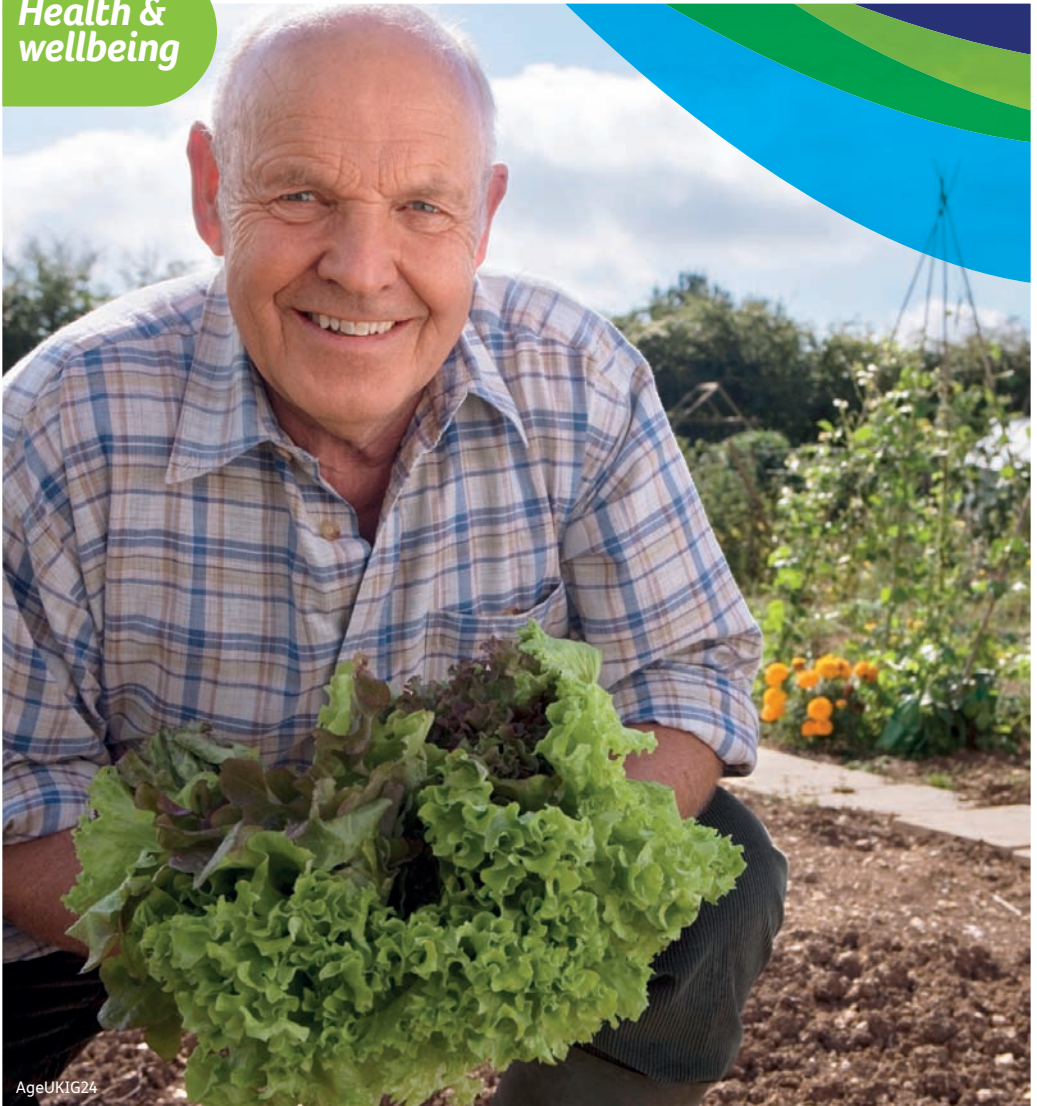


# Healthy living

Maintaining a healthy body and mind



Health & wellbeing



***Age UK is the new force combining  
Age Concern and Help the Aged.***

***With almost 120 years of combined  
history to draw on, we are bringing  
together our talents, services  
and solutions to do more to enrich  
the lives of people in later life.***

***The Age UK family includes Age Cymru,  
Age NI and Age Scotland. There are  
also more than 170 local Age UKs.***

This information guide has been prepared by Age UK and contains general advice only, which we hope will be of use to you. Nothing in this guide should be construed as the giving of specific advice and it should not be relied on as a basis for any decision or action and is in no way intended as a substitute for professional medical advice specific to any individual case. Neither Age UK nor any of its subsidiary companies or charities accepts any liability arising from its use. We aim to ensure that the information is as up to date and accurate as possible, but please be warned that certain areas are subject to change from time to time. Please note that the inclusion of named agencies, websites, companies, products, services or publications in this information guide does not constitute a recommendation or endorsement by Age UK or any of its subsidiary companies or charities.

This guide was first published in November 2010 and updated in September 2011. Every effort has been made to ensure that the information contained in this guide is correct. However, things do change, so it is always a good idea to seek expert advice on your personal situation.

