

Ageing Well Guide

Looking after yourself or someone you care for



COVID-19 pandemic and vaccine

It is recommended that we all keep following the guidance to keep you and your loved ones safe and stop COVID spreading. **Even if you've had a vaccination, remember:**



HANDS – Wash your hands regularly and for 20 seconds.



FACE – Wear a face mask indoors if social distancing may be difficult.



SPACE – Stay 2 metres apart from people you do not live with.

The main symptoms of COVID-19 are a high temperature or a new, continuous cough or a loss or change to your sense of smell or taste. You can get a free NHS test (by booking online at **www.gov.uk/get-coronavirus-test** or calling 119).

The COVID-19 vaccines are safe and effective and give you the best protection against the virus. They have been tested on a lot of people around the world and are proven to help reduce the risk of getting seriously ill or dying from COVID-19. The vaccines are available to all adults in the UK. A large percentage of the UK adult population have already had their two doses.

The latest national COVID information and advice and the Haringey and Enfield information pages can be found at:

- **NHS Information and Advice on COVID-19**
www.nhs.uk/coronavirus
- **Haringey COVID-19 News, Advice and Support**
www.haringey.gov.uk/covid
- **Enfield's Response to COVID19**
www.enfield.gov.uk/covid19

This Guide is for everyone who's 50+ or for those who know or care for someone who is.

You may be fit and well and want to know what you can do to look after yourself. Or you may have had a crisis like a fall or visit to hospital.

In both cases, you might find this Guide useful.

Ageing Well

We all want to feel as well, active and able to cope as possible as we get older. The good news is there are many things you can do for yourself and people who can help, even if you feel you're struggling.

The Guide talks about:

- Things you may face as you get older, and opportunities for you;
- Tips and hints on looking after yourself;
- Contacts and people who can help.

If you want to feel better, remind yourself:

- **Everybody's starting point and what you want to do is different.** Don't try to do too much too quickly, set small goals daily or weekly to keep you going if you need to.
- **There's lot of things you can do.** What helps is different for everyone but the first step is often with you
- **Small things matter.** Simple changes you can make – things at home (e.g. removing trailing wires), going for a walk or making a call to someone – add up to a big difference quickly.
- **Asking for help shows strength.** Talk to someone. Don't be afraid to ask questions, it's your life.
- **If you've had a crisis,** such as a fall, your health gets worse suddenly or the death of a loved one, things will often get better over time, and **you can cope and recover.**
- Many of us care for someone who's older. **It's important to look after yourself as a carer, too.** Many of the tips and hints in this Guide may be useful for you, too and help is available for you as a carer.

Using this Guide

There are lots of things you can do for yourself, or with those you live with or care for, that will make a real difference to staying as healthy, well and independent as you or they can be.

You can get help, advice and support from others, or get involved to help others. You can find a list of useful contacts and websites on each page and at the end of this Guide.

You can find out more things and services to help you at:

- **Visit Haringey Council's Health and Social Care webpages**
www.haringey.gov.uk/adults
- **Visit Haricare Haringey**
haricare.haringey.gov.uk
- **Visit MyLife Enfield: Social Care and Health webpages**
www.enfield.gov.uk/mylife

This Guide has been developed between many different organisations including:

- North Central London Clinical Commissioning Group
- Whittington Health NHS Trust
- Haringey GP Federation (Federated4Health)
- London Borough of Haringey
- North Middlesex University NHS Trust
- Barnet, Enfield and Haringey Mental Health NHS Trust
- London Borough of Enfield

Someone could help you work out which pages are most useful for you.

	Staying Steady and Falls	Pages 8-9
	Keeping Active	Pages 10-11
	Managing Pain	Pages 12-13
	Eating and Drinking Well	Pages 14-15
	Skin Care	Pages 16-17
	Needing the Toilet	Pages 18-19
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	Home Life	Pages 24-25

Recovering Health: Ageing Well and Frailty

Most people over 65 are generally fit and well. But the older you get, the more likely you are to start to have issues with your health or problems with daily living. We know some people under 65 have the same problems.

Few of us want to be called ‘frail’, but it is a medical term. It’s about the impact of different conditions or symptoms on your life. For example, you might be struggling with things like getting around or about.

