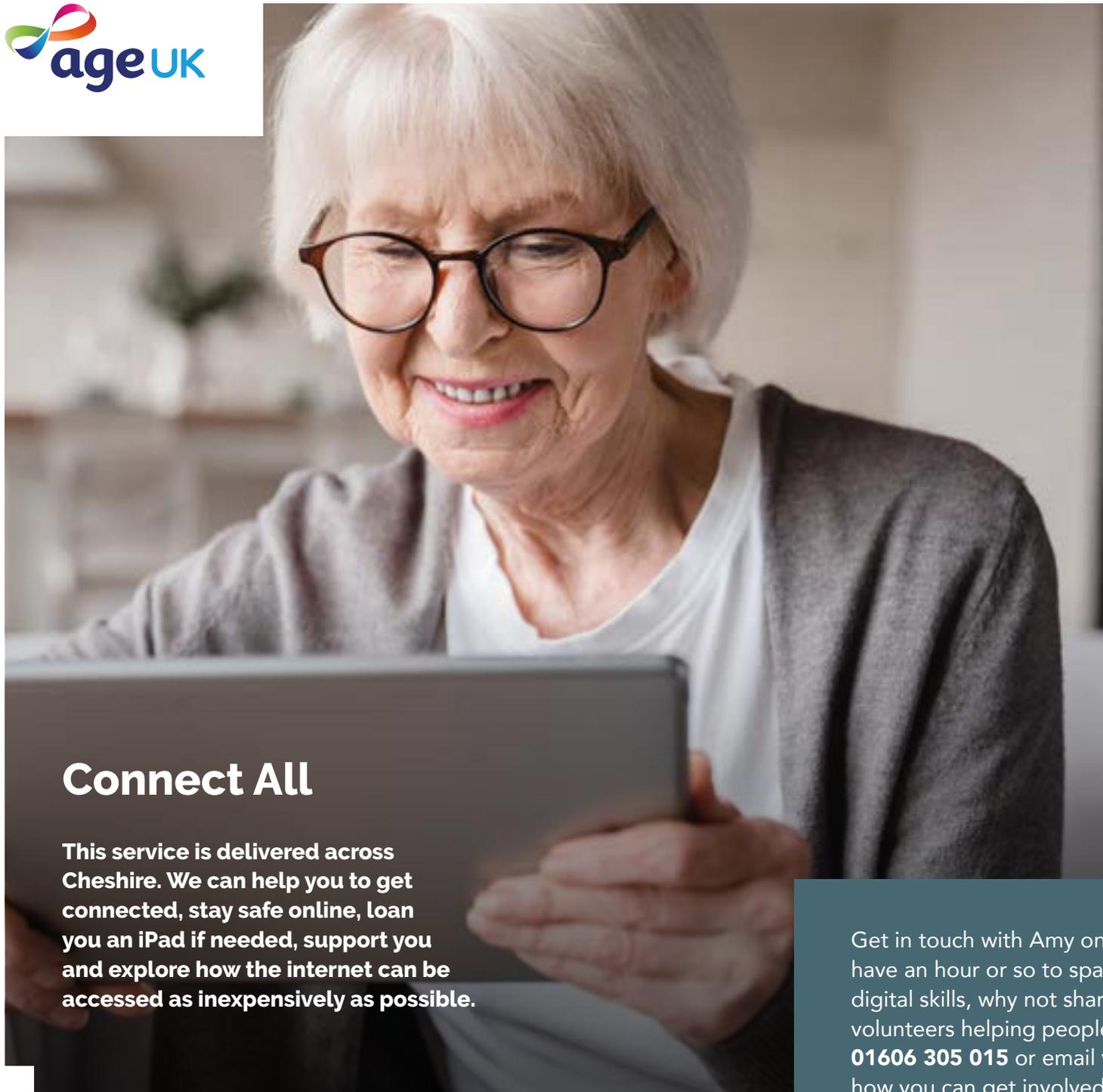


Whether you would like more information on staying steady on your feet, or you know an older person who is at risk of falling, please contact us and request a telephone assessment on **01606 305 023**.



The Falls Prevention Co-ordinator may advise that you would benefit from making some minor alterations in the home such as the fitting of grab-rails.

Age UK Cheshire cannot fund this work, but we can put you in touch with a reputable handyman or suggest alternative ways you may choose to get the work done. All the advice we provide is free and we do not profit from any work you choose to have undertaken.



