

Keeping Well & Connected

The purpose of this leaflet is to highlight what supports and resources are available in the Three Towns area and beyond 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 local 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:

- **Three Towns Community Support Hub**
If you need support with food, wellbeing or prescriptions 01294 310000.
- **Three Towns Virtual Community Centre** giving online community updates
- www.facebook.com/group/threetownscommunity
- **Hope Project** Befriending and community activities for over 50's 01294 602711
- **Alzheimer Scotland** Can provide individual support and digital activities
- 01294 469955
- **Quarriers Dementia** Befriending Service
Call 01294 444450 or 07812 228447 or
- email Volunteer.Centre@Quarriers.org.uk
- **Community Hearing Support Service**
Hearing aid support and advice. Can
- provide free batteries and new ear mould tubing. For more information call 07391 017781
- **North Ayrshire Foodbank, Ardrossan**
(Monday - Friday 10am - 2pm) Provide
- emergency food parcels 01294 601312
- **North Ayrshire Library Service** to borrow ebooks, audiobooks and digital
- magazines visit www.north-ayrshire.gov.uk/libraries/read-online.aspx

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 07973 847981
- Money Matters 01294 310456 or email 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 07483 301978 or email activelifestyles@kaleisure.com

Learn Something New

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

- CLASP - 01294 602711
- Abilitynet - 08000 487642 or at www.abilitynet.org.uk/at-home
- Access free courses at:
 - www.goodthingsfoundation.org/learning-way
 - 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

- Ayrshire Medical Group 01294 464141
- Stevenston Group Practice 01294 464413
- Saltcoats Group Practice 01294 605141
- Central Avenue Surgery 01294 463838
- South Beach Medical Centre 01294 463011
- Social Work 01294 310300
- National COVID-19 Helpline 0800 111 4000
- NHS 24 Call 111 for out of hours urgent health advice

Pharmacies

- Lloyds Pharmacy, Stevenston 01294 462498
- Boots Pharmacy, Saltcoats 01294 463607
- Gallagher's Pharmacies
New Street, Stevenston 01294 464259
Hamilton Street, Saltcoats 01294 463524
Dockhead Street, Saltcoats 01294 463342
Health Centre, Saltcoats 01294 602134
Glasgow Street, Ardrossan 01294 601761
Central Avenue, Ardrossan 01294 464044



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