

Ageing Well Guide

Looking after yourself or someone you care for



Vaccinations to protect your health

As we age, our immune system becomes less efficient at protecting us. A number of different vaccinations are available to help older people stay well and to boost immunity against serious illness. These vaccinations are free on the NHS and include:

- **Winter flu vaccination** protects against influenza. Flu can be particularly serious in older people and cause complications such as bronchitis and pneumonia. Flu vaccination is offered every year in autumn or early winter to help protect people at risk of getting seriously ill from flu. If you are a carer or aged 65 or over, you are eligible to receive your free flu vaccination.

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine

- **COVID-19 seasonal booster** provides additional protection against the COVID-19 virus. Although the pandemic has ended, COVID-19 is still circulating and can cause serious illness in older people. If you are a carer or aged 65 years and over, you are eligible to receive your free COVID-19 booster.

www.nhs.uk/conditions/covid-19/covid-19-vaccination/getting-a-covid-19-vaccine

Getting your flu and COVID-19 vaccines are two of the most important things you can do to keep yourself and others around you safe during winter. If you are offered both vaccines, it's safe to have them at the same time.

- **Pneumococcal (PPV)** vaccine will help protect you from pneumococcal diseases such as pneumonia and meningitis. If you are aged 65 or over, or have certain health conditions, you are eligible for the pneumococcal vaccine.

www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination

- **Shingles vaccination** is available on the NHS to ALL adults turning 65 on or after the 1 September 2023, those aged 70 to 79, and those aged 50 and over with a severely weakened immune system, to prevent shingles, a common, painful skin disease. Unlike the flu vaccine, you only need to have one course of vaccine and you can have it any time of the year.

www.nhs.uk/conditions/vaccinations/shingles-vaccination

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

This Guide has been developed between many different organisations including:

- London Borough of Enfield
- London Borough of Haringey
- NHS North Central London Integrated Care Board
- Barnet, Enfield and Haringey Mental Health NHS Trust
- North Middlesex University Hospital NHS Trust
- Haringey GP Federation (Federated4Health)
- Whittington Health NHS Trust

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

	Keeping Active	Pages 8-13
	Staying Steady and Falls	Pages 11-10
	Managing Pain	Pages 14-15
	Eating and Drinking Well	Pages 16-17
	Skin Care	Pages 18-19
	Needing the Toilet	Pages 20-21
	Feeling Low	Pages 22-25
	Memory and Confusion	Pages 26-28
	Home Life	Pages 29-32

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.

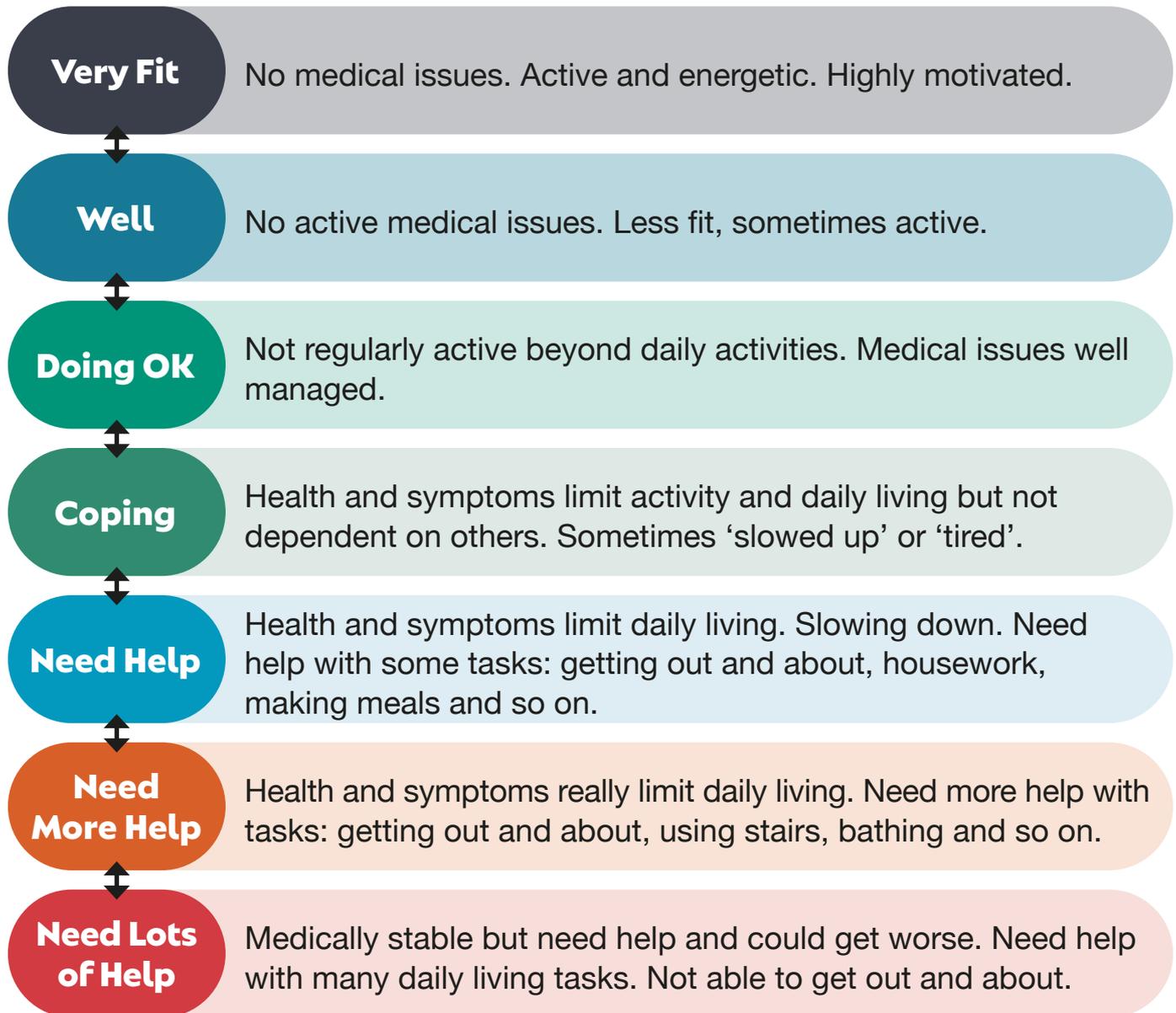
This includes your mental well-being, too. **Being on the mend after a crisis is often about re-building confidence and peace of mind.**

