



Keep Well & Connected

In the Irvine Locality
2021



Keep Well & Connected

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

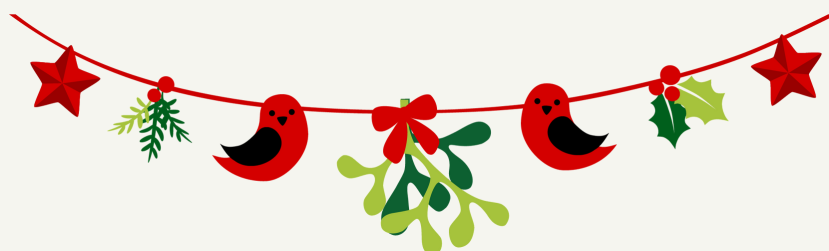
- **KA Leisure** has a range of activities you can access designed around your abilities and needs. For more information visit www.kaleisure.com
- **NHS UK** website has access to a range of exercise videos to try at home at www.nhs.uk/conditions/nhs-fitness-studio/
- The **NHS Inform** website has lots 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 315 120 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



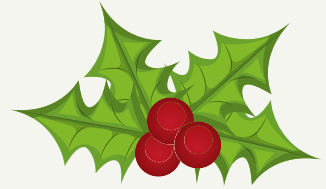
Access Community Support

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

- **Connexions Community Cafe** - Every Tuesday and Thursday 10am-2pm at Fullarton Connexions
- **Vineburgh Centre Community Cafe** - Monday to Thursday 9am-2pm
- **Harbourside Mens Shed** - Tuesday/Wednesday/Thursday 10am-3pm. Call 01294 312194
- **Cafe Solace** - Provide freshly cooked low cost meals at Fullarton Connexions every Tuesday 5pm-7pm
- **The Farm Basket** - community food larder - Monday 10am-1pm, Wednesday 4pm-7pm, Friday 2pm-5pm. By appointment only, call 07759 313 444 to book.
- **Choices Irvine Food Larder** - for anyone living in the KA12 Postcode 01294 278 207
- **Hope Project** - Provides befriending and community activities for over 50's across North Ayrshire 01294 602 711



Useful Numbers



- **Womens Aid** 01294 602 424
- **My Bus** - Bookable bus service offering door to door transport. For more information call 0345 128 4025 or email enquiry@spt.co.uk
Book on 0345 125 9813, Monday-Friday 11am-3.30pm or visit www.spt.co.uk/mybus
- **Vennel Gardens Hub** - Provide community activities throughout the year 01294 311 745
- **British Red Cross** - Connecting With You 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
- **Alzheimer's Scotland** - Can provide individual support and digital activities 01294 469 955



Useful Local Numbers

- **Bourtreehill Medical Practice** 01294 211 993
- **Dundonald Medical Practice** 01563 850 496
- **Eglington Family Practice** 01294 279 178
- **Frew Terrace Surgery** 01294 272 326
- **Townhead Surgery** 01294 441 441
- **Social work** 01294 310 300 /
Out of hours - 0800 328 7758
- **Sensory Impairment Team** 01294 310 005 (Option 2)
or text 07824 837 078 or
email sensoryimpairment@north-ayrshire.gov.uk
- **NHS 24** Call 111 - Out of hours for urgent care advice
- **Police** call 101 if you need advice or to report a crime or
999 if it is an emergency



Local Pharmacies



- Irvine - **Boots Fullarton Square** - 01294 279 214
- Irvine - **Lloyds High Street** - 01294 279 183
- Irvine - **Boots East Road**- 01294 279 312
- Irvine - **Boots High Street** - 01294 274 533
- Irvine - **Shergill Caldon Road** - 01294 278 539
- Irvine - **Boots Frew Terrace** - 01294 272 405
- Bourtreehill - **Boots Lower Vennel** - 01294 214 387
- Dregghorn - **L J Wilson Main Street** - 01294 213 375
- Dundonald - **Newfield Ltd Main St** - 01563 850 760
- Lawthorn - **Lawthorn Pharmacy** - 01294 218 918
- Springside - **Care Pharmacy** - 01294 537 230

**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