‘Frailty’ is also about the way you might struggle to bounce back quickly after illness, accident or stress. Sometimes relatively small things, like a minor infection, can lead to a crisis.

You CAN recover health, well-being and independence after a crisis.

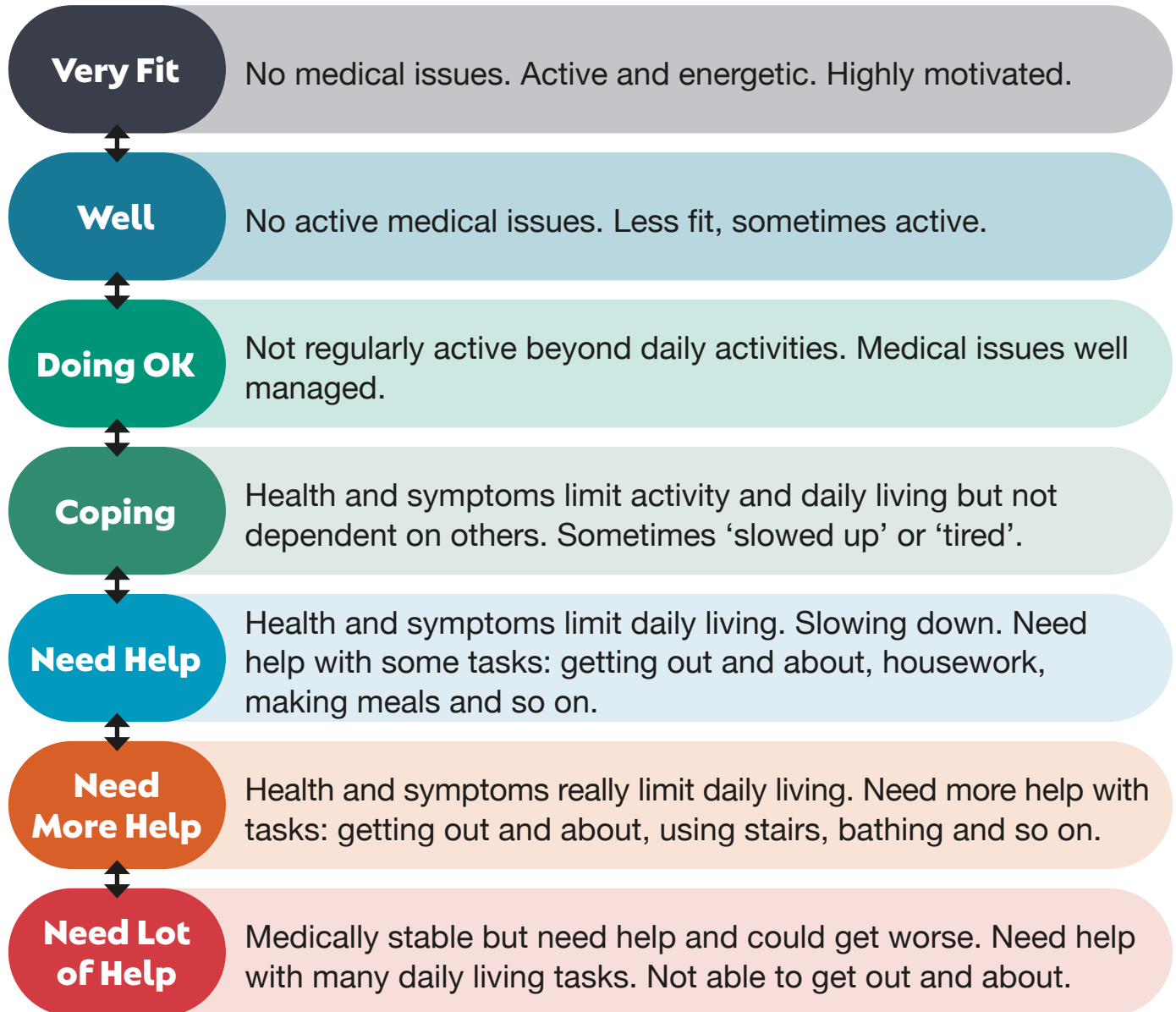
This includes your mental well-being, too. **Being on the mend after a crisis is often about re-building confidence and peace of mind.**

Everyone’s starting point is different. Use the diagram (on the next page) to help you think about where you feel you are at the moment.