Date of publication: September 2011 © Age UK 2011

Age UK is the new force combining

**AGE**  
*Concern*

and

**HELPTHEAGED WE WILL**



**Mixed Sources**

Product group from well-managed  
forests and other controlled sources  
[www.fsc.org](http://www.fsc.org) Cert no. SA-COC-001853  
© 1996 Forest Stewardship Council

# Contents

Introduction	2
Staying active	4
Healthy eating	10
Sensible drinking	13
Smoking	14
Healthy bones	15
Foot care	17
Sight	20
Hearing	22
Sight and hearing difficulties	22
Mental wellbeing	24
Depression	26
Sleep	27
Twelve steps for staying healthy	28
Useful organisations	30

# Introduction

It's never too late to think about adopting a healthier lifestyle. It doesn't mean that you suddenly have to change your diet and start spending every day at the gym. Just a few small changes can make a big difference – making you feel better, giving you more energy, and helping you to sleep more soundly. Research shows that having a positive attitude to life in general and to getting older can help you enjoy better health, too.

People who are the least active stand to gain the most by doing a little more, a little more often. Choosing activities that give you an opportunity to meet people socially or play a more active role in your local community can help give you a sense of purpose and achievement, too.

So it's important not to forget the parts of your body that are crucial to keeping active – your feet, eyes and ears.

This guide highlights changes you may like to consider and the benefits they can bring. Making changes isn't always easy – but the improvements in your health and wellbeing should be well worth the effort.

## Key

---



This symbol indicates where information differs for Scotland, Wales and Northern Ireland.



This symbol indicates who to contact for the next steps you need to take.

---

Throughout this guide you will find suggestions for organisations that can offer further information and advice about your options. Their contact details can be found in the ‘Useful organisations’ section (see pages 30–38). Contact details for organisations near you can usually be found in the local phone book. If you have difficulty finding them, your local Age UK should be able to help (see page 30).

As far as possible, the information given in this guide is applicable across the UK.

---

***Just a few small changes  
can make a big difference  
– making you feel better,  
giving you more energy,  
and helping you to sleep  
more soundly.***

---



## ***Staying active***

There's no doubt that keeping active helps us to feel more energetic. But there are other more specific benefits, including helping to:

- manage high blood pressure and angina
- keep yourself at a healthy weight
- maintain regular bowel movements
- stimulate a poor appetite
- strengthen muscles and bones, reducing the risk of falls and fractures
- alleviate discomfort if you have arthritis or Parkinson's.

Regular exercise also increases production of brain chemicals that lift your mood and make you feel happy – so it can be a good way to deal with stress and anxiety.

---

***Developing stamina, strength, flexibility and balance are important as you get older.***

---



Developing and maintaining stamina, strength, flexibility and balance are particularly important as you get older, and can help you to do everyday tasks more easily as well as enjoy activities more.

**Stamina** helps you to walk any distance, swim, and mow the lawn.

**Strength** helps you to climb stairs, carry shopping, rise from a chair, and open a container.

**Flexibility** helps you to bend, get in and out of a car, wash your hair and get dressed.

**Balance** helps you to walk and climb steps confidently, stand from a sitting position, and respond quickly if you trip.

Any amount of extra activity that is appropriate for your age group and health makes a difference. If you are generally fit and have no health conditions that limit your ability to move around, the Government recommends that you build up to doing two-and-a-half hours of moderate aerobic activity each week, plus two sessions of muscle-strengthening activity a week.

Moderate aerobic activity may leave you feeling warm and a little breathless. It can include:

- walking fast
- cycling on level ground
- pushing a lawnmower.

If you are already active, you can improve your fitness and health by doing 75 minutes of vigorous activity during the week. This can include:

- running
- cycling fast or up hills
- climbing stairs
- playing tennis or football.

If you haven't been very active before, always build up gradually and speak to your GP before increasing your activity levels significantly. Everyday activities, such as shopping and housework, don't count towards your two-and-a-half hours of moderate activity as they don't increase your heart rate enough – but doing some light activity is better than none at all.

Muscle-strengthening exercises include lifting weights (including moving heavy loads such as groceries), doing sit-ups, dancing, heavy gardening and yoga. For more information on improving your strength and balance, see our free guide *Staying steady*.

### what next?

Visit the NHS Choices website (see page 36) to read the Government's physical activity guidelines – there are separate guidelines for older adults (those aged 65 and over) and for adults aged 19–64. Age UK has a tabletop book and a range of exercise DVDs available to order which aim to help improve your strength and balance (see pages 30–31).

Different activities bring different benefits, so try a variety of things. The value of some typical activities and exercise classes are outlined below.

