



Staying Active

Taking positive steps to avoid trips and falls



Staying Active is delivered in Leith, Edinburgh

For more information contact:

Staying Active Community Coordinator

Call: 07510 371 223

Staying Active

The Staying Active programme is to provide support for people living in Leith to take positive steps to avoid slips, trips and falls.



Staying Active is delivered in partnership between the British Red Cross and Edinburgh Health and Social Care Partnership.

People become more at risk of slips, trips and falls as they become older. Younger people can be at risk too.

From around the age of 50, our bone density can start to change, and you may be at increased risk of fractures.

The Staying Active Community Co-ordinator can help

If you live in Leith, the Staying Active Community Co-ordinator can help you to think about what matters to you and connect you with people or activities in your local community.

They can also support you to:

- Understand how staying active can reduce the risk of falls
- Take positive steps to improve bone health
- Arrange a falls assessment in your home
- Support you to attend activities such as groups and classes
- Plan ahead and know what to do if you have a slip, trip or fall.

Useful information

Falls Support – Edinburgh Health & Social Care Partnership:

www.edinburghhsc.scot/longtermconditions/falls-support/

Falls Support - NHS Lothian:

services.nhslothian.scot/fallspreventionandmanagement/pages/default.aspx

NHS Scotland's Up and About Booklet:

www.healthscotland.com/uploads/documents/23464-UpAndAbout.pdf

NHS Inform: www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall

NHS 24 Freephone: 111

General information about how the NHS handles your health information can be found on:

www.nhsinform.scot

Information is available on request in a range of formats:

- Audio
- Braille
- Other languages
- Large Print
- Easy words

British Red Cross: Unit 3, McSense Business Park,
Dalkeith, EH22 5TA

British Red Cross is a registered charity (SC037738)