Your Starting Point

Where are you at the moment? **Remember you can often recover and get fitter.**



Staying Steady: Reducing Risk of Falls

Dizziness can make you fall. If you feel dizzy when you stand, move around a little.

Sight and sound help you keep your balance. Book **regular eye and hearing tests** with your optician and NHS and use prescribed glasses/equipment. You may be eligible for free NHS eye and hearing tests.

Alcohol and some medications affect balance. Try to cut down on alcohol and check with a pharmacist about medications.

Gentle **Strengthen and Balance Exercises** help improve leg strength, balance and co-ordination to avoid falls.

To stop slips and trips at home, remove hazards, like trailing wires. Watch out for slippery surfaces, loose carpets, mats or stair handrails.

Take care when walking outside, particularly in bad/icy weather. **Use footwear with good grips and walking aids if needed.**

Haringey and Enfield Councils have Community Alarm (see Contacts on next page). These services can work with you to understand your needs and give you equipment to help you feel safe. For example, if you fall at home, help can be sent 24/7 at the press of a button.



Contacts

National Information

NHS: Improve Strength and Flexibility

www.nhs.uk/live-well/exercise/how-to-improve-strength-flexibility/

NHS: Eligibility for Free Eye Tests

www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/

NHS: Hearing Tests

www.nhs.uk/conditions/hearing-tests/

Enfield Contacts

Fall Stop Service Age UK Enfield ☎ 020 8375 4120

www.ageuk.org.uk/enfield/our-services/the-fall-stop-service/

Safe and Connected Service ☎ 020 8803 1524 (LBE Alarms)

www.enfield.gov.uk/safeandconnected

Enfield Disability Action: Deaf Project ☎ 020 8373 6237 SMS: 07919 247 843

mylife.enfield.gov.uk/directory/providerdetails/211532

Haringey Contacts

LBH Accidents and Older People Page

www.haringey.gov.uk/accidents

Safe and Sound Service (LBH Alarms) ☎ 020 8489 2365

www.haringey.gov.uk/communityalarm

Haringey Deaf Service ☎ 020 8489 2592 SMS: 07980 316 714

www.haringey.gov.uk/deaf#haringey_deaf_service

If you need help due to dizziness or falls, contact your general practice or pharmacist.

Keeping Active

It's never too late to exercise!

Gentle exercises, even in a chair, builds your strength, coordination and mobility and can be fun. There are **online exercises** you can try, pick one that suits.

Group community classes are available, such as 'keep fit', dance, sports and so on.

Ensure shoes fit well, have enough grip and don't slip off. Discuss with a chiropodist or your GP about any foot problems.

You may need help to keep you active or get around. There's lots of **equipment**, such as grab rails, **that can help you**, check Enfield or Haringey's websites to find out more. Or ask health or social care staff.

If you're not in good health or have had a health scare, you should ask your GP or health professional for advice about what you can do, any exercise is better than none.

Returning Home from Hospital

If you've been admitted to hospital, Haringey and Enfield have **Home from Hospital** services to help you return home if you need it.

Some patients need **help from NHS and Council therapists and staff** for a few weeks to regain confidence in daily living or moving around. Talk to health or social care staff working with you about what you need.



Contacts

National Information

NHS: Exercise as you get older www.nhs.uk/live-well/exercise/exercise-as-you-get-older/

Age UK: Active as you get older www.ageuk.org.uk/information-advice/health-wellbeing/exercise/

Enfield Contacts

LBE: Stay Independent and Well mylife.enfield.gov.uk/enfield-home-page/content/information-and-advice/staying-well-and-independent/well-and-independent-content/well-and-independent-menu-page/

AskSara: Making Life Easier Tool www.enfield.gov.uk/asksara

Enfield Age UK: Fit for Life Classes www.ageuk.org.uk/enfield/our-services/fit-for-life/

Enfield Age UK: Fall Stop Service www.ageuk.org.uk/enfield/our-services/the-fall-stop-service/ ☎ 020 8375 4120