<b>Activity/exercise</b>	<b>Flexibility</b>	<b>Strength</b>	<b>Stamina</b>	<b>Balance</b>
--------------------------	--------------------	-----------------	----------------	----------------

Brisk walking		✓	✓	✓
Climbing stairs		✓	✓	
Swimming	✓		✓	
Dancing	✓		✓	✓
Bowls or golf	✓		✓	✓
Yoga	✓	✓		✓
Tai chi	✓	✓		✓

You don't have to be moving around to benefit from exercise. If you find movement difficult, chair-based exercises, which you can do while sitting or holding on to the back of a chair, are ideal for improving muscle strength and flexibility.

If you are physically able but find yourself sitting in front of the computer or television for hours at a time, try to break it up and build activity into your day. You can do this by going for a short, brisk walk around the garden or in the street – for example, during the advert breaks or after completing an email or other sedentary task.

However, if you have a health condition that makes moving about difficult or painful, such as Parkinson's, arthritis or osteoporosis, always consult your GP for help in choosing the right exercise for you. They may be able to suggest suitable activities and may know of special exercises or classes for people with these health conditions. In some areas, your GP may be able to refer you to a structured exercise referral scheme, where trained instructors introduce you to exercise over a period of 12–20 weeks.

Alternatively, you can contact the relevant organisation for your health condition to find out how taking part in an exercise programme could help you (see pages 30–38).

### what next?

Decide what activities you would like to try and find out more. Your local Age UK may organise a range of activities and will know what else is available. Try your library or leisure centre, too. Volunteer driver or community transport schemes may be able to help if you need transport.

---

*‘Since I started trying to eat my five portions of fruit and veg a day, I always have frozen veg in the freezer, have a banana or apple most days and really enjoy those ready-to-eat apricots with my breakfast cereal. I’ve lost a few pounds too and feel much better.’*

---



# Healthy eating

No single food contains everything that you need to stay healthy, so the golden rule is to eat a variety of foods each day. Eating healthily does not mean cutting out foods you enjoy, but simply eating some foods less often and/or in smaller portions, and eating more of other foods. Use the symbols found on many food labels to help you make healthy choices – for example, how to choose items with less saturated fat in them. For more information on how to read food labels, click on the ‘Food labels’ tab on the ‘Food and diet’ section of the NHS Choices website (see page 36).

## **Eat at least five portions of fruit and vegetables a day**

Research suggests that people who eat plenty of fruit and vegetables are less likely to develop heart disease, certain cancers and eye conditions. To help you reach the target of five, think of all the fresh, frozen, canned or dried fruit, fruit juices and vegetables you like. Try to choose five different-coloured ones to have with or between meals.

## **Eat fish at least twice a week**

You should aim to have one portion of white fish, such as haddock or cod, and another of oily fish, such as salmon, mackerel or sardines. Oily fish are rich in vitamin D and a type of fat that helps prevent heart disease. But grill, poach or bake fish rather than frying it.

### **Cut down on salty foods**

Salt is essential for health but eating too much of it increases your risk of high blood pressure and stroke. Check the labels on foods such as processed meats, savoury snacks, biscuits, cheese, bacon, some soups and ready meals – much of the salt we eat is already in food when we buy it. Always think before you sprinkle salt on your meal.

### **Cut down on foods that are high in saturated fat**

This includes foods such as cakes, biscuits, sausages, meat pies, fatty meat and cheese. Saturated fats raise the level of cholesterol in the blood and increase the risk of heart disease and stroke.

### **Drink plenty of fluid; about 6–8 cups each day**

This does not have to be water. Tea, coffee, fruit juice or squash will do. It is particularly important to drink plenty in hot weather.

### **Do I need bran to prevent constipation?**

Bran should only be used as a last resort. First, make sure that you have enough wholegrain cereals and fruit in your diet. Drinking plenty of liquids can help too. And physical activity helps keep bowels moving, so try to think of ways to keep active.

## Do I need vitamin supplements?

You should get all the vitamins you need by eating a healthy diet. Most of us get the vitamin D we need by regular exposure of our skin to summer sunshine rather than from food, but you may need extra vitamin D if you are rarely out in the sun or cover your skin for cultural reasons.

## Look after your teeth

In order to enjoy your food, it is crucial that you keep your teeth and gums in good condition and if you wear dentures, to ensure that they fit comfortably. You can keep your teeth and gums healthy by brushing them twice a day with fluoride toothpaste and by visiting your dentist regularly for a check-up. Even if you have full dentures, a regular check-up is still important and because the shape of your mouth changes over time, you are likely to need new dentures every five years. See our free guide *Health services* for information on NHS dental services.

### what next?

Our free guide *Healthy eating* has more information about eating a balanced diet. Ask your GP if you think you may need a vitamin D supplement. Your GP practice may have information about healthy eating or you can go to one of the organisations or websites listed in the 'Useful organisations' section (see pages 30–38).

# Sensible drinking

Many of us enjoy an alcoholic drink now and then. A celebratory drink can be a traditional way to mark a family occasion or a milestone in our lives. However, it is not advisable to use alcohol to lift your mood, as in the long term it increases feelings of depression. If you find yourself regularly having a drink to help you cope, speak to your GP.