Connect All

This service is delivered across Cheshire. We can help you to get connected, stay safe online, loan you an iPad if needed, support you and explore how the internet can be accessed as inexpensively as possible.

Do you need more digital confidence?

Despite the wide popularity of the internet and 'smart devices', the thought of getting online can seem daunting – but it doesn't have to be!

Digital Champions to the rescue

Our trained team are here to help show you lots of different ways that the internet is useful and help you stay connected with the world. We can help you learn the basics of your gadget or give you the confidence to use it (phone, PC, laptop, tablet), loan you an iPad free of charge and help you take your first steps online or even just show you how easy and safe it is to shop online.

We will connect you with a volunteer who can support you, by telephone, in taking your first steps online and finding out about all that the internet has to offer.



Get in touch with Amy on **01606 720 431** On the other hand, if you have an hour or so to spare each week and you're confident in your digital skills, why not share your skills and join our community of digital volunteers helping people across Cheshire to get online. Call Hazel on **01606 305 015** or email volunteering@ageukcheshire.org.uk to hear how you can get involved.

Sharing Time (Befriending)

Sharing Time is a telephone befriending project that works across the whole of Cheshire, matching people over 50 who may not get the opportunity for a regular friendly chat with one of our friendly telephone volunteers.



Sign up for regular phone calls

We've all experienced loneliness at some point – especially since the start of the pandemic. Today, 4 out of 10 older people aged 65 and over say that they have often or sometimes felt lonely. That's almost 4 million older people for whom loneliness is a daily reality. If you feel like you could benefit from a regular phone call, are over 50 and live in Cheshire, please get in touch and contact Age UK Cheshire on **01606 884 920** or email linda.smith@ageukcheshire.org.uk

Help an older person have the confidence to know they're not alone

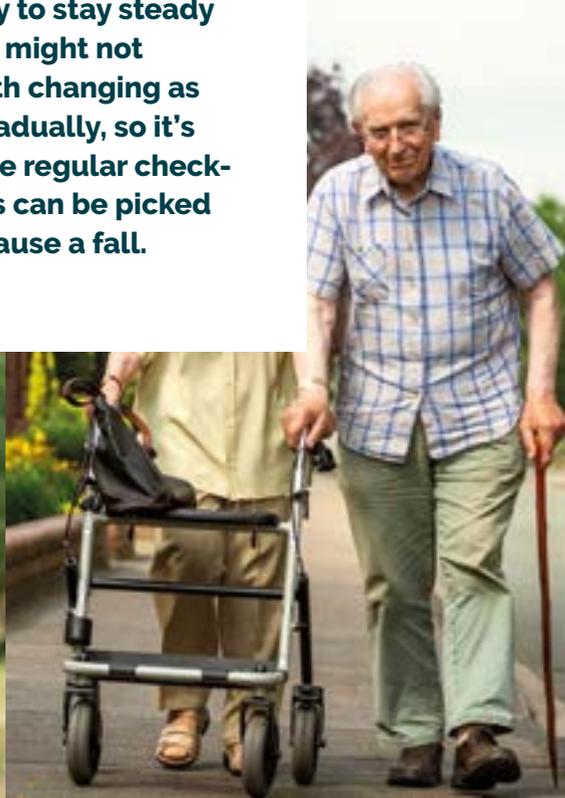
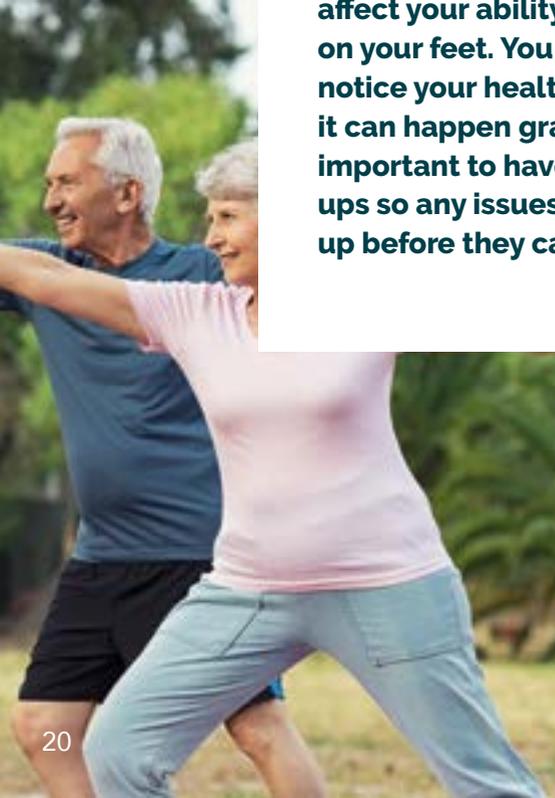
If you have an hour to spare each week, why not become a volunteer befriender? Not only will you hear the amazing stories of an older person by providing a friendly call, but your support can also make all the difference. 225,000 older people across the UK often go a whole week without speaking to anyone at all.

