

Referral details

Barnet

Falls Prevention Service

Phone: 020 8349 7528

Fax: 0845 389 0941

Hammersmith & Fulham

Falls Prevention Service

Phone: 020 8383 6411

Fax: 020 8383 6412

Kensington & Chelsea

Falls Prevention Service

Phone: 020 7361 2600

Fax: 020 7368 0221

Westminster

Falls Prevention Service

Phone: 020 7641 4001

Fax: 020 7641 7477

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak confidentially to the PALS team on 0800 368 0412 or email clchpals@nhs.net

If you or someone you know needs help understanding this document, or would like the information in another format such as large print, easy read, audio, Braille or another language, please contact our team on 020 7313 3061 or by email to swms.kc@nhs.net

دوت و آ، هقی یتولوا منه هجف یف قدع اسملما یلا قجاج یف مفرعت ریخاً صرخش یا واً تنک ناً، تشوصلاب، ده ارقولاً لمس، هقریبکلالا قحیصلطلا لئثم، ریخاً لککش یف تاجول عملاً نولکت ناً یلع ابنل عیباتلا قیورفلاب لاصتالاً یجری، یرخاً قخلب واً (Braille) یل یرب قیورط swms.kc@nhs.net یزورتنکلالا ناونعلا یلع واً 020 7313 3061 فتاطما مقر

ای، نراد کمک هب جایتحا هتشیون نیا کرد یارب دیسانش یم امش مک یسک ای امش رگا تروص هب ای، یناوخ ناماً، تشرد فورح اب الشم رگید یبلق رد ار تناعلطن نیا رگا زا دافتسا اب ام میت اب افطل، دیهوخ یم رگید ینابز هب ای، لیرب طخ اب، یرادینش سامت swms.kc@nhs.net لیمی سرداً قیورط زا ای و 020 7313 3061 نفلت مرایش دیریگب.

Si vous-même ou si une personne de votre connaissance avez besoin d'aide pour comprendre ce document, ou si vous désirez recevoir les informations sous un autre format comme par exemple : en gros caractères, sous une forme accessible aux personnes qui ont des difficultés d'apprentissage avec la lecture, en version audio, en Braille ou dans une autre langue, veuillez s'il vous plaît contacter notre équipe au numéro de téléphone suivant: 020 7313 3061 ou par courriel à l'adresse suivante: swms.kc@nhs.net

Se você ou alguém que você conhece precisar de ajuda para compreender este documento, ou gostaria que as informações estivessem disponíveis em outro formato, como letras grandes, leitura fácil, áudio, Braille ou outra língua, por favor entre em contato com nossa equipe no número 020 7313 3061 ou por email para swms.kc@nhs.net

Si Vd. o alguien quien Vd. conoce necesita ayuda en comprender este documento o quisiera esta información en otro formato tal como en letra grande, con ilustraciones para comprensión fácil, en soporte audio, braille o en cualquier otro idioma, se ruega contactar el nuestro equipo al número telefónico 020 7313 3061 o per correo electrónico a swms.kc@nhs.net

Hadii adiga ama qof aad taqaanaa kaalmo uga baahdo fahmida dokumantigan, ama rabto in macluumaadka dokumantigan looguugu soo gudbiyo qaab kale, tusaale ahaan, far-fidsan, qoraal sahan, cajalad maqala ama farta indhoolayaasha, ama ku qoral luqad kale, fadlan kooxdan kala soo xiriir telefoonkan 020 7313 3061 ama email-kan swms.kc@nhs.net

Central London Community Healthcare NHS Trust provides community healthcare in the boroughs of Barnet, Hammersmith and Fulham, Kensington and Chelsea, and Westminster. We provide healthcare services to almost 1 million people across a range of locations including patient homes, GP surgeries, walk-in centres and schools.

Our vision: To lead out-of-hospital community healthcare.

Our mission: To give children a better start and adults greater independence.

For more information visit www.clch.nhs.uk or call 020 7798 1300.

CLCH Falls Service

The Falls Prevention Services provide information and programmes of exercise to help you reduce the risk of falling



Our services cover Barnet, Hammersmith & Fulham, Kensington & Chelsea and Westminster

Our teams consist of a range of health professionals including:

- Physiotherapists
- Occupational Therapists
- Rehabilitation Assistants

You can also be seen by other Health Professionals such as a Podiatrist if required; and we work closely with local hospitals and other health organisations in ensuring you receive the best care according to your needs.

Who is eligible?

Our services are suitable for any residents of the above boroughs who:

- has a fear of falling or
- has a history of falls or near misses, or
- lacks confidence with their balance and walking
- has a diagnosis of osteoporosis or fragility fracture.

You need to be able to mobilise independently (with or without an aid) for distances up to 100m, and be motivated to attend the classes.

We can assist you to arrange transport to the classes if needed.

What do we do?

Our therapists will offer you an assessment in your own home or at a specialist Falls Clinic to identify your falls risk factors and rehabilitation needs.

You will then be able to join a 12-week physical activity programme. The programme includes three main components:

1. Physical activity classes to promote:

- strength
- balance
- coordination
- flexibility
- posture
- stamina
- independent walking
- activities for daily living
- ability to withstand threats to your balance.

2. Education

In each session, we offer advice, information and discussion on:

- benefits of physical activity
- motivation
- footwear and foot health
- community resources
- home and outdoor safety
- anxiety management
- medication
- bone health and osteoporosis
- coping with a fall and getting up from the floor
- vision and hearing
- diet and nutrition.

3. Home

We will provide individually tailored, progressive home exercises for you to perform in addition to attending the classes. We will also help to identify hazards in your home that may put you at risk of falls, and provide adaptive equipment if needed. We will also recommend strategies to help you cope if you do have a fall.



After the programme

Once you have completed the programme, we will help you to find alternative classes, groups and activities in your local community to continue your progress.

Who can refer?

Any health professional, such as your GP, District Nurse or therapist can refer you, OR a friend, relative or carer. YOU can also refer yourself.

