

Keeping Well & Connected

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

- **Kilwinning Community Support Hub** (Monday- Friday (10- 1pm) 01294 554 699 or 07395 941792. If you are unable to leave your home due to COVID and need support with food or prescriptions.
- **The PLAYZ** - Providing Christmas treat hampers to elderly community. Contact for more information. 01294 539 717
- **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
- **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 Foodbanks** - Provide emergency food parcels and deliver. 01294 310 000



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 847882
- 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 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 602 711
- Abilitynet - 0800 048 7642 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

- Kilwinning Medical Practice - 01294 554 591
- Oxenward Surgery - 01294 551 555
- Kilwinning Community Support Hub - 01294 554 699 or 07395 941792
- Social Work - 01294 310 300
- National COVID - 19 Helpline 0800 111 4000
- NHS 24 Call 111 - Out of hours urgent health advice

Pharmacies

- Boots Chemist, Almswall Rd, Kilwinning 01294 552 599
- Townhead Pharmacy, Pennyburn Rd, Kilwinning 01294 559 898
- Lloyds Pharmacy, Main St, Kilwinning 01294 552 569



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