



Keep Well & Connected

In the Garnock Valley
2021

Keep 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 to ensure you have access to the services you may need over this time.

Social isolation and loneliness are 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

- Make sure you get your COVID Booster & Flu Vaccination this year.
- Make sure you have enough of the medicines you need for the Christmas and New Year period. Your pharmacy can deliver these, if requested. Speak to your local pharmacist.
- Stay warm - If you are having problems keeping your home warm, Home Energy Scotland could help.
- Keep moving - staying active can improve our circulation, mood, increase our stamina and reduce aches and pains.
- Eat well to keep your energy levels up and to 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:

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



Keeping Your Spirits Up

It's important over this time, we do the things we enjoy.
Why not try:

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



Learn Something New



If you need help getting online, using a new mobile phone or other devices contact:

- **CLASP** 01294 602 711
- **Abilitynet** - can provide free IT support to older people and disabled people of any age. Call 0800 048 7642 or visit www.abilitynet.org.uk/at-home

Access free courses at:

- www.goodthingsfoundation.org/learn/learn-my-way/
- www.futurelearn.com
- www.open.edu/openlearn



Read Online

You can now borrow eBooks, magazines and newspapers by registering with **NAC Libraries** to use **Borrow Box** at <https://northayrshire.borrowbox.com/>

If you are not a registered library user you can apply online at <https://www.north-ayrshire.gov.uk/libraries/read-online.aspx>



mPower in your Community

- Are you over 65 with a long term health condition?
- Do you feel isolated at times?
- Would you like to get online?
- Your Digital Navigator can work with you to develop a plan with your needs in mind.
- They will encourage and assist you to embrace digital technology which can improve your ability to manage your own health.
- They will work with you to develop personalised wellbeing plans to achieve your health & wellbeing goals.
- If interested call your GP practice to speak to your Community Link Worker or call the mPower Digital Navigator on 01294 317 740.



Keep Active

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

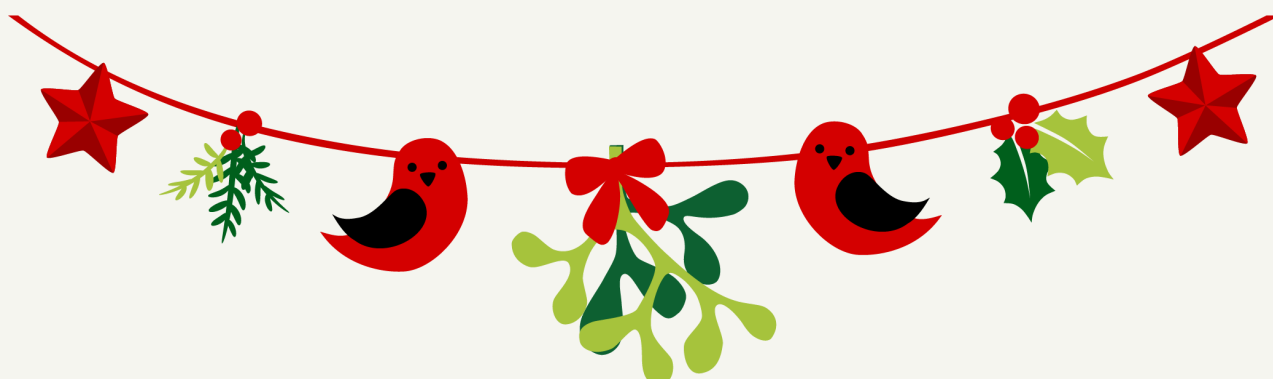
- **KA Leisure** has a range of activities you can access designed around your abilities and needs. For more information visit www.kaleisure.com
- **NHS UK** website has access to a range of exercise videos to try at home at www.nhs.uk/conditions/nhs-fitness-studio/
- The **NHS Inform** website has lots of information and videos to watch around strength and balance exercises. Take a look at <https://nhsinform-n4.azurewebsites.net/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises>
- **Age UK Staying Steady** - provides information on keeping active at <https://bit.ly/3dKJejE>
- There are a range of **local health walks**. For more information call 01294 270 796 or email activelifestyles@kaleisure.co.uk



Help with Energy and Money

Do you need help regarding your tenancy, 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 847 882
- **Money Matters** 01294 310 456 or email moneymatters@north-ayrshire.gov.uk
- If you are a North Ayrshire Council tenant contact the **Welfare Reform Team** on 0300 999 4606 or email welfarereformteam@north-ayrshire.gov.uk
- **Community Housing Advocacy Project (CHAP)** 030 0002 0002 or email enquiries@chap.org.uk
- **North Ayrshire Council Tenancy Support** 01294 317 370 or email tenancysupport@north-ayrshire.gov.uk
- **Christian Against Poverty (CAP) Debt Centre** - CAP offer free debt advice to those in need. Call 0800 328 0006



Access Community Support

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



- **George Stevens Centre** - Provide freshly cooked meals at low cost - 01505 682 483 (Tuesday & Thursday) 4pm-7pm £2.50 for 3 courses. Can deliver.
<https://www.salvationarmy.org.uk/george-steven-centre>
- **Cafe Solace** - Provide freshly cooked meals at low cost 07785 239 689 (Fridays £2.50 for 3 courses - £1 delivery charge) <https://www.facebook.com/cafesolace/>
- **Dalry Community Larder** - Wednesday 6:30pm-8pm, Saturday 10am-12pm, Cost £4. For more information 07795 620 603 <https://www.facebook.com/DalryCSC/>
- **Beith Community Trust - Lend an Ear** - Provide a telephone befriending service 01505 595 063
- **Age Concern Group** Elspeth Johnston 01505 683 949
- **Garnock Valley Men's Shed** email gvms@btinternet.com
- **Hope Project** - Provides befriending and community activities for over 50's across North Ayrshire.
Call 01294 602 711
- **Alzheimers Scotland** - Can provide individual support and digital activities 01294 469 955
- **Montgomery Court Hub** - Provide community activities throughout the year 01505 684 757

Useful Local Numbers

- **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
- **Sensory Impairment Team** 01294 310 005 (Option 2) or text 07824 837 078 or email sensoryimpairment@north-ayrshire.gov.uk
- **Police** - call 101 if you need advice or to report a crime or 999 if it is an emergency
- **Womens Aid** 01294 602 424
- **My Bus** - Bookable bus service, door to door transport. Enquiry line 0345 128 4025 or email enquiry@spt.co.uk Book on 0345 125 9958 Monday-Friday 9am-3.30pm or visit www.spt.co.uk/mybus
- **British Red Cross** - Connecting With You Scotland service provides a telephone service for people experiencing loneliness 0300 30 36 077 (10am-4pm)
- **Age Concern Silver Line** - helpline for older people 0800 4 70 80 90 (Available 24 hours)
- **Age Scotland Friendship line** 0800 12 44 222



Local Pharmacies



Beith:

- **Penmans Pharmacy** - 01505 502 506
- **Well Pharmacy** - 01505 504 114

Dalry:

- **Newfield Pharmacy** - 01294 832 149
- **Gallagher Pharmacy** - 01294 833 644

Kilbirnie:

- **Boots Dalry Road** - 01505 685 519
- **Boots Main Street** - 01505 682 221





**Keep well &
connected
this Christmas**





North Ayrshire Community Link Worker Service

Community Link Workers are here to help in every
GP surgery in North Ayrshire.

Your Community Link worker can help you explore
what supports you need. To make an appointment ask
at your GP surgery.

For more information find us at



@NACommunityLinkWorkers



@NA_CLWs