

#HERTSMERE UNITED

# REMEMBER, REMEMBER... DON'T FALL IN NOVEMBER



## WORRIED ABOUT FALLING?

Can't stand on one leg without losing  
your balance?

Can't stand up from a chair without using  
your arms?

## THEN TAKE POSITIVE STEPS NOW TO STOP YOURSELF FALLING

CONTACT YOUR  
COMMUNITY NAVIGATOR ON THE  
HERTS HELP ADVICE LINE

EXCHANGE  
YOUR OLD  
SLIPPERS  
FOR NEW



FIND A LOCAL  
BALANCE  
AND  
EXERCISE  
CLASS



0300 123 4044  
<https://www.hertfordshire.gov.uk/services/adult-social-services/care-and-carers/equipment-and-care-in-your-home/ageing-well.aspx>

CONTACT YOUR  
PHARMACIST OR  
GP FOR A  
MEDICATION  
REVIEW



BOOK A SAFE AND  
WELL VISIT WITH  
YOUR FRIENDLY FIRE  
SERVICE TO CHECK  
YOUR HOME IS  
HAZARD FREE



<https://www.hertfordshire.gov.uk/services/fire-and-rescue/request-a-visit-from-the-fire-service/home-fire-safety-visit.aspx>

**Leaves**  
are supposed  
to fall.  
**People** aren't.