LBE: Healthy You new.enfield.gov.uk/healthandwellbeing/healthy-you/

LBE: Resource Directory/Events mylife.enfield.gov.uk/enfield-home-page/content/resource-directory-and-events/resource-directory-and-events-menu-page/

Enfield Carers Centre Activities enfieldcarers.org

Alpha Care: Home from Hospital mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/alpha-care/

Haringey Contacts

LBH: Living Independently www.haringey.gov.uk/living-independently

One You Haringey (Getting Active) www.oneyoutharingey.org ☎ 020 8885 9095

LBH: Services and Activities haricare.haringey.gov.uk/1555.aspx

Bridge Renewal: Home from Hospital www.bridgerenewaltrust.org.uk/the-bridge-home-from-hospital-service ☎ 020 8442 7651

You can also discuss how to get active with your general practice or talk to a professional you're working with.

Managing Pain

It's not always to stop pain, but it may be possible to reduce it.

As you age, your body takes more wear and tear but long-lasting pain is not a natural part of ageing. If you're in pain, and it won't go away, **talk to your GP.**

What can help?

Try to **keep as active, mobile and take as much exercise as you can.** Keeping your mind occupied also helps.

Over-the-counter painkillers like paracetamol or anti-inflammatories like ibuprofen can help. But always take carefully, read the box and watch out for side effects. **If in doubt, talk to a pharmacist.**

Depending on the reason for the pain, your GP may ask a **physiotherapist** to work with you. They will help you with stretches, exercises and pain-relief. This can also help you recover after illness or accident.

Gum or teeth problems can be painful. It is important to have regular dental check ups. Clean your teeth, and floss, at least twice a day. **Ask your dentist for advice.**



Contacts

National Information

NHS: Managing Chronic Pain

www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/

NHS: 10 Ways to Reduce Pain

www.nhs.uk/live-well/healthy-body/10-ways-to-ease-pain/

NHS: Taking Care of Your Teeth and Gums

www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/

Haringey and Enfield Information

Whittington Health: Managing Pain

www.whittington.nhs.uk/default.asp?c=25494

(This has a lot of advice, leaflets and videos about managing pain in different areas of the body)

Haringey residents: Whittington Health Patient Self Referral to Musculoskeletal Physiotherapy

www.whittington.nhs.uk/mini-apps/default.asp?page=community_referral/Muscuphy_self.aspx

If you have concerns regarding a new pain or are struggling to manage a chronic pain contact your general practice, pharmacist or dentist.

You can also consider referring yourself to a physiotherapist if you have back/neck, joint pain or soft tissue injuries.

Eating and Drinking Well

As we get older, many of us put on weight and do less exercise. Others lose too much weight.

Vitamin D, which you get from being out in the sun, and calcium are vital in keeping your bones healthy. **Think about taking vitamin supplements as you get older.**

It's important you eat and drink well and take regular meals without bingeing. Try to eat a balanced meal with:

- Protein like lean chicken meat, eggs, soya and skimmed milk;
- Carbohydrates such as oats, bananas and sweet potatoes;
- Unsaturated fats like olive or rapeseed oil.

Eat 5 portions of fruit and veg each day.

Try new recipes you can manage

If you're struggling to prepare a meal, there's kitchen equipment that can help. If you can't go shopping or prepare a meal, there are shops, supermarkets and services that help.

Drink Well

Make sure you drink water or a non-alcoholic drink to help avoid illness and keep your kidneys working, 6-8 glasses per day. If you have a heart condition, talk to your GP about the right intake for you.

Losing weight or appetite suddenly is not a normal part of ageing

If you have lost weight suddenly, lost your appetite or can't eat properly (e.g. you find it difficult to chew or swallow), talk to your GP.