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.**



Keeping Active

It's never too late to exercise. Any exercise helps!

Walking to the shops, 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: Healthy You

www.enfield.gov.uk/healthandwellbeing/eating-well-and-staying-active

LBE: Resource Directory/Events

mylife.enfield.gov.uk/enfield-home-page/content/resource-directory-and-events/resource-directory-and-events-menu-page/

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/

Active Enfield: Enfield Walks (FREE weekly walks)

www.activeenfield.uk/page/free-weekly-walks

Active Enfield: Activity Courses

www.activeenfield.uk/whats-on

Alpha Care: Home from Hospital

mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/alpha-care/

Enfield Age UK: Fall Stop Service

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

 020 8375 4120

Enfield Age UK: Fit for Life Classes

www.ageuk.org.uk/enfield/our-services/fit-for-life

Enfield Carers Centre Activities

enfieldcarers.org

Haringey Contacts

LBH: Living Independently

www.haringey.gov.uk/living-independently

LBH: Services and Activities

haricare.haringey.gov.uk

LBH: Haringey older people fitness

new.haringey.gov.uk/leisure-parks-culture/sport-physical-activity/older-people-fitness

LBH: Haringey Walks (local walking groups)

www.haringey.gov.uk/parking-roads-and-travel/travel/walking/haringey-walks

 07971 113 463 | **Email:** Get.active@haringey.gov.uk

LBH: Free and Affordable Ways to Get Fit

www.haringey.gov.uk/sites/haringeygovuk/files/keep-fit-leaflet.pdf

LBH: Fusion Cardiac and Stroke Rehabilitation Programme

www.fusion-lifestyle.com/centres/park-road-pools-fitness/news/cardiac-stroke-rehabilitation-programme

 020 8885 7307

One You Haringey (Getting Active)

www.oneyouharingey.org

 020 8885 9095

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.

Staying Steady: Reducing Risk of Falls

Light headedness or dizziness can make you fall. If you occasionally feel lightheaded or dizzy when you stand, then take care when standing-up and gently ease into walking around. It's important to stay active and not lose confidence. If you are frequently lightheaded or dizzy, then you should speak to your GP.