The dangers associated with having wine or beer most evenings – maybe with your meal or while watching TV – have not received the same media attention as binge drinking. But regular drinking like this can damage your liver, brain, blood vessels and other organs. The liver needs at least two alcohol-free days per week to recover from the toxic effects of drinking.

Government guidance is that we should drink in moderation, which means that:

- men should not regularly drink more than 3–4 units a day
- women should not regularly drink more than 2–3 units a day.

‘Regularly’ means every day or most days. As an example, a pint of beer (4 per cent alcohol) and a (175ml) standard glass of wine (13 per cent alcohol) both contain 2.3 units.

You should avoid alcohol when taking certain medicines, so always read leaflets that come with prescription medicines, over-the-counter medicines or herbal medicines. If in doubt, ask your pharmacist.

## what next?

If you are worried about your own or another person’s drinking, speak to your GP or practice nurse, or contact one of the organisations listed in the ‘Useful organisations’ section (see pages 30–38). For more information about drinking sensibly, visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

# Smoking

Most people know how unhealthy smoking is but, because they enjoy it, find it difficult to give up. The encouraging news is that older smokers who decide to give up have been shown to be more successful at staying away from smoking than younger people.

Even after many years of smoking, it is still worth giving up. Older people can expect a range of benefits if they stop smoking, and many of these benefits can be seen quite quickly. You are likely to:

- be able to breathe easier
- feel better overall
- find that any existing heart and lung problems that you have are less likely to become serious
- be less likely to have a stroke, heart or lung problems
- recover more quickly after an operation
- live longer.

The first step is to convince yourself that you would like to be a non-smoker. Why would being a non-smoker be right for you? Ask your GP practice about local one-to-one or group support to help you. Medication to stop smoking is available on prescription.

## what next?



Call the NHS Smokefree Helpline (see page 37) or the charity Quit (see page 38). The NHS Smokefree website also has tips on stopping smoking and details of local Stop Smoking Services. In Wales, you can contact Stop Smoking Wales or visit the website. In Scotland, call Smokeline, and in Northern Ireland call the Smokers' Helpline. See page 37 for contact details.

## Healthy bones

Your bone health is largely influenced by your genes, but it is affected by your lifestyle, too.

You can strengthen your bones by doing regular weight-bearing activity (this means exercise where your legs and feet support your weight, such as walking, jogging and tennis) and by eating a healthy diet with plenty of calcium-rich foods, such as reduced-fat dairy products. Vitamin D is important for strong bones, too.

Bone tends to become weaker as we age and everyone has some degree of bone loss as they get older. Osteoporosis is the term used when bone loss makes bones significantly more fragile. It commonly affects bones in the spine, wrists and hips. It means that you are more likely to break a bone if you fall, or experience chronic pain if bones in your spine collapse.

You are more at risk of osteoporosis if you:

- are female and had an early menopause or hysterectomy
- have a female relative who broke a hip, particularly after only a minor fall
- have taken corticosteroid medication for a long time
- are underweight or have suffered from an eating disorder
- have been a smoker or heavy drinker
- have a condition such as Crohn's or coeliac disease
- have a medical condition that means you are immobile for a long time.

**what  
next?**

See the Age UK website for more information on osteoporosis (click on 'Conditions and illnesses' in the 'Health & wellbeing' section). Speak to your GP if you think you may be at risk or contact the National Osteoporosis Society for more information (see page 36).

## Foot care

It is not until we have a problem with our feet that we really appreciate how important they are to our wellbeing and our ability to get out and about. It's vital to look after your feet and basic daily foot care should include:

- washing in warm soapy water (but do not soak your feet too long – it destroys their natural oils, causing dry skin)
- drying carefully, particularly between the toes
- applying moisturiser, but not between the toes
- lightly applying foot powder.

What you put on your feet is important, too. Wear clean socks each day. Do not wear the same shoes every day, and always choose ones that support your feet but are not too tight. Wearing natural materials such as leather, wool and cotton will allow your feet to breathe.


It is important to get to know your feet. Contact your GP if they become painful, feel noticeably hot or cold or if there is a change in their colour. If you have corns, bunions, an ingrown toenail, or other common foot problems, report these to your practice nurse, too.

Cutting toenails regularly and straight across prevents ingrown toenails. If your sight is not good or bending down is difficult, this can be a problem, particularly as simple nail-cutting is rarely an NHS service.

### what next?

**Report any foot problems to your practice nurse or GP, particularly if you have diabetes. Contact your local Age UK if you need help with nail-cutting. They may offer a service themselves or know where help is available.**

***'I joined the over-50s swimming club and it was the best thing I could have done. I have more energy and life seems better every day.'***



**After Ron's wife died he found it hard to take an interest in anything on his own.**

'When my wife, Joan, was alive we used to play bowls every week. But since she died last year, I haven't wanted to go. They kept asking me, but it just wouldn't be the same. In fact, I don't seem to have the same interest in many things we used to do together – like gardening and going to car boot sales.'