Contacts

National Information

NHS: Eat Well

www.nhs.uk/live-well/eat-well/

Age UK: Healthy Eating Guide

www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/healthy-eating-guide/

One You: Eating Better

www.nhs.uk/oneyou/for-your-body/eat-better/#1LCb08fyQjw4mD5T.97

Enfield Contacts

LBE: Keeping Well

mylife.enfield.gov.uk/enfield-home-page/content/information-and-advice/staying-well-and-independent/well-and-independent-content/keeping-well/

LBE: Eating Well

new.enfield.gov.uk/healthandwellbeing/healthy-you/eat-well/

AskSara: Making Life Easier Tool

www.enfield.gov.uk/asksara

Haringey Contacts

LBH: Eat Well

www.haringey.gov.uk/healthyharingey

LBH: Shopping and Meals

www.haringey.gov.uk/shopping-and-meals

To discuss issues with eating, drinking or weight management, you can also contact your general practice.

Skin Care

As you age, your skin gets thinner. Scratches, cuts or bumps take longer to heal. You may have dry and itchy skin, patches feeling rough and scaly on legs, elbows or arms. But there are things you can do to protect your skin.

What should I look out for?

Check your skin daily, particularly the places in the 'Body Hot-Spots' diagram, you can use a mirror for difficult places. Look for any red/purple patches, dry skin, wounds, blisters, sores or grazes. They may be itchy or painful.

Keep moving, change position often

A short walk between rooms or marching on the spot eases stiffness, reduces pressure on the skin and helps circulation.

What helps?

Itchy skin is not usually serious, you can ask a pharmacist or your GP, and:

- Moisturise daily but use unperfumed products
- Take shorter warm, not hot, showers/baths
- Don't sunbathe or UV tan
- Stop smoking
- **DON'T SCRATCH!**

You need to be careful the area **doesn't get infected or form an ulcer**, this makes it more painful and causes problems. Avoid pressure on the area. Talk to your GP or nurse.

What do I do if I'm worried?

If you have any new or worsening skin issues, particularly wounds or a painful area, talk to your GP, a pharmacist or nurse.

Contacts

National Information

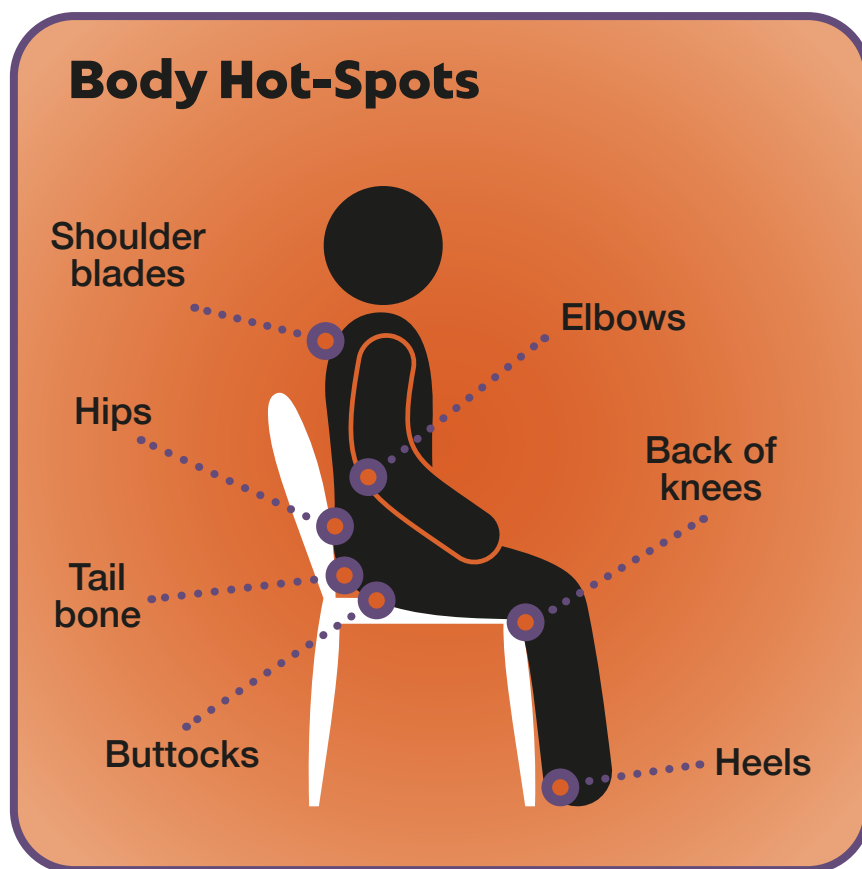
NHS: Itchy Skin

www.nhs.uk/conditions/itchy-skin/

NHS: Stop the Pressure

nhs.stopthepressure.co.uk/patients.html

To discuss issues with skin care, talk to your general practice.