We will match you with an older person who would benefit from having a regular chat once a week over a cup of tea. This can be more or less, depending on what you both agree. All we ask is that you can commit to a minimum of one hour per week. This could be a weekday, an evening or at a weekend. You will need to be over 18, can commit to 1 hour per week and complete our volunteer induction remotely, at your own convenience. For more information please call **01606 884 920**.



What can I do to prevent a fall?

Some health conditions, medications and footwear can affect your ability to stay steady on your feet. You might not notice your health changing as it can happen gradually, so it's important to have regular check-ups so any issues can be picked up before they cause a fall.



Stay active

As we get older, our muscle strength and balance reduces, which can lead to a fall. Exercises designed to improve muscle strength can reduce your risk of a fall by improving your posture, coordination and balance.



Eat well

It's important to keep an eye on your appetite and try and make sure you're eating well. It's always better to eat something, even if it's small snacks throughout the day instead of 3 main meals. Getting enough energy is important in keeping up strength and preventing falls.



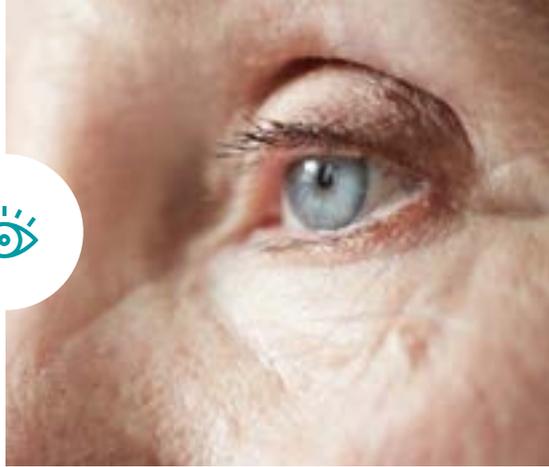
Keep hydrated

As well as eating well, you should make sure you're drinking plenty. If you don't drink enough it's likely that you'll start to feel light-headed which will increase your risk of a fall. Try to drink about six to eight glasses of fluid a day.



Take care of your eyes

Our eyesight changes as we age and can lead to a trip or loss of balance. Get your eyes and glasses checked regularly – at least every 2 years. This will detect any vision problems early, before they cause you to lose your balance and coordination.



Manage your medicines

Certain medications can make you feel faint or dizzy and affect your balance. Let your doctor know if you experience side effects like these after taking any medication – they may need to check the dose or look at alternatives.



Check for hearing problems

As you get older you might find your hearing isn't as great as it used to be. Talk to your doctor as soon as you think your hearing has deteriorated, as a problem with your ears can severely affect your balance. The problem may be something easily treated, such as a build-up of ear wax or an ear infection, or it may be that you need a hearing aid.



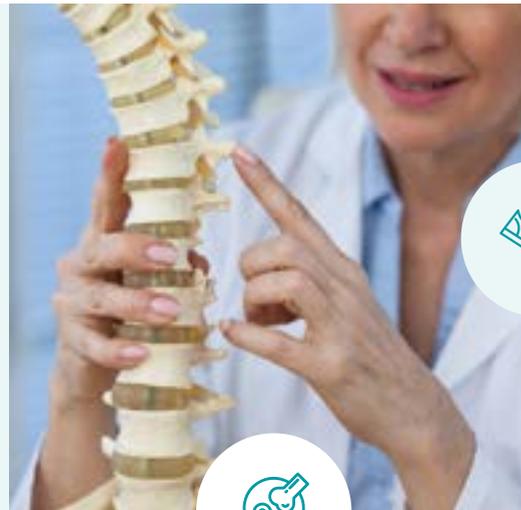
Combined sight and hearing problems

Tell your doctor if your vision or hearing difficulties, or both, are affecting your day-to-day life. They will arrange an assessment, and will explain the help available to make daily tasks easier.