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.**

Enfield and Haringey 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

LBE: Safe and Connected Service

www.enfield.gov.uk/safeandconnected

 020 8803 1524 | **Email:** safeandconnected@enfield.gov.uk

Age UK Enfield: Fall Stop Service

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

 020 8375 4120

Lancaster Footcare Service

mylife.enfield.gov.uk/directory/providerdetails/211210

 07948 879 547

Sight and Hearing Loss

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

Haringey Contacts

LBH: Accidents and Older People Page

www.haringey.gov.uk/accidents

LBH: Connected Care Service

www.haringey.gov.uk/communityalarm

 020 8489 2365

LBH: Hearing impairment assessment at home

www.haringey.gov.uk/social-care-and-health/physical-disabilities-and-sensory-impairment/deaf-and-hearing-support

 020 8489 1400

LBH: Occupational Therapy Service

www.haringey.gov.uk/social-care-and-health/physical-disabilities-and-sensory-impairment/equipment-and-adaptations#equipment

 020 8489 1400

LBH: Visual Impairment Support

www.haringey.gov.uk/social-care-and-health/physical-disabilities-and-sensory-impairment/visual-impairment-support

 020 8489 1400

The A Team (low cost domestic chores)

www.theateamprojects.com

 020 8489 4860

Bridge Renewal Trust: Basic footcare services and Podiatry and Chiropody services

www.bridgerenewaltrust.org.uk/complementary-therapies

 020 8442 7640

Haringey Adult Rehabilitation Team (HART)

www.whittington.nhs.uk/default.asp?c=10851

 020 3074 2903

Whittington Health Community Podiatry Service (Haringey GP Registered patients only)

www.whittington.nhs.uk/default.asp?c=35726

 020 3074 2240

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

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?

Weight loss. Being overweight is a significant contributor to chronic back pain and osteoarthritis pain. Speak to your GP on advice on the best way to reduce your weight.

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

Short term usage of **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

Enfield and Haringey Information

North Middlesex University Hospital musculoskeletal physiotherapy service

www.northmid.nhs.uk/msk

If you are an Enfield resident and have an Enfield GP, you are now able to self-refer to the musculoskeletal physiotherapy services provided by North Middlesex University Hospital NHS Trust via an online portal at www.physioselfrefer.co.uk or by calling on

 0333 0433 966.

Haringey residents: Whittington Health Patient Self Referral to Musculoskeletal Physiotherapy

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

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.

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. 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/-body/take-care-of-your-teeth-and-gums

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: Eating Well

www.enfield.gov.uk/healthandwellbeing/eating-well-and-staying-active

LBE: Keeping Well

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

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 (this is found on page 19). 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

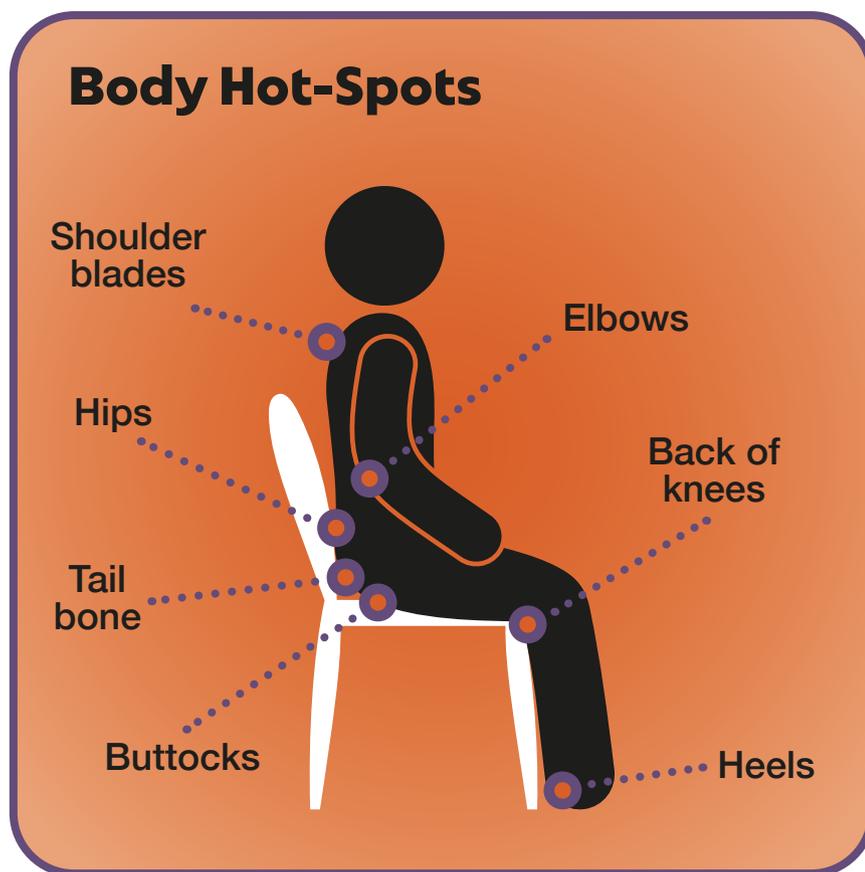
NHS: Itchy Skin

www.nhs.uk/conditions/itchy-skin

NHS: Pressure Ulcers (Pressure Sores)

www.nhs.uk/conditions/pressure-sores

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 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