Needing the Toilet

As you get older, you might feel you need the toilet more often, urgently or unexpectedly. Some people are so worried about being caught short, they don't go out.

Should I be embarrassed? No!

You might worry about talking about your bladder or bowel problems but it's a medical problem. **In many cases, it can be cured or managed, talk to your GP.**

Common problems include:

- Needing to wee or poo more often or urgently;
- Leaking wee or poo when coughing, exercising and so on;
- Difficulty starting to wee/straining to poo;
- Wetting the bed.

What should I look out for?

Watch out for changes in your need to use the toilet, particularly **blood in your wee or poo** or pain when weeing. **If you're worried, talk to a GP or a nurse working with you.**

What helps?

Tips are:

- Drink more water to make wee less concentrated;
- Drink less alcohol and caffeine drinks like coffee;
- Exercise to strengthen pelvic muscles;
- Keep skin clean, dry and moisturised if you're having bladder or bowel problems.

You may need products, like pads, simple aids or equipment to use the toilet. Your GP or professional working with you could advise. **Don't rush when you do need to go to the toilet particularly at night, you could fall.**

Contacts

National Information

NHS: Urinary Incontinence

www.nhs.uk/conditions/urinary-incontinence/

Age UK: Incontinence

www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/incontinence/

Enfield Contacts

AskSara: Making Life Easier Tool

www.enfield.gov.uk/asksara

Haringey Contacts

Whittington Health: Bowel and Bladder Care

www.whittington.nhs.uk/default.asp?c=33288

To discuss issues with bladder or bowel problems, talk to your general practice.



Feeling Low

We all feel low sometimes when we're upset, angry, worried or sad, often after bad news or crisis, like an illness, accident, worries about money or family or death of someone close.

Low moods often lift after a few days, but if they go on, it could be a sign you're depressed – it's important to talk to someone.

What should I keep an eye on for in someone else?

Someone in your family or a friend may be low, upset or worried, not keeping in touch or not looking after themselves. They may be lonely or live alone, keep in touch and help them to talk about it or get help, particularly if they're very low.

What helps?

- **Connect:** Keep in touch with, and get help from family, friends or services.

- **Keep Busy:** As far as you can, keep your hobbies or interests going, try new things. Join in!
- **Be Active and Look After Yourself:** Make sure you manage any health conditions. Eat, drink and rest as well as possible. Try to keep active, go for a walk or do exercises seated.
- **Take Notice:** Find small things that cheer you.
- **Give:** Thank someone. If you have time and can do it, volunteer to help others, it helps you too!

What do I do if I need help?

If your mood won't go away and affects your life, there is help, particularly if you feel very low. **See the contacts list for further support and information and contact your GP or nurse if things don't improve.**

Contacts

National Information

NHS: Low Mood www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/low-mood-sadness-depression/

NHS: Talking Therapies www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/

Age UK: Feeling Lonely www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/how-to-overcome-loneliness/

Samaritans www.samaritans.org ☎ 116 123

Enfield Contacts

LBE: Social Isolation mylife.enfield.gov.uk/enfield-home-page/content/information-and-advice/staying-well-and-independent/well-and-independent-content/social-isolation/

LBE: Mental Well-Being new.enfield.gov.uk/healthandwellbeing/healthy-you/2016-2/

MIND Enfield www.mindeb.org.uk ☎ 020 8906 7506

Enfield Connections mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-connections/ ☎ 020 3960 0129

Let's Talk IAPT www.lets-talk-iapt.nhs.uk/contact-us/enfield-iapt/ ☎ 020 8702 4900

Age UK Enfield ICAN www.ageuk.org.uk/enfield/our-services/ican2/ ☎ 020 8375 4120

Enfield Carers Centre Counselling enfieldcarers.org/adult-carers/someone-to-talk-to/counselling/
☎ 020 8366 3677

Haringey Contacts

LBH: Mental Well-Being www.haringey.gov.uk/mental-health

LBH: Family Life www.haringey.gov.uk/opguide-family

Haringey Volunteering www.bridgerenewaltrust.org.uk/featured-volunteering-opportunities

LBH: Help in Mental Health Crisis www.haringey.gov.uk/help-crisis

Mental Well-Being Network www.mindinharingey.org.uk/our-services/haringey-wellbeing-network/
☎ 020 8340 2474

Let's Talk IAPT www.lets-talk-iapt.nhs.uk ☎ 020 3074 2880

To discuss issues with feeling low, talk to your general practice.