Choose the right shoes

Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling. Talk to your doctor about any foot issues.



These footwear tips can help you feel more confident on your feet:

- Make sure your shoes fit well and don't have a tendency to slip off
- Well-cushioned shoes offer comfort and support
- Avoid sandals with little support and shoes with high heels
- Wear slippers that have a good grip and that fasten and stay on properly
- Always wear shoes or slippers, and never walk indoors in bare feet, socks or tights

Support your bone health

Keep your bones healthy and strong by eating calcium-rich foods, getting enough vitamin D from sunlight and doing some weight-bearing exercises. If you have weaker bones, they're more likely to break if you fall. So stronger bones could make any injury you have much less serious.

Exercise and Activity



The majority of falls are influenced by many contributing factors, but impaired balance and muscle weakness is often the most common cause. Strength and balance training is highly recommended by NICE to maintain muscle mass, bone density and flexibility.

Muscles require oxygen to contract and produce energy. As we exercise, our respiratory rate and heart rate increases. We take on new oxygen which is pumped quickly around our bodies by the heart, delivering nutrients to our muscles. Overtime with consistent exercising, our bodies are trained to become more efficient and use less effort to run, diverting energy to other systems making us feel less tired and more alert.

Before starting exercise, consideration towards current and historical medical requirements should be noted. Any concerns or questions can be discussed with a GP or healthcare professional, and exercises can be modified to meet those needs.



Exercise and **activity** provide more than just **physical benefits**. It can improve **sleep** and **quality** of life, help to maintain a **healthy weight**, and manage **low moods** and **stress** whilst dramatically reducing the risk of developing **comorbidities** such as:



RISK OF **HIP FRACTURES**



RISK OF **COLON CANCER**



RISK OF **TYPE 2 DIABETES**



RISK OF **MORTALITY**



RISK OF **DEMENTIA**



RISK OF **DEPRESSION**



RISK OF **BREAST CANCER**



RISK OF **HEART DISEASE**

Activities for elderly people

Ellesmere Port (as of 2023)



Activity	Location	Day	Time
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Adult Learning Classes	Wolverham Community Centre	Monday	10:00 – 12:00
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Welcome Social Club	Little Sutton Methodist Church	Monday	10:00 – 12:00
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Adult Learning Classes	Wolverham Community Centre	Monday	13:30 – 15:30
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Indoor Carpet Bowls	Little Sutton Community Centre	Monday	13:45 – 15.45
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Knit and Natter	Little Sutton Library	Monday	14:00 – 16:00
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Craft and Chat	Hope Farm Library	Monday	16:00 – 17:00
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Bingo	Wolverham Community Centre	Monday	19:00 – 21.00
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Book Club	Hope Farm Library	Tuesday (3rd of every month)	10:00 – 11:00
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Activity	Location	Day	Time
Healthy Conservation Team	Whitby Park	Tuesday (until 28 March 2022)	10:00 – 12:30
Scrabble Club	Little Sutton Library	Tuesday	14:00 – 16:00
Disability Interaction Group	Thelwall Road Community Centre	Tuesday	18:30 – 20.30
Ellesmere Port Local and Family History Society	Ellesmere Port Library	Wednesday	10:00 – 12:00
Knit and Natter	Little Sutton Library	Monday	14:00 – 16:00
Lunch Club	Wolverham Community Centre	Wednesday	12:00 – 13.30
Dementia Support Group	MHA (Tel: 0151 357 3873)	Wednesday	13:30 – 15:00
Line Dancing	Little Sutton Community Centre	Wednesday	14:00 – 16.00
Tai Chi	Little Sutton Community Centre	Wednesday	16:15 – 17.15

