

## Falls Prevention support services in Barnet

The following table provides information on falls prevention services that are available in the borough. This is not an exhaustive list but contains the main service providers, please contact the providers for any further information.

Social Care Connect is the council's online directory of services and can be found here [Social Care Connect](#)

Organisation	Service Description	Eligibility Criteria	Contact details
<b>Falls Specific Services</b>			
<b>Barnet Falls Prevention Service – CLCH</b>	Multidisciplinary Team Approach to <ul style="list-style-type: none"> <li>• Look at the causes of falls.</li> <li>• Develop falls prevention action plans</li> <li>• Home environment risk assessments</li> <li>• Group exercise and education classes etc.</li> <li>• Upon completion falls clinic programme participants are referred onto Age UK Barnet's OTAGO or Tai Chi classes</li> </ul>	<ul style="list-style-type: none"> <li>• Diagnosis of osteoporosis or previous fragility fracture</li> <li>• Decreased confidence due to falls</li> <li>• If you have had a fall or near misses in the last 12 months</li> <li>• Fear of falling</li> <li>• Resident in Barnet</li> </ul>	Barnet Falls Service Falls Clinic Finchley Memorial Hospital Granville Road Finchley N12 0JE 020 8349 7528 email: <a href="mailto:icsbarnet@nhs.net">icsbarnet@nhs.net</a>  Self-referrals are welcome or a health or social care professional can refer to the service
<b>Age UK - Falls prevention programme</b>	OTAGO specific class. <b>Ann Owens Centre Oak Lane N2 8LT – Mondays 3.15-4.15pm, referrals from the falls clinic only.</b>	Participants of these classes have to have completed the 8 week programme with the CLCH Falls clinic and they are then referred on to access these classes	Deborah Cura <a href="mailto:deborah.cura@ageukbarnet.org.uk">deborah.cura@ageukbarnet.org.uk</a>

<b>Age UK - Tai Chi</b>	Tai Chi is a central element of the falls prevention programme. Medical evidence has shown that Tai Chi exercise is good for balance and muscle strengthening, which in turn helps to prevent falls. <b>Ann Owens Centre Oak Lane N2 8LT – Weds 10-11am, referrals from the falls clinic get 8 weeks free otherwise the cost is £3 per session</b>	Age UK Barnet’s activities are for the over 50’s. <a href="#">Ageing Well</a> .	020 8432 1420
<b>Age UK – Strength and Balance Classes</b>	The strength and balance classes are to music, they are at - Manor Drive N20 - Mondays 11am – 12pm - Ann Owens Centre Oak Lane N2 8LT - Mondays 2 – 3pm and Thursdays 11am – 12pm <b>These classes are £3 per session.</b>	Age UK Barnet’s activities are for the over 50’s. <a href="#">Ageing Well</a> .	020 8203 5040
<b>Other services that can support falls prevention</b>			
<b>Community Podiatry Services – Foot Health</b>	Podiatry teams provide assessment, diagnosis and treatment of disease and conditions affecting the foot and lower limb. Treatments are focused on relieving symptoms, improving function, disease prevention, and maintaining independence and well-being.	For people who are having problems with their feet.	For Barnet podiatry - please contact Appointment Bureau by telephone 0208 732 6328, fax 0208 732 6613 or email clcht.bcs-admin@nhs.net. The centre is open 9am - 5pm, Monday to Friday.
<b>Home Instead</b>	Host regular fall’s awareness events in conjunction with Age UK Barnet. The days usually consists of Talks, exercise demonstrations and information stalls, with a focus on a topic such as foot care eye care, healthy eating , benefits of	Open for all to attend	Dale Bevington <a href="mailto:Dale.B@homeinstead.co.uk">Dale.B@homeinstead.co.uk</a>

	exercise etc.		
<b>Telecare and Assisted Technology</b>	There are various pieces of equipment that can be put in place to make an individual more confident if they are worried about falling	People who need extra support to maintain independence in the home	Tel: 020 8359 5000 <a href="mailto:socialcaredirect@barnet.gov.uk">socialcaredirect@barnet.gov.uk</a>  <a href="#">Support at home</a>
<b>Handy Persons Scheme - Age UK Barnet</b>	Adjustments can be made to homes to prevent falls and assistance given to keep homes safe. Labour is free, however there is a charge for materials used to complete the agreed work.  Examples of the kind of work covered by the scheme includes: <ul style="list-style-type: none"> <li>•replacing light bulbs</li> <li>•fitting security equipment such as door chains, locks and spyholes</li> <li>•installing smoke detectors</li> <li>•taking down and putting up curtains</li> <li>•hanging blinds</li> <li>•changing tap washers</li> <li>•installing key safes.</li> </ul>	Older and disabled people who have difficulties with carrying out small jobs around the house can request support from the Handy Persons scheme.	Call 020 8150 0963 or email the team: <a href="mailto:handyperson@ageukbarnet.org.uk">handyperson@ageukbarnet.org.uk</a>
<b>Saracens – Love to Move</b>	This is a social low paced activity program for anyone over the age of 50, it offers a range of activities such as dance, Pilates and Nordic walking	Anyone aged 50+	<a href="#">Love to Move</a> Annabel Hay, on 02036757246 or email at <a href="mailto:annabelhay@saracens.net">annabelhay@saracens.net</a>
<b>GLL – Leisure centres</b>	6 leisure centres across the borough offering different levels of group based fitness classes	Open to all	<a href="http://www.better.org.uk">www.better.org.uk</a>

### **Keep in mind**

**Keeping fit and active** - Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.

**Vision and Hearing** - Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP.

**Medications** - Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, as they may want to change your dose or look at alternatives.

**Foot Health** - Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.

**Home Hazards** - Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.

**Healthy Eating and Hydration** - A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified, soya products and canned fish. Hydration is also important as dehydration can cause fatigue and confusion, which can both be factors in falls.