

Keeping Well & Connected

The purpose of this leaflet is to highlight what supports and resources are available in the Irvine area 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:

Support Hubs - Community support hubs can give advice, signposting and help with accessing food and prescriptions if you are unable to leave your home due to Covid **01294 310000**

Fullarton Hub - 01294 278207
Vineburgh Hub - 01294 317156

Beith Community Trust - Lend an Ear - Provide a telephone befriending service. 01505 800 758 or register online - <https://beithtrust.org/lend-an-ear-telephone-befriending/>

Hope Project - Provides telephone befriending for over 50's across North Ayrshire 01294 602 711.

Alzheimer's Scotland - Can provide individual support and digital activities 01294 608 219 / 0787 999 6367 / 0758 875 2294.

Cafe Solace - Tuesdays 5-6pm at Fullarton Connexions. (closed over xmas & new year).

Connexions Café - Tuesdays 10:30-13:30 in Fullarton Connexions (closed over xmas & new year). 01294 273 741.

Wiltshire Farm Foods - deliver frozen ready meals. Order online www.wiltshirefarmfoods.com or call 0800 077 3100.

Oakhouse Foods - deliver frozen ready meals. Order online www.oakhousefoods.co.uk or call 0333 370

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 0797 384 7882.
- 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 - Information on keeping Active www.ageuk.org.uk
- Local health walks 07483 301 978 or email activelifestyles@kaleisure.com

Learn Something New

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

- CLASP - 07464 206 592
- 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
- Breathing space 0800 83 85 87
- Samaritans helpline 116 123

Useful Local Numbers

Health & Social Care Support

- Boutreehill Medical Practice - 01294 211993
- Dundonald Medical Practice - 01563 850496
- Eglinton Family Practice - 01294 279178
- Frew Terrace Surgery - 01294 272326
- Townhead Surgery - 01294 441441
- Social Work - 01294 310300 / Out of hours - 0800 328 7758
- NHS 24 Call 111 - Out of hours for urgent health advice

Pharmacies

- Boots - Fullarton Square. 01294 272405
- Lloyds - High Street. 01294 279183
- Boots - East Road. 01294 279312
- Boots - High Street. 01294 274533
- Shergil - Caldon Road. 01294 278539
- Boots- Frew Terrace. 01294 272405
- Boots - Lower vennel, Bourtreehill. 01294 214387
- Lawthorn Pharmacy - 01294 218918
- Dreghorn Pharmacy - 01294 212375
- Care Pharmacy - Springside. 01294 537230.



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Please note all information is correct at time of
printing but may be subject to change.

