



Health and Wellbeing Information shared in 75th Birthday Card April 2024

Being Proactive

➤ **Do You Know Your Blood Pressure?**

Having a healthy blood pressure (usually less than 140/90) helps to prevent heart disease and strokes. You can measure your blood pressure at home if you have a device, or in one of our waiting rooms

➤ **Have you had all your Vaccines?**

Pneumococcal: Visit **Pneumococcal vaccine - NHS** (www.nhs.uk)

Shingles: Visit **Shingles vaccine overview - NHS** (www.nhs.uk)

➤ **Regular Exercise will Prevent Falls and Fractures**

Visit: **Live Longer Better** (www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter)

A healthy diet with calcium and Vitamin D will help our bones along with **falls prevention advice**

➤ **Vision and Hearing:**

Visit: **NHS Hearing Aids | NHS Services | Specsavers UK** or book an appointment by phone or in person at your nearest Specsavers

Planning for the future

We may not all want to think ahead, but planning ahead can make a real difference

➤ **Are you Claiming all the Benefits you are entitled to?**

Visit: **Benefits** (connecttosupporthampshire.org.uk)

➤ **Do you have a Lasting Power of Attorney?**

Visit: **Make, register or end a Lasting Power of Attoney: Overview- Gov.uk** (www.gov.uk)

➤ **Have you considered your future needs and priorities?**

Visit: **ReSPECt for patients and carers | Resuscitation Council UK** (Recommended Summary for Emergency Care and Treatment)

Visit: **The Princess Royal Trust for Carers Hampshire | Homepage** (carercentre.com) or ring them on 01264 835246

Being Socially connected

- Having friends and family around us has many benefits, but we know this is not possible for everyone. Please contact our Social Prescribers via **our website** or by calling our reception team on 0333 034 1033 if you need more information or support