

### Some useful numbers:

Shropshire Community Health Trust  
Falls Therapy Service: 01743 730035



Shropshire Social Care single point of contact: 0345 678 9044

Telford and Wrekin Social Care Adult Services: 01952 916030

Community Resources (Shropshire) Wellbeing & Care Team:  
01743 360641 [www.community-resource.org.uk](http://www.community-resource.org.uk)

Contact to find a gentle exercise class near you.

Searching for exercise near you?:

Search for <https://shropshire-directory.co.uk/>

To be connected to a service or activity in your community that could help keep you active, why not consider social prescribing?  
Speak to your GP Practice or call 0345 678 9028

Age UK Shropshire Telford & Wrekin: 01743 233123  
[www.ageuk.org.uk/shropshireandtelford/](http://www.ageuk.org.uk/shropshireandtelford/)

British Red Cross – Support at home: 01743 457810

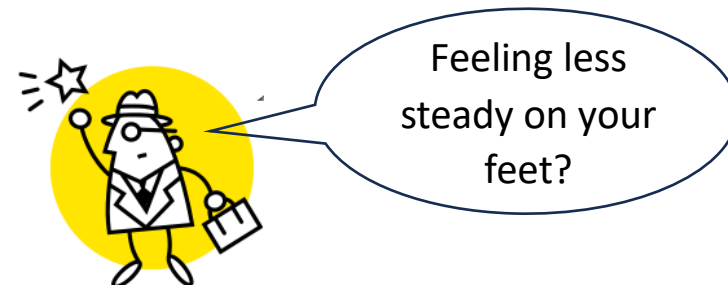


Shropshire Community Health

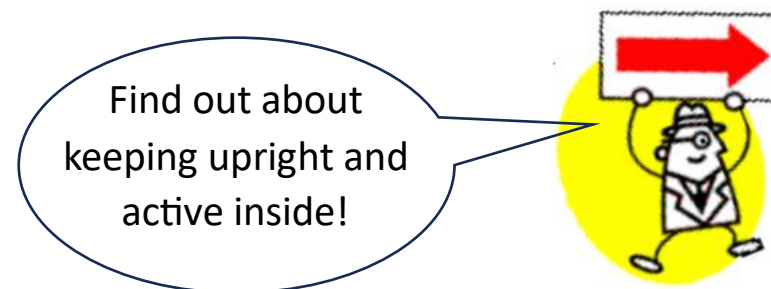


NHS Trust

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# Keep Upright and Keep Active: Eight Top Tips for Staying Steady



## Top tips for staying steady

There are some simple things you can do to stay steady on your feet.

Here are some top tips to help you to improve your strength and balance and to feel more confident if you are worried about falling.

### 1. Exercise regularly

Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.



### 2. Check your eyes and hearing

Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP.

### 3. Ask about your medicines

Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, as they may want to change your dose or look at alternatives.



### 4. Visit your GP

If you've had a fall or are worried about falling, tell your GP, even if you feel okay. There could be many reasons and, equally, many ways to help you feel confident again.

This guide contains general information only. You must not rely on this information as specific advice or as an alternative to medical advice from your doctor or other professional healthcare provider. You should never delay seeking medical advice, disregard medical advice or discontinue treatment because of information in this leaflet.

## 5. Vitamin D for vitality

Vitamin D is essential for keeping bones strong – the best source is sunshine. Try going outside without sunscreen for a few minutes around lunchtime every day during summer. Take care not to let your skin redden or burn. Some foods such as oily fish or eggs also provide vitamin D.



## 6. Count your calcium

A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified soya products and canned fish.



## 7. Check for home hazards

Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.



## 8. Look after your feet

Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.