



# Keep Well & Connected

In the Kilwinning Locality  
2021



# Keep Well & Connected

The purpose of this leaflet is to highlight what supports and resources are available in Kilwinning 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](http://www.abilitynet.org.uk/at-home)

Access free courses at:

- [www.goodthingsfoundation.org/learn/learn-my-way/](http://www.goodthingsfoundation.org/learn/learn-my-way/)
- [www.futurelearn.com](http://www.futurelearn.com)
- [www.open.edu/openlearn](http://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:

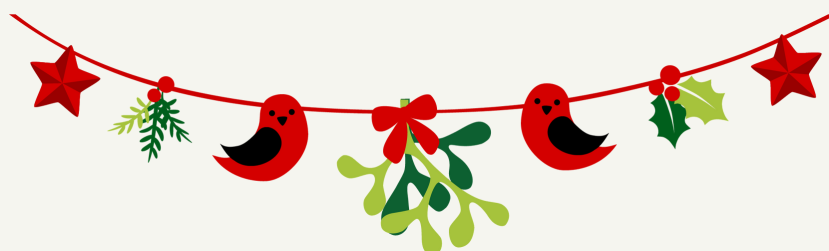
- **KA Leisure** has a range of activities you can access designed around your abilities and needs. For more information visit [www.kaleisure.com](http://www.kaleisure.com)
- **NHS UK** website has access to a range of exercise videos to try at home at [www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)
- 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 605 128 or email [activelifestyles@kaleisure.co.uk](mailto: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](http://www.homeenergyscotland.org)
- **Citrus Energy** 07973 847 882
- **Money Matters** 01294 310 456 or email [moneymatters@north-ayrshire.gov.uk](mailto: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](mailto:welfarereformteam@north-ayrshire.gov.uk)
- **Community Housing Advocacy Project (CHAP)** 030 0002 0002 or email [enquiries@chap.org.uk](mailto:enquiries@chap.org.uk)
- **North Ayrshire Council Tenancy Support** 01294 317 370 or email [tenancysupport@north-ayrshire.gov.uk](mailto: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:

- **Aces Woodwynd "Wee Shoap"** - supports local residents who maybe struggling financially.  
Monday, Wednesday and Friday 10am-3pm.  
Food shops from £3. Appointment only. 07719 480 807
- **Cranberry Moss Community Centre Community Larder** -  
Tuesday 10am-4pm, Thursday 1pm-8pm,  
Friday 10am-4pm.  
£3 up to a family of 4 and £5 for a larger family.  
cranberryslarder@gmail.com Appointment only  
07534 906 011
- **Pryde The PLAYZ** - Community Café  
open Monday-Friday 9am-3pm. 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 469 955



# Useful Numbers



- **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](mailto:enquiry@spt.co.uk)  
Book on 0345 125 9958 Monday-Friday 9am-3.30pm or  
visit [www.spt.co.uk/mybus](http://www.spt.co.uk/mybus)
- **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



# Useful Local Numbers

- **Kilwinning Medical Practice** 01294 554 591
- **Oxenward Surgery** 01294 551 555
- **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](mailto:sensoryimpairment@north-ayrshire.gov.uk)
- **Social Work** 01294 310 005
- **Police** - call 101 if you need advice or to report a crime or 999 if it is an emergency



# Local Pharmacies

- **Boots Chemist**, Almswall Road - 01294 552 599
- **Townhead Pharmacy**, Pennyburn Road - 01294 559 898
- **Lloyds Pharmacy**, Main Street - 01294 552 569







**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