'When I went for my blood-pressure check, I was chatting with the practice nurse and telling her how I was feeling. We talked about Joan.'

'She said I wasn't unusual in finding it difficult to go back to places and activities that Joan and I had always gone to together.'

'My blood pressure was still OK, but I'd put a bit of weight on since last time. She suggested I was missing the exercise and perhaps the company too, so why not try something different?'

'I'd been a good swimmer in my time and there was a poster in the surgery about the over-50s swimming club. I rang John, the organiser, and it was the best thing I could have done. They're a really nice group, my swimming has improved, I have more energy and life seems better every day.'



# Sight

We don't need to tell you how important it is to look after your eyes. Doing the following can help you keep your eyes healthy.

- Have your eyes checked every 12 months if you are aged 70 or over, and every two years if you're under 70. This means changes in your vision can be corrected and problems such as cataracts, glaucoma and age-related macular degeneration (AMD) can be picked up early – before they significantly affect your sight.
- Protect your eyes from the sun, particularly if you are near water or snow – they can be damaged by UV rays. Always wear sunglasses on a sunny day.
- Stop smoking. Smoking increases your risk of developing AMD and cataracts.
- Eat a balanced diet with plenty of fruit and vegetables.

Even with the right glasses you may still find it hard to see things clearly. Day-to-day tasks can be made easier by good lighting and using low-vision aids or other equipment. Your local social services department may be able to help you with equipment and other services.

Call your optician to arrange an eye test if you haven't had one in the last couple of years. NHS sight checks are free if you are 60 or over (except in Scotland where everyone is eligible for a free sight check, regardless of age) and you may be able to get help with the cost of glasses if you are on a low income.



**what  
next?**

See our free guide *Caring for your eyes* and free factsheet *Help with health costs* for more information. Contact the Macular Disease Society or the Royal National Institute of Blind People (RNIB) for more information about eye health and the services they offer partially sighted and blind people (see pages 36 and 38).

***Have your eyes checked every 12 months if you are aged 70 or over, and every two years if you're under 70.***

# Hearing

Hearing loss is common in older people. You may need to have the TV on louder or find you cannot always tune into conversations, particularly in a crowd. If you are worried about your hearing, you might like to try the free telephone-based or online hearing check run by Action on Hearing Loss (see page 31). It tells you at the end of the check whether it is advisable to see your GP.

Tinnitus, often described as a ringing sound in your ear or head, is another hearing-related problem. It can be distressing but there are many ways to manage it.

## what next?

See your GP, who will check your ears and may refer you for a hearing test. If you need a hearing aid, it is free on the NHS. Contact Action on Hearing Loss for more support and information or to speak to someone on their tinnitus helpline (see page 31).

# Sight and hearing difficulties

You may have difficulties to varying degrees with both sight and hearing, but there are things that can be done to help you enjoy a better quality of life.

## what next?

If you have a sight or hearing difficulty, or both, contact social services and explain how your day-to-day life is affected. They may have a specialist team who could help. Support groups Deafblind (see page 34) and Sense (see page 38) are dedicated to helping individuals with sight and hearing difficulties, and their families.

---

*'I feel so much happier and more confident since I got my NHS hearing aid. Before I got it I had started to avoid places with lots of background noise as I knew I wouldn't know what was going on. I had stopped going to the Women's Institute but I'm back there now and I've joined a local walking group.'*

---



# Mental wellbeing

Feeling well is not just about being physically fit and healthy – it's equally important to your overall health that you feel good mentally. Although the two can be linked, there are several things you can do to help keep a sense of mental wellbeing.

## Social contact

Meeting friends, enjoying hobbies and getting involved in the local community, perhaps by volunteering, makes life fulfilling and helps us to feel good about ourselves and life in general. If you find that you are not able to do the things you used to, you may want to develop new interests. Spending time with other people can prevent you from feeling lonely or anxious and give you a chance to share experiences, thoughts and worries.

## Stay in touch

If you have family and friends nearby, try to meet up with them regularly or ask them to call round. Otherwise, regular phone calls can help you to stay close. The internet has opened up more opportunities to stay in contact, such as exchanging emails and using Skype to make video phone calls. Feeling that people care about you can make a big difference to your outlook.

## Make plans

If you are about to retire or have already retired, you may feel that your life lacks purpose without work. But if you look at it positively, you may find that you have more time to do all the things you never had time to do when you were working. Setting yourself goals, however small, can give you a sense of achievement and motivation. Your goal could be anything from finishing a crossword puzzle or making a phone call to a friend, to clearing weeds from the garden or reading a chapter of a book. Planning days out or arranging activities for the week or month ahead will give you something to look forward to and keep you feeling positive.

## Take a break

Whether you work or not, it is important for your mental and physical wellbeing to take breaks from your routine. Ask whether your partner or any of your friends or family would like to go away for a few days with you, or see whether your local Age UK or another local club organises group holidays.

