

National Falls Awareness Week comes to Walsall

From Monday 21st to Friday 25th June there will be a number of small open access events throughout the Walsall borough to provide helpful information and raise awareness about falls. A number of local services are supporting the event with information including: falls and osteoporosis, safety in the home, foot care, healthy eating, physical activity, long term conditions, keeping warm, and mental wellbeing.

There will be a number of giveaways including free slippers, exchange of walking stick ferrules, and various other useful goodies! Please contact Fran Hancock at NHS Walsall Community Health, Lifestyle Services for more details. Tel: 01922 444178 e-mail: frances.hancock@walsall.nhs.uk

National Falls Awareness Week Timetable

Date	Venue	Time
Monday 21st June	Blakenall Village Centre – PCT rooms 1 & 2	9:30am – 3.00pm
	Anchor Meadow Health Centre – Reception area	9.30am – 11.30am
Tuesday 22nd June	Darlaston Health Centre – Seminar room	9:30am – 3.00pm
Wednesday 23rd June	Walsall Market Stall	9:30am – 3.00pm
	Old Square shopping Centre	9:30am – 3.00pm
Thursday 24th June	Brownhills Park View Centre – Community room above library	9:30am – 3.00pm
Friday 25th June	Pinfold Health Centre – PCT rooms 1 & 2	9:30am – 3.00pm

Other organisations and activities for falls awareness week:

Manor Hospital – activities throughout the week including falls assessment awareness with staff, patient safe slipper assessment, information and awareness with hospital visitors including walking stick ferrule exchange and balance awareness. Please speak to Ruth Davies or Jennifer Robinson at the Manor for further details (ruth.davies@walsallhospitals.nhs.uk or Jennifer.robinson@walsallhospitals.nhs.uk).

Falls awareness information will also be available at the Age Concern Walsall road show (multi agency event aimed at helping older people in Walsall) on Thursday 24th June at Apna Ghar, Ford Street, Pleck, between 4.00pm and 8.00pm. For further information contact Davina Lytton on 01922 638825

The Walsall Centre for Independent Living is also joining in to promote falls awareness week. Activities on Wednesday 23rd June and Friday 25th June including free Active Steps taster sessions. Please contact Roy Cadman on 01922 650791