Memory and Confusion

As you get older, you might feel you can't remember things or solve problems as easily as you used to. For most of us, this is nothing to worry about. **Keep yourself as active and alert as you can**, exercise helps your brain, as do puzzles and games.



What can cause problems?

Problems you have with memory loss, confusion, decision-making etc. could be linked to things like stress, an infection, a physical health condition or medications. **Talk to your GP about any issues.**

Sudden Confusion: Delirium

Someone with delirium has a sudden change in behaviour: they may be confused or hallucinate, often after an infection, surgery, change in medication or if they can't sleep. Delirium can last for days, but most people recover. **Get medical advice if you're worried about someone.**

Long-Term Memory Problems

Sometimes problems with memory and confusion are caused by problems in the brain itself. **Talk to your GP**, it's important to rule everything out first and get the right treatment as early as possible.

Remember: not all memory loss is caused by diseases of the brain and it may be temporary.

Contacts

National Information

NHS: Memory Loss www.nhs.uk/conditions/memory-loss-amnesia/

NHS: Delirium www.nhs.uk/conditions/confusion/

NHS: Dementia www.nhs.uk/conditions/dementia/

Alzheimer's Society: Memory www.alzheimers.org.uk/memoryproblems

Enfield Contacts

Age UK Enfield: Dementia Services ☎ 020 8375 4120

mylife.enfield.gov.uk/age-uk

Age UK Enfield: Memory Club ☎ 020 8375 4120

www.ageuk.org.uk/enfield/our-services/memory-club/

Age UK Enfield: Navigators ☎ 020 8375 4120

www.ageuk.org.uk/enfield/our-services/memory-care-navigators-project/

Haringey Contacts

LBH: Dementia www.haringey.gov.uk/dementia

Haringey Circle www.haringeycircle.com

Haynes Dementia Hub ☎ 020 8489 5895

Whittington Health: Delirium www.whittington.nhs.uk/default.asp?c=17290

Whittington Health: Dementia www.whittington.nhs.uk/default.asp?c=16183

To discuss memory loss, confusion or problem-solving, talk to your general practice.

Home Life

Getting better or fit and well isn't just about your health, but it is also about your home life – who you live with, your home and area.

Managing health at home

Make sure you know how to manage your conditions, including what works for you, how to relieve pain or symptoms, your medications or how to make appointments.

Plan in advance what to do in a crisis

If your condition got worse or you had a fall, who would you contact? If you want to use Council Alarm Services, you need to register.

Looking after those who care

You may have family or friends who help you with your condition or daily living. It's important they know they can get help they need as a 'carer', this helps you too.

Plan for the future

Think about and get advice about how you can:

- **Make your home safer** for you to move about. Get rid of things that risk slips/trips. Do you need repairs or changes to your home?
- **Make your home help you.** What equipment, aids and adaptations do you need to make life easier?
- **Plan the week.** Do you have enough food and drink? Do you need help getting out or about?
- **Keep in touch** with others and keep busy.
- **Get reliable advice about money, legal and housing matters.** Not all of us want to, but think about **planning with others what happens when you're very ill or gone.**
- **Plan for the winter** including heating, etc. and things like getting a flu jab.