### what next?

See our free guide *Leisure and learning* for ideas about hobbies and activities you might enjoy. Contact your local Age UK for details of local activities, volunteering and other local groups (see page 30).

---

***Spending time with other people can prevent you from feeling lonely or anxious.***

---



# Depression

Although no-one feels 100 per cent happy all the time, if you are feeling out of sorts and have any of the symptoms below you may be suffering from depression.

Symptoms include:

- loss of self-confidence and feeling down
- feeling anxious
- not being able to enjoy the things you usually enjoy
- unexplained aches and pains
- avoiding people, even those you are close to.

Depression is no less important than a physical illness and is not an inevitable part of getting older.

## what next?

If you have any of the symptoms above, don't be afraid to speak to your GP and explain how you're feeling – you can then agree what may be best for you. Depression Alliance can give you more information and details of support groups in your area (see page 35). In Northern Ireland, contact Aware Defeat Depression (see page 33), and in Scotland contact Action on Depression (see page 31). In Wales, you can also contact Journeys (see page 35) or the C.A.L.L. mental health helpline (see page 33).



# Sleep

Your sleeping patterns will change naturally as you get older, and you may well not get as much sleep as you used to. But it is important that you get enough sleep to enable you to function during the day.

Many older people suffer from insomnia – ongoing difficulties with getting to sleep and staying asleep long enough to feel refreshed the next morning – which can make you feel tired, low on energy and depressed.

You can improve your sleeping patterns by:

- cutting down on daytime naps
- going to bed at the same time each night
- reducing the amount of caffeine you have during the day
- getting up and walking around if you can't get to sleep, or doing something for half an hour before going back to bed.

## what next?

If you have persistent problems with sleep, go to your GP who may be able to help you find a solution. If you suffer from insomnia, the NHS Choices website has tips on treating it (see page 36).

# Twelve steps for staying healthy

This guide contains a lot of information and suggestions about how to give yourself the best chance of enjoying good health for as long as possible. Try to follow these 12 key steps.

1. If you smoke, get help to stop.
2. Eat five portions of fruit and vegetables a day.
3. Eat more fibre-rich foods and less salty and fatty food – check food labels before you buy.
4. Eat fish twice a week – making sure that one portion is oily fish.
5. Keep to a healthy weight.
6. Stick to safe limits with alcohol – know how much you are drinking.
7. Stay active – whether it’s a hobby such as gardening or playing bowls or joining an exercise class.
8. Make sure that you’re getting enough sleep.
9. Have your blood pressure and cholesterol checked regularly.
10. Have your eyes tested at least every two years (every year once you are over 70).
11. Have a seasonal flu jab every year. It’s free once you reach 65, or if you have a health condition that puts you at risk of more serious problems if you get flu. If you are in receipt of Carer’s Allowance or are the carer of an older person whose welfare would be at risk if you fell ill, you are also eligible for a free flu jab.
12. Accept invitations to attend NHS screenings for breast, cervical and bowel cancer.

**what  
next?**

Find out more about NHS services to keep you healthy in our free guide *Health services*.

---

*Have a seasonal flu jab every year.  
It's free once you reach 65, or if  
you have a health condition that  
puts you at risk of more serious  
problems if you get flu.*

---



# Useful organisations

## Age UK

Age UK is the new force combining Age Concern and Help the Aged. We provide advice and information for people in later life through our Age UK Advice line, publications and online.

Age UK Advice: 0800 169 65 65  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact

**Age Cymru:** 0800 169 65 65  
[www.agecymru.org.uk](http://www.agecymru.org.uk)

In Northern Ireland, contact

**Age NI:** 0808 808 7575  
[www.ageni.org](http://www.ageni.org)

In Scotland, contact

**Age Scotland:** 0845 125 9732  
[www.agescotland.org.uk](http://www.agescotland.org.uk)

Age UK produces the following resources to help if you want to improve your strength and balance.

- *Strength and Balance Exercises for Healthy Ageing* (price £6)  
An A4 ring-bound, table-top flip chart with simple illustrations and step-by-step instructions for chair and non-chair-based exercises.
- *Be Strong, Be Steady* (price £12)  
A strength and balance exercise DVD that includes chair-based and standing exercises, available in English.

- *Step to the Future* (price £12)  
A strength and stability exercise DVD that includes standing, chair-based and floor work suitable for active people in later life. It is available in English, with English subtitles or with a Hindi voiceover.

To order these titles, call Age UK Advice: 0800 169 65 65.  
Prices do not include postage and packing.

### **Action on Depression**

Support organisation for people in Scotland affected by depression.

11 Alva Street  
Edinburgh EH2 4PH

Tel: 0845 123 23 20 or 0131 467 3050

Email: [info@dascot.org](mailto:info@dascot.org)

[www.dascot.org](http://www.dascot.org)

### **Action on Hearing Loss (formerly RNID)**

Provides advice and support for people who are deaf or hard of hearing through an information line, tinnitus helpline and range of factsheets.