LBE: Enfield Community Toilet Scheme

www.enfield.gov.uk/services/leisure-and-culture/community-toilet-scheme

Haringey Contacts

LBH: Haringey Toilet Map (public toilet locations across the borough)

www.haringey.gov.uk/parking-roads-and-travel/roads-and-streets/public-toilets/map-public-toilets-haringey

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 low 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: Mental Well-Being

www.enfield.gov.uk/healthandwellbeing/mental-health-and-wellbeing

LBE: Social Isolation

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

Age UK: Enfield ICan

www.ageuk.org.uk/enfield/our-services/ican-supporting-adults-to-live-independently-eaf8d9f8-d820-ee11-a81c-6045bd94e88e/

 020 8375 4120

Enfield Carers Centre Counselling

enfieldcarers.org/adult-carers/health-and-wellbeing-services/counselling

 020 8366 3677

Enfield Connections

mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-connections/

 020 3960 0129

Enfield Talking Therapies (formally IAPT Enfield)

www.barnetandenfieldtalkingtherapies.nhs.uk

 020 8702 4900

MIND Enfield

www.mindeb.org.uk

 020 8906 7506

Haringey Contacts

LBH: Connected Communities

www.haringey.gov.uk/community/connected-communities

LBH: Family Life

www.haringey.gov.uk/opguide-family

LBH: Haringey Mental Health Resource Hub

www.haringey.gov.uk/social-care-and-health/health/public-health/mental-health-and-wellbeing/great-mental-health-haringey/mental-health-resource-hub

LBH: Help in Mental Health Crisis

www.haringey.gov.uk/help-crisis

LBH: Mental Well-Being

www.haringey.gov.uk/mental-health

Haringey Bereavement Service

www.stjh.org.uk/our-care/counselling-and-advice/haringey-bereavement-service

 0300 30 30 400

Haringey Talking Therapies (formally IAPT Haringey)

www.whittington.nhs.uk/default.asp?c=44165

 020 3074 2280

Haringey Volunteering

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

Mental Well-Being Network

www.mindinharingey.org.uk/our-services/haringey-wellbeing-network

 020 8340 2474

Reach and Connect Service

reachandconnect.net

 020 3196 1905

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/about-dementia/symptoms-and-diagnosis/symptoms/memory-loss

Dementia Carers Count helpline

dementiacarers.org.uk

 0800 652 1102

Dementia UK Admiral Nurse Direct

A free, confidential helpline that is run by specialist dementia nurses

www.dementiauk.org

 0800 888 6678

Enfield Contacts

Age UK Enfield: Dementia Services

mylife.enfield.gov.uk/age-uk

 020 8375 4120

Age UK Enfield: Memory Club

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

 020 8375 4120

Age UK Enfield: Navigators

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

 020 8375 4120

Enfield Carers Centre for those dealing with Dementia

enfieldcarers.org

Haringey Contacts

LBH: Connected Communities

For help with sign posting to dementia related services and support.

www.haringey.gov.uk/community/connected-communities/How-we-help

LBH: Dementia

www.haringey.gov.uk/dementia

LBH: Haynes Dementia Hub

www.haringey.gov.uk/social-care-and-health/mental-health-and-wellbeing/dementia

Carers First for Haringey

www.carersfirst.org.uk/?Haringey

 0300 303 1555

Haringey Circle

www.haringeycircle.com

Reach and Connect

For help with sign posting to dementia related services and support.

reachandconnect.net

 020 3196 1905

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 App

www.nhs.uk/nhs-app

NHS: Social and Support Services

www.nhs.uk/conditions/social-care-and-support-guide

Age UK: Information and Advice

www.ageuk.org.uk/information-advice

Carers UK

www.carersuk.org

Enfield Contacts

LBE: Community Hubs

www.enfield.gov.uk/services/your-council/community-hubs-and-food-pantry

LBE: Cost of living support (Help with food)

www.enfield.gov.uk/services/your-council/cost-of-living-support/help-with-food

LBE: Safe and Connected Service

www.enfield.gov.uk/safeandconnected

 020 8803 1524 | **Email:** safeandconnected@enfield.gov.uk

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

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

Acting on behalf of somebody

mylife.enfield.gov.uk/enfield-home-page/content/information-and-advice/staying-well-and-independent/well-and-independent-content/acting-on-behalf-of-someone-else/

