

#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.