Contacts

National Information

NHS: Social and Support Services www.nhs.uk/conditions/social-care-and-support-guide/

NHS App www.nhs.uk/apps-library/nhs-app/

Age UK: Information and Advice www.ageuk.org.uk/information-advice/

Carers UK www.carersuk.org

Enfield Contacts

LBE: Staying Well and Independent mylife.enfield.gov.uk/enfield-home-page/content/information-and-advice/staying-well-and-independent/well-and-independent-content/well-and-independent-menu-page/

Age UK Enfield: Health and Well-Being www.ageuk.org.uk/enfield/our-services/care-co-ordinator-service/

Safe and Connected Service www.enfield.gov.uk/safeandconnected ☎ 020 8803 1524

Enfield Carers Centre mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-carers-centre/ ☎ 020 8366 3677

Enfield Connections mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-connections/ ☎ 020 3960 0129

AskSara: Making Life Easier Tool www.enfield.gov.uk/asksara

Haringey Contacts

LBH: Family Life www.haringey.gov.uk/opguide-family

LBH: Carers www.haringey.gov.uk/carers

LBH: Home Safety reachandconnect.net/information-and-advice/housing-and-homelessness/home-safety

Haringey Circle www.haringeycircle.com

Safe and Sound Alarm www.haringey.gov.uk/communityalarm ☎ 020 8489 2365

CarersFirst www.carersfirst.org.uk/haringey ☎ 0300 303 1555

Connected Communities www.haringey.gov.uk/connected-communities ☎ 020 8489 4431

Advice Partnership haringeyadvice.org.uk ☎ 0300 330 1187

Talk to your general practice about planning your health and well-being. The contacts above could help you plan other things.

Useful contacts/websites

There are many organisations that can help you – here are some.

For urgent, but not life-threatening, health issues ☎ 111

For life-threatening accidents or emergencies, go to A&E or ☎ 999

My GP Practice number is:

My Pharmacy number is:

General

Download NHS App (not COVID App) www.nhs.uk/apps-library/nhs-app/

NHS Live Well www.nhs.uk/live-well

NHS A-Z Conditions www.nhs.uk/conditions

Age UK www.ageuk.org.uk ☎ 0800 678 1602 (Advice Line)

Silver Line – Helpline for Older People www.thesilverline.org.uk ☎ 0800 470 8090

Royal Osteoporosis Society theros.org.uk ☎ 0808 800 035

Samaritans www.samaritans.org ☎ 116 123 (available 24/7)

Alzheimer's Society www.alzheimers.org.uk

Dementia Connect Support Line: ☎ 0333 150 3456

North London Hospice northlondonhospice.org ☎ 020 8343 6806

Coordinate My Care – Plan for your treatment in a crisis www.coordinatemycare.co.uk

Enfield

MyLife Enfield: Social Care and Health www.enfield.gov.uk/mylife

Advice for Vulnerable People: Enfield Connections

mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-connections/ ☎ 020 3960 0129 (Monday-Friday, 10am-3pm)

Advice and Help for Older People: Age UK Enfield

www.ageuk.org.uk/enfield/ ☎ 020 8375 4120

Advice and Support for Carers: Enfield's Carers Centre

Email: info@enfieldcarers.org ☎ 020 8366 3677

Equipment and Help with Daily Living: Ask Sara Enfield: Making Life Easier

enfield.livingmadeeasy.org.uk

Help with Mental Well-Being: MIND in Enfield www.mindeb.org.uk ☎ 020 8906 7506

Getting Healthier: Healthy Enfield new.enfield.gov.uk/healthandwellbeing/

Enfield Advocacy Service ☎ 07523 272298

Haringey

Adult Social Care and Health www.haringey.gov.uk/olderpeople

Connected Communities – Help with Council/Voluntary Services

www.haringey.gov.uk/connected-communities ☎ 020 8489 4431 (Monday-Friday, 9am-5pm)

Reach and Connect – Advice and Help for Older People

reachandconnect.net ☎ 020 3196 1905

Carers First – Advice and Support for Carers

www.carersfirst.org.uk/haringey Email: hello@carersfirst.org.uk ☎ 0300 3031555

Mental Well-Being Network (including MIND)

www.mindinharingey.org.uk/our-services/haringey-wellbeing-network/ ☎ 020 8340 2474

Getting Healthier: One You Haringey www.oneyoutharingey.org ☎ 020 8885 9095

Haringey Circle: Over 50s Help and Support www.haringeycircle.com ☎ 020 3196 1894

www.haringey.gov.uk
www.nhs.gov.uk
www.enfield.gov.uk