Priority Services Register (PSR)

www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register

Worrying about money support guide

<https://uploads.strikinglycdn.com/files/91bbf804-d49f-4920-a3e6-913fa3ad66f4/Enfield%20Leaflet%20160621.pdf>

Haringey Contacts

LBH: Family Life

www.haringey.gov.uk/opguide-family

LBH: Carers

www.haringey.gov.uk/carers

LBH: Connected Care Service

www.haringey.gov.uk/communityalarm

 020 8489 2365

LBH: Connected Communities

www.haringey.gov.uk/connected-communities

 020 8489 4431

LBH: Cost of Living support – Haringey, Here to Help

www.haringey.gov.uk/community/here-help-financial-support-residents

LBH: Help with the Cost of Living Guide

www.haringey.gov.uk/sites/haringeygovuk/files/cost_of_living_support_guide.pdf

LBH: Help with staying warm

www.haringey.gov.uk/social-care-and-health/helping-you-stay-warm-and-well

LBH: Home Safety

reachandconnect.net/information-and-advice/housing-and-homelessness/home-safety

LBH: Housing advice

www.haringey.gov.uk/housing/housing-advice

Advice Partnership

www.haringeycabx.org.uk/hap

 0300 330 1187

CarersFirst

www.carersfirst.org.uk/haringey

 0300 303 1555

Haringey Circle

www.haringeycircle.com

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**.

Go to a [walk-in centre, minor injuries unit or urgent treatment centre](#), if you have a minor illness or injury (cuts, sprains or rashes) and it cannot wait until your GP surgery is open.

Ask a [local pharmacist](#) for advice – a pharmacist can give you advice about many common minor illnesses, such as [diarrhoea](#), minor infections, [headaches](#), [sore throats](#), or travel health.

Make an [appointment with your GP](#) if you're feeling unwell and it's not an emergency.

My GP Practice number is:

My Pharmacy number is:

National Information

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)

Alzheimer's Society

www.alzheimers.org.uk

Dementia Connect Support Line:

📞 0333 150 3456

North London Hospice

northlondonhospice.org

📞 020 8343 6806

Royal Osteoporosis Society

theros.org.uk

📞 0808 800 035

Samaritans

www.samaritans.org

📞 116 123 (available 24/7)

Silver Line – Helpline for Older People

www.thesilverline.org.uk

📞 0800 470 8090

Coordinate My Care – Plan for your treatment in a crisis

www.coordinatemycare.co.uk

Coffee and Computers

coffeecomputers.org

 07999 042497

Enfield

MyLife Enfield: Social Care and Health

www.enfield.gov.uk/mylife

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

enfieldcarers.org

 020 8366 3677 | **Email:** info@enfieldcarers.org

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)

Community Hubs

www.enfield.gov.uk/services/your-council/community-hubs-and-food-pantry

Enfield Advocacy Service

mylife.enfield.gov.uk/enfield-home-page/content/professionals-and-providers/lead-partners/enfield-advocacy-service/

 07523 272298

Enfield Over 50s Forum

enfieldover50sforum.org.uk

Getting Healthier: Healthy Enfield

new.enfield.gov.uk/healthandwellbeing

Help with Mental Well-Being: MIND in Enfield

www.mindeb.org.uk

 020 8906 7506

Living Made Easy

livingmadeeasy.org.uk

Ruth Winston Community Centre

ruthwinstoncentre.com

Haringey

LBH: Adult Social Care and Health

www.haringey.gov.uk/olderpeople

LBH: Connected Communities – Help with Council/Voluntary Services

www.haringey.gov.uk/connected-communities

Carers First – Advice and Support for Carers

www.carersfirst.org.uk/haringey

 0300 303 1555 | **Email:** hello@carersfirst.org.uk

Haringey Circle: Over 50s Help and Support

www.haringeycircle.com

 020 3196 1894

Getting Healthier: One You Haringey

www.oneyouharingey.org

 020 8885 9095

Mental Well-Being Network (including MIND)

www.mindinharingey.org.uk/our-services/haringey-wellbeing-network

 020 8340 2474

Reach and Connect – Advice and Help for Older People

reachandconnect.net

 020 3196 1905

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



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