



Keep Well & Connected

In the Three Towns
2021



Keep Well & Connected

The purpose of this leaflet is to highlight what supports and resources are available in the Three Towns 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-19 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.com



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 visit 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
- **North Ayrshire Council Housing Support** 01294 317 370 or email tenancysupport@north-ayrshire.gov.uk
- **Better Off North Ayrshire (BONA)** 030 0002 0002 or email betteroffna@chap.org.uk
- **Christians 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:

- **North Ayrshire Community Support Hub** - Monday-Friday, 08:30am-4:30pm. If you need help and support with food or wellbeing call 01294 310 000 or email contactus@north-ayrshire.gov.uk
- **Three Towns Virtual Community Centre** - providing online information at www.facebook.com/groups/ThreeTownsCommunity
- **The Hope Project** - offers befriending and community activities for the over 50's across North Ayrshire 01294 602 711
- **The Three Towns Men's Shed** 07950 017 060 or email 3townsmensshed@gmail.com
- **Alzheimer Scotland** - can provide individual support and digital activities 01294 469 955
- **Community Hearing Support Service** - offers hearing aid support and advice. Can provide free batteries and new ear mould tubing. For more information call 07391 017 781
- **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



Useful Numbers



- **Women's Aid** 01294 602 424
- **British Red Cross** -Connecting With You service provides telephone and online support for people experiencing loneliness. 0300 30 36 077
10am-4pm
- **Age Concern Silver Line** for older people
0800 4 70 80 90 (Available 24 hours)
- **Age Scotland - Friendship Line** 0800 12 44 222
- **Ardeer Food Larder** - Open Wednesday 10am-2pm and Friday 5pm-7pm. Membership £3.50 per week.
Call 01294 466 861 or
email ardeercommunitycentre@gmail.com
- **Whitlees Quaint Larder** - Open Wednesday 10am-4pm.
Membership £3.50 per week. Call 01294 461 700
- **South Ardrossan Larder** - Open Monday 4pm-6pm
Tuesday-Thursday 2pm-4pm, Friday 4-6pm &
Saturday 10am-12pm. Membership £4 per week.
Call 01294 601 312
- **Tap End Larder** - Drop in service,
Monday-Friday 10am-1pm. Membership £3.50 per week.
Call 0784 2433 459



Useful Local Numbers

- **Ayrshire Medical Group** 01294 464 141
- **Stevenston Group Practice** 01294 464 413
- **Saltcoats Group Practice** 01294 605 141
- **Central Avenue Surgery** 01294 463 838
- **South Beach Medical Centre** 01294 463 011
- **NHS 24** Call 111 - for out of hours, urgent health advice
- **Social Work** 01294 310 005
- **Sensory Impairment Team** 01294 310 005 (Option 2),
text 07824 837 078 or
email sensoryimpairment@north-ayrshire.gov.uk
- **Police Scotland** - call 101 if you need advice or to report
a crime, or dial 999 if it is an emergency



Local Pharmacies



Ardrossan:

- **J & S Gallagher, Central Ave** 01294 464 044
- **J & S Gallagher, Glasgow St** 01294 601 761

Saltcoats:

- **Gallagher Healthcare, Dockhead St** 01294 463 342
- **Gallagher Healthcare, Hamilton St** 01294 463 524
- **Gallagher Healthcare, Raise St** 01294 602 134
- **Boots, Dockhead St** 01294 463 607

Stevenston:

- **Gallagher Healthcare, New St** 01294 464 259
- **Lloyds Pharmacy, New St** 01294 462 948

**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