

STAYING WELL THIS WINTER

Local services in and around Newark that can help you – more details about what they can offer on the other side of this sheet ... but first, some tips ...



- Keep your vaccinations up to date and attend your GP surgery for your annual review when invited.
- If you care for someone, go on the Carers Register via your GP surgery.
- Use your pharmacy or call 111 for advice.
- Newark Hospital is focused on ensuring that wherever possible local people receive their care in Newark.



- Prevent falls and stay safe by having a tidy up.
- Make sure smoke and carbon monoxide detectors are working.
- Get some handrails if you have mobility or balance problems.
- Get a Careline personal alarm, that you wear and can alert someone if you need help.
- Keep warm by improving your home energy efficiency and move regularly.



- Reach out to friends, family, or your community if you need support.
- Keep your mind and body active and make changes that help you enjoy a better quality of life.
- Help others by volunteering or joining a group.



- Make sure you are getting all the income you are entitled to.
- Review your finances, make sure you're not paying for things you don't need or use.

Produced by representatives of local organisations for people across Newark and Sherwood.



IMPORTANT CONTACT DETAILS

NHS can help with vaccinations, annual reviews, to make a GP appointment or to register as a carer contact your GP. For minor illness a pharmacy is a good place to go for advice or call 111 if you have a medical problem. Contact Newark Hospital for more information on the service it provides on **01636 681681**.



Newark and Sherwood District Council offer advice on making your home warmer, home alterations and the Careline Service. They help older people who have concerns about their current and future housing, offer bulky waste and medical waste collection service.

You can contact the District Council on **01636 650 000**.



Age UK offer information, advice, signposting and practical support around physical and mental health, care needs, housing, finances, social interaction and engagement with community.

To access the service call **01623 488217**.



Nottinghamshire Fire and Rescue can help if you feel you are unable to assess the risks in your own home. NFRS may be able to come to your home to carry out a Safe and Well visit.

You can call the advice line on **0800 022 3235** or text **07766 299999**.



NOTTINGHAMSHIRE
Fire & Rescue Service
Creating Safer Communities

CVS provides door to door service that offers people who are isolated the opportunity to attend social activities and they can help you if you are interested in becoming a volunteer. Call them on **01636 679539**.



Newark & Sherwood CVS

Citizens Advice Sherwood and Newark offer free, confidential impartial and non-judgemental advice. You can drop into Castle House, Newark on Tuesday and Thursday between 9:30am and 2:30pm or call **01623 861769**.

citizens advice

Sherwood & Newark

Social Prescribing provides Link Workers that motivate and support people to make changes so that they can enjoy a better quality of life. GPs, Nurses and Practice staff can refer people for free and confidential one-to-one service.



Primary Integrated Community Services Ltd

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. They are there for parents when they are needed the most because childhood can't wait. You can contact Home-Start by calling **01636 705011**.



Active4Today offers a safe place to swim, exercise and take part in classes. Call in at Lord Hawke Way, Newark, NG24 4FH or call **01636 655780**.



Nottinghamshire County Council offer an extensive range of adult and childrens services. You can contact the County Council by calling **0300 500 8080**.



Nottinghamshire County Council