19–23 Featherstone Street  
London EC1Y 8SL

Tel: 0808 808 0123

Textphone: 0808 808 9000

Hearing check phone line: 0844 800 3838

Tinnitus helpline: 0808 808 6666

Email: [informationline@hearingloss.org.uk](mailto:informationline@hearingloss.org.uk)

[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

### **Addiction NI**

Alcohol and drug addiction treatment for people aged 55 and over in Northern Ireland.

40 Elmwood Avenue  
Belfast BT9 6AZ

Tel: 028 9066 4434

Email: [enquiries@addictionni.com](mailto:enquiries@addictionni.com)

[www.addictionni.com](http://www.addictionni.com)

### **Alcohol Concern**

National organisation offering information and support about alcohol abuse and local services.

64 Leman Street  
London E1 8EU

Tel: 0800 917 8282

Email: via the contact box on the website

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

### **Arthritis Care**

National organisation offering information and support for people with arthritis.

18 Stephenson Way  
London NW1 2HD

Tel: 0808 800 4050

Email: [info@arthritiscare.org.uk](mailto:info@arthritiscare.org.uk)

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

### **Aware Defeat Depression**

Support network for all those in Northern Ireland affected by depression or bipolar disorder (manic depression).

Phillip House  
123–137 York Street  
Belfast BT15 1AB

Tel: 08451 20 29 61  
Email: [help@aware-ni.org](mailto:help@aware-ni.org)  
[www.aware-ni.org](http://www.aware-ni.org)

### **British Heart Foundation**

National organisation offering information and support for individuals with heart disease, including advice on how to be more active. Download or ask them to send you their free booklet *Get active, stay active* for ideas on how to live your life as actively as possible.

Greater London House  
180 Hampstead Road  
London NW1 7AW

Tel: 0300 330 3311  
[www.bhf.org.uk](http://www.bhf.org.uk)

### **C.A.L.L. (Community Advice and Listening Line)**

Offers confidential support and information to people in Wales who are concerned about their mental health or that of a relative or friend.

Tel: 0800 132 737 or text 'Help' to 81066  
[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

## **Deafblind**

National charity for people who are deafblind or have a combined sight and hearing loss.

Deafblind UK Head Office  
National Centre for Deafblindness  
John and Lucille van Geest Place  
Cygnet Road  
Hampton  
Peterborough PE7 8FD

Tel: 0800 132 320  
Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
[www.deafblind.org.uk](http://www.deafblind.org.uk)

In Wales, contact **Deafblind Cymru**  
Trident Court, Eastmoors Road  
Cardiff CF24 5TD  
Tel: 029 2060 1471  
Email: [deafblindcymru@deafblind.org.uk](mailto:deafblindcymru@deafblind.org.uk)

## **Deafness Research UK**

Aims to encourage and fund research to improve the quality of life for people with deafness and hearing-related problems. Provides information to help manage tinnitus.

330–332 Gray's Inn Road  
London WC1X 8EE

Tel: 0808 808 2222  
Email: [info@deafnessresearch.org.uk](mailto:info@deafnessresearch.org.uk)  
[www.deafnessresearch.org.uk](http://www.deafnessresearch.org.uk)

### **Depression Alliance**

National organisation providing information and a network of local support groups for people affected by depression.

20 Great Dover Street  
London SE1 4LX

Tel: 0845 123 23 20 (information pack request line)  
Email: [information@depressionalliance.org](mailto:information@depressionalliance.org)  
[www.depressionalliance.org](http://www.depressionalliance.org)

### **Drinkaware**

An organisation funded by alcohol firms and offering tips on responsible drinking.

Samuel House  
6 St Albans St  
London SW1Y 4SQ

Tel: 020 7766 9900  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### **Journeys**

Offers support and understanding to people in Wales affected by depression, and their friends, families and carers.

38 Albany Road  
Cardiff CF24 3RQ

Tel: 029 2069 2891  
Email: [info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)  
[www.journeysonline.org.uk](http://www.journeysonline.org.uk)

### **Macular Disease Society**

National organisation dedicated to helping people with age-related macular degeneration.

PO Box 1870  
Andover  
Hampshire SP10 9AD

Tel: 0845 241 2041  
Email: [info@maculardisease.org](mailto:info@maculardisease.org)  
[www.maculardisease.org](http://www.maculardisease.org)

### **National Osteoporosis Society**

National organisation offering information and support on prevention and treatment of osteoporosis.

Camerton  
Bath BA2 0PJ

Tel: 0845 450 0230  
Email: [info@nos.org.uk](mailto:info@nos.org.uk)  
[www.nos.org.uk](http://www.nos.org.uk)

### **NHS Choices**

Offers information about healthy eating and drinking, and the alcohol content of various drinks. Also has guidance on physical activity and tips for treating insomnia.

