

# Cumbria Falls Prevention Awareness Week

22 – 29 September 2017

**Whitehaven  
Library**



**Up and About**  
Cumbria standing  
strong against falls

Why not drop in for some hints, tips and  
advice on how to stay safe and well?



## **Monday 25 September, 10.00am – 2.00pm**

Staff from West Cumberland Hospital Physiotherapy Department and an Occupational Therapist will be on hand to offer advice about strength/balance training, reducing the risk of falls, walking aid reviews and balance tests.

## **Monday 25 September, 10.00am – 2.00pm**

Slipper Exchange: swap your old, badly fitting slippers for new ones (Age 65+, limited stock available).

## **Wednesday 27 September, 1.00pm – 3.00pm**

Staff from Age UK West Cumbria will be here with advice on daily living aids designed to make life easier around the home.

## **Thursday 28 September, 10.00am – 12.00**

Cumbria Fire and Rescue Service will be here with advice on how to stay safe and well in your home.

## **Friday 29 September, 12.00 – 3.00pm**

Adult Social Care staff will be attending this session to offer advice on staying safe in your home environment, equipment adaptation and safety aids.