

Keeping Well & Connected

The purpose of this leaflet is to highlight what supports and resources are available in the Garnock Valley and beyond for older people and ensure you have access to the services you may need over this time.

Social isolation and loneliness is not good for our health, therefore we want to share some of our top tips for staying well and connected over the festive period.



Top tips for staying healthy & active



- 1. Make sure you get your **Flu Vaccination** this year (Remember and contact your GP surgery to arrange).
- 2. Make sure you have enough of the **medicines** you need for the Christmas and New year period. Your pharmacy can deliver or contact your Community hub.
- 3. **Stay warm** - If you are having problems keeping your home warm, **Home Energy Scotland** can help.
- 4. **Keep moving** - staying active can improve our circulation, mood, increase our stamina and reduce aches and pains.
- 5. **Eat well** to keep your energy levels up and help stay healthy. Stock up on the foods you like and treat yourself !



Staying Connected

It is important for our health and wellbeing that we stay connected:

- 1. Make sure your phone is switched on and connected
- 2. Arrange times to call or be called by family or friends
- 3. Keep in touch online via e mail or social media
- 4. Register with a befriender service
- 5. Reach out if you need support



Keeping your spirits up

Its important over this time, we do the things we enjoy:

- Watch your favourite films
- Read a new book
- Listen to some music
- Learn something new
- Get creative
- Join a local or online group



Accessing Community support

Your Community Link worker can help you explore what supports you need. To make an appointment ask at your GP practice. Community Link Workers are here to help.

Local Supports

There are a range of services, community resources and online supports available:

- **Garnock Valley Community Support Hub**
If you need support with your wellbeing or accessing food 01294 310000
- **Beith Community Trust - Lend an Ear -**
Provide a telephone befriending, community meals & community shopper service 01505 595 063
- **Age Concern Group** 01505 683949
- **Garnock Valley Men's Shed** email gvms@btinternet.com
- **Hope Project** - Provides befriending and community activities for over 50's across North Ayrshire 01294 602 711
- **Alzheimers Scotland** - Can provide individual support and digital activities 01294 608 219
- **Montgomery Court Hub** - Provide community activities throughout the year 01505 684 757

Community Meal Services

- **George Stevens Centre** - Provide freshly cooked meals at low cost - 01505 682 483 (Tuesday & Thursday 4-7pm £2.50 for 3 courses - Can deliver)
- **Cafe Solace** - Provide freshly cooked meals at low cost - 07785 239 689 (Fridays £2.50 for 3 courses - £1 delivery charge)

Help With Energy & Money

Do you need help keeping your home warm or need advice about money? Get more information from:

- Home Energy Scotland 0808 808 2282 or online at www.homeenergyscotland.org
- Citrus Energy 07973847882
- Money Matters 01294 310 456 or e mail moneymatters@north-ayrshire.gov.uk

Keep Active

There are a range of online resources you can access and help keep you active:

- www.kaleisure.com
- www.nhs.uk/conditions/nhs-fitness-studio/
- www.nhsinform.scot - Strength & balance exercises
- Age UK Staying Steady - information on keeping active at <https://bit.ly/3dKJeJE>
- Local health walks 01294 605 128 or email activelifestyles@kaleisure.com

Learn Something New

If you need help getting on line or using new phones or devices contact:

- CLASP - 01294 602 711
- Abilitynet - 0800 048 7642 or at www.abilitynet.org.uk/at-home

Access free courses at:

- www.goodthingsfoundation.org/learningway
- www.futurelearn.com
- www.open.edu/openlearn

National Support lines

- Age UK Advice Line 0800 678 1602 (Lines open 8am - 7pm, 365 days a year)
- Silver line 0800 470 8090

Mental Health Support:

- Breathing space 0800 838 587
- Samaritans helpline 116 123

Useful Local Numbers

Health & Social Care Support

- Beith Health Centre 01505 502 888
- Dalry Health Centre 01294 832 523
- Kilbirnie Health Centre 01505 683 591
- Kilbirnie Social Work 01505 684 551
- NHS 24 Call 111 - Out of hours urgent health advice

Pharmacies

- Boots Chemist Dalry Road Kilbirnie 01505 685 519
- Boots Chemist Main Street Kilbirnie 01505 682 221
- Penmans Pharmacy Beith 01505 502 506
- COOP Pharmacy Beith 01505 504 114
- Newfield Pharmacy Dalry 01294 832 149
- Gallagher Pharmacy Dalry 01294 833 644



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