

Steady Steps

to Staying
Active for Life

Useful Contacts



This contact sheet is to accompany the booklet “Steady Steps to Staying Active for Life”.

Swindon Local Offer

This is Swindon Borough Council’s care and support information and advice website <https://localoffer.swindon.gov.uk>.

Swindon Adult Community Health Services

Great Western Hospitals NHS Foundation Trust

For further information on rehabilitation for Falls and Bone Health in Swindon, please contact Rebecca Arthur or Lynn Morrison (Team Leads, Community Rehabilitation Team) on **01793 607710**.

NHS 111

111 is the NHS non-emergency number. It’s fast, easy and free.

Call **111** to speak to a trained advisor supported by healthcare professionals.

If you require this information in another format please contact Customer Services on **01793 445500** or visit <https://localoffer.swindon.gov.uk> and search Steady Steps.

Swindon Falls
and Bone Health
Collaborative


Bath and North East Somerset,
Swindon and Wiltshire
Clinical Commissioning Group

 **SWINDON**
BOROUGH COUNCIL

Warm & Safe Wiltshire

Ensure you keep your gas and electricity bills affordable and your home warm and safe with this free and impartial Council backed energy saving advice service. Call **0800 038 5722** or see www.warmandsafewiltshire.org.uk for more information.

Homeline

Many emergency response services exist. Swindon Borough Council offer Homeline and Homeline + which provides an emergency response service operated by a team of experienced, professional Homeline Response Officers 24 hours a day, 365 days a year. Help can be summoned should an emergency situation arise by using a pendant alarm. Call **01793 464430** or search for Homeline on <https://localoffer.swindon.gov.uk>.

Adult Social Care

The Adult Social Care Team provides information to older people, adults with physical disabilities and carers, to help make informed decisions and access appropriate services. They can provide help with equipment and adaptations for daily activities, help at home and support within your caring role. Telephone **01793 463333**.

Support for Carers

If you look after an ill, frail or disabled family member, partner or friend then you are a carer. Swindon Carers Centre can help carers by making their caring role more manageable. If you are an adult carer please call **01793 401090**. For young carers please call **01793 401091**. More information is available at www.swindoncarers.org.uk.

Physiotherapy

You can be referred to a physiotherapist by your GP, self-refer in some areas or find a local private physio at www.physio2u.co.uk.

Fire Service Safe and Warm Assessment

Dorset & Wiltshire Fire and Rescue Service offer free Safe & Well visits. More information is available at www.dwfire.org.uk/safety/safe-and-well-visits or telephone **0800 038 2323**.

Health Improvement Programmes

There are lots of physical activity classes available in Swindon including balance and safety, Otago Falls Prevention classes, chair classes, tai chi, yoga, cycling, walking football and netball, health walks and much more. Health & Wellbeing Ambassadors can work with people for up to 6 weeks to support lifestyle change. Befriending and social activities are also available. For more information, telephone the Live Well Swindon Hub on **01793 465513** or email the Hub at livewell@swindon.gov.uk.

Local Leisure Centres

You can find information about local leisure centres and the accessible services they run in Swindon at www.better.org.uk/leisure-centre/swindon.

Walking netball

Walking netball is a slower version of the game, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. It is for adults of all abilities and every session includes a gentle warm up. For more information, telephone the Live Well Swindon Hub on **01793 465513** or email the Hub at livewell@swindon.gov.uk.

Walking football

Designed for the over 50's, the game is a wonderful way to get back into the sport or even try it for the first time. It is perfect for those who had previously given up playing football due to illness or injuries. Email lyndon.taylor@wiltshirefa.com or see www.wiltshirefa.com/players/ways-to-play/walking-football. Swindon Town FC Football in the Community Trust also offer a range of activity programmes for older people – more information at www.stfitc.co.uk.

Health walks

Swindon health walks offer both longer and gentle walks to encourage people to enjoy the outdoors, with refreshments and a chance to chat at the end. They are friendly and open to all. Call the Live Well Swindon Hub on **01793 465513** or more information is available at www.walkingforhealth.org.uk/walkfinder/step-out-swindon.

Stop Smoking

Help is available in Swindon if you want to stop smoking. Call the Live Well Swindon Hub on **01793 465513**, send a text to **07881 281797** or email **livewell@swindon.gov.uk**.

Swindon Advice and Support Centre (SAASC)

SAASC at Sanford House, Sanford Street in Swindon, telephone **01793 466633**, provides information and advice face to face or by telephone/email. It is also a hub for a range of organisations including Citizen's Advice, the Carers Centre, Healthwatch Swindon and Swindon Mind.

Healthwatch Swindon

Healthwatch Swindon is the independent champion for people who use health and social care services, there to make sure that people are put at the heart of care. Share your views, feedback, experiences and questions regarding health and social care with them.

Visit **www.healthwatchswindon.org.uk** for more information.

Underweight or need nutrition advice

Ask your GP for advice if you are underweight and they may be able to refer you to a dietitian or provide information and support.

Age UK Wiltshire

Age UK provide information on active ageing and falls prevention.

Contact **0808 196 2424** or see **www.ageuk.org.uk/falls**.

The Chartered Society of Physiotherapy (CSP)

CSP provide lots of useful advice and information on falls prevention and keeping active see **www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-you-age**.

NHS Choices

NHS Choices is really helpful for all aspects of health and wellbeing on their website. Find useful resources on falls prevention here at **www.nhs.uk/live-well/healthy-body/are-you-at-risk-of-falling** or **www.nhs.uk/conditions/falls**.