Activity	Location	Day	Time	Activity	Location	Day	Time	
Armed Forces Veterans Support Group	Ellesmere Port Library	Thursday (2nd of every month)	10:00 – 12:00	Literary Lounge Reading Group	Little Sutton Library	Friday (2nd of every month)	17:30 – 18:30	
Greencare Wellbeing	Hawthorns in Overpool	Thursday	10:00 – 12:00	'Not a Reading Group' book chat group with no set book	Ellesmere Port Library	Friday (last of every month)	17.30 – 18.30	
Community Coffee Morning	Little Sutton Library	Thursday (1st of every month)	10:30 – 12:00		Bingo	Wolverham Community Centre	Friday	19:00 – 21:00
Adult Learning Classes	Wolverham Community Centre	Thursday	10:30 – 12.30	'Share a Book' Club	Hope Farm Library	Saturday	11:00 – 12:00	
Art Club	Little Sutton Community Centre	Thursday	13:00 – 15:00		Lunch Club	Wolverham Community Centre	Sunday	12:00 – 13.30
U3A Scrabble Club	Hope Farm Library	Thursday (2nd of every month)	14:00 – 15:00					
Lunch Club	Wolverham Community Centre	Friday	12:00 – 13.30					
Ladies Reading Group	Little Sutton Library	Friday (1st of every month)	14:00 – 15:00					
Reading Group	Ellesmere Port Library	Friday (1st of every month)	14:00 – 15:00					



Drive Safely for Longer

A Drive Safely for Longer Assessment provides an opportunity for drivers to update their knowledge, improve their hazard awareness and their driving skills.

This course is aimed at drivers aged 60 years and over. Applicants must hold a current driving licence and be actively driving e.g. have not had more than 12 months break from driving. People register for a driving assessment for a

variety of reasons. Some drivers wish to update their driving knowledge or skills, to receive honest feedback on their driving, support in adapting to a new vehicle or to gain more confidence on a specific manoeuvre or route.

Course details

The sessions are delivered by local approved driving instructors:

- Two-hour practical driving session
- At a convenient time
- Collected from home
- Using your own vehicle (ideal if you change to an automatic vehicle)

Free driving assessment for people 60+ Residing in Cheshire West and Chester

Tailor-made for each individual driver to:

- Update driving skills and knowledge
- Adapt to a new vehicle
- Gain confidence
- Practice a new route

The booking process is simple:

- Register
- Local driving instructor is assigned
- Mutually convenient time agreed
- Assessment completed



For more information and to apply, call **0300 123 8123** and ask for the Road Safety Team or email roadsafety@cheshirewestandchester.gov.uk

One Ellesmere Port Primary Care Network

The Primary Care Network (PCN) was established in 2018. Its members include the six GP practices from across the town who are working together with the common goal of creating better services for their 70,000 patients.

PCNs across England have introduced many new roles into general practice to meet the needs of their populations and they continue to do so.

Social Prescribing Link Worker

Social Prescribers are here to help you with any social needs that are affecting your well-being. They will work hard to connect you to local services, groups and activities, supporting you to put yourself back in control of your health and happiness.



Clinical Pharmacist & Pharmacy Technician

Clinical pharmacists and their team are here to make sure your medicine is working for you. With their expert knowledge of medicines and long term conditions they can listen to any health concerns you have and support you through your treatment, working along side your GP.



Dementia Nurse

The Dementia Nurse will assess, treat and provide support for adult patients who are experiencing memory issues. They help newly diagnosed patients and carers to link with other supportive services and provide follow-up monitoring, including advice for changing of circumstance e.g. carer stress, challenging behaviour etc.



First Contact Physiotherapist (FCP)

The role of an FCP is to work within GP surgeries and offer physiotherapy appointments for patients with musculoskeletal (MSK) conditions. FCPs are highly trained healthcare professionals who will assess, triage, diagnose and manage patients with MSK conditions. You can self refer to our FCP team, there is no need to see a GP first.



Care Coordinator

Care coordinators play an important role within a PCN. They work to identify and support people, including the frail and elderly and those with longterm conditions. They provide coordination and navigation of care and support across health and care services.



Our other Services

Our team of experts continues to grow, so that we can meet the needs of our patients.

Mental Health Occupational Therapists / Children & Young Persons Mental Health Practitioner / Counsellors / Health & Wellbeing Coach



Cheshire and Wirral Partnership
NHS Foundation Trust

Old Hall Surgery
& Westminster Surgery

Useful contact information

Here are a list of useful contact numbers for various services across Cheshire West.

West Cheshire Food Bank
0151 355 7730

Chester & District Federation for the blind
0151 538 9698

Mental Health Crisis Line
0800 145 6485

Age UK Befriending Service
01606 884 920

Snow Angels
07881 510 304

Being at the heart of your community...

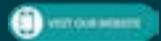
Healthbox CIC a not-for-profit community interest company made up of a team of dedicated individuals from a variety of backgrounds that provide health and wellbeing centred services in our local communities in and around **Cheshire** and the **Wirral**.

Visit our website for the latest **news**, **services**, **workshops** and **courses**.



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