[www.nhs.uk](http://www.nhs.uk)  
[www.drinking.nhs.uk](http://www.drinking.nhs.uk)

In Wales, visit [www.wales.nhs.uk](http://www.wales.nhs.uk)  
Tel: 0845 46 47

In Scotland, visit **NHS Inform** at [www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel: 0800 22 44 88

### **NHS Smokefree**

For information on stopping smoking and details of support.

Tel: 0800 022 4332

<http://smokefree.nhs.uk>

In Wales, contact **Stop Smoking Wales** to find your local group and for general advice on quitting.

Tel: 0300 1000 069

[www.stopsmokingwales.com](http://www.stopsmokingwales.com)

In Northern Ireland, call the **Smokers' Helpline** on 0800 85 85 85.

In Scotland, call **Smokeline** on 0800 84 84 84.

### **Northern Ireland Chest Heart and Stroke**

Provides care services, carries out research and lobbies the Government to improve health service policy.

21 Dublin Road

Belfast BT2 7HB

Tel: 028 9032 0184

Email: [mail@nichs.org.uk](mailto:mail@nichs.org.uk)

[www.nichs.org.uk](http://www.nichs.org.uk)

### **Parkinson's UK**

National organisation offering information and support to people with Parkinson's disease and their families.

215 Vauxhall Bridge Road

London SW1V 1EJ

Tel: 0808 800 0303

Email: [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## **Quit**

Charity helping people who want to stop smoking.

63 St Mary's Axe  
London EC3A 8AA

Tel: 0800 00 22 00  
Email: [info@quit.org.uk](mailto:info@quit.org.uk)  
[www.quit.org.uk](http://www.quit.org.uk)

## **Royal National Institute of Blind People (RNIB)**

National organisation offering information and support for blindness and visual impairment.

Tel: 0303 123 9999  
[www.rnib.org.uk](http://www.rnib.org.uk)

## **Sense**

National organisation offering information and support to those with dual sensory impairment (deafblindness).

101 Pentonville Road  
London N1 9LG

Tel: 0845 127 0060  
Textphone: 0845 127 0062  
Email: [info@sense.org.uk](mailto:info@sense.org.uk)  
[www.sense.org.uk](http://www.sense.org.uk)

In Scotland, contact **Sense Scotland**

43 Middlesex Street  
Kinning Park

Glasgow G41 1EE  
Tel: 0141 429 0294  
Textphone: 0141 418 7170  
Email: [info@sensescotland.org.uk](mailto:info@sensescotland.org.uk)  
[www.sensescotland.org.uk](http://www.sensescotland.org.uk)

# Can you help Age UK?

Please complete the donation form below with a gift of whatever you can afford and return to: Age UK, FREEPOST LON13041, PO Box 203, London N1 9BR. Alternatively, you can phone 0800 169 87 87 or visit [www.ageuk.org.uk/donate](http://www.ageuk.org.uk/donate). If you prefer, you can donate directly to one of our national or local partners. Thank you.

## Personal details

Title:	Initials:	Surname:
Address:		
Postcode:		
Tel:	Email:	

By providing your email address and/or mobile number you are agreeing to us contacting you in these ways. You may contact us at any time to unsubscribe from our communications.

## Your gift

I would like to make a gift of: £

I enclose a cheque/postal order made payable to Age UK

## Card payment

I wish to pay by (please tick)  MasterCard  Visa  CAF CharityCard  
 Maestro  American Express

(Maestro only)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Signature X
Expiry date	<input type="text"/>	/	<input type="text"/>	Issue no. (Maestro only)	<input type="text"/>	

## Gift Aid declaration

(please tick) Yes, I want Age UK and its partner organisations\* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as gift aid donations. I confirm I pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity will reclaim on my donations in the tax year. Date: \_\_\_/\_\_\_/\_\_\_ (please complete). \*Age Cymru, Age Scotland and Age NI



We will use the information you have supplied to communicate with you in line with Data Protection guidelines. Age UK (registered charity no 1128267) comprises the Charity, its group of companies and national partners (Age Cymru, Age Scotland and Age NI). If you would prefer not to hear from them or carefully selected third parties, let us know by phoning 0800 107 8977.



## You may be interested in other guides in this range

- Bereavement
- Caring for your eyes
- Going into hospital
- Going solo
- Health services
- Healthy eating
- Managing incontinence
- Staying cool in a heatwave
- Staying steady
- Winter wrapped up



To order any of our **free** publications, please call Age UK Advice free on:

**0800 169 65 65**

[www.ageuk.org.uk/healthandwellbeing](http://www.ageuk.org.uk/healthandwellbeing)

---

## What should I do now?

---

For more information on the issues covered in this guide, or to order any of our publications, please call Age UK Advice free on **0800 169 65 65** or visit [www.ageuk.org.uk/healthandwellbeing](http://www.ageuk.org.uk/healthandwellbeing)

Our publications are also available in large print and audio formats.

The following Age UK information guides may be useful:

- *Going solo*
- *Health services*
- *Staying steady*

The Age UK Group offers a wide range of products and services specially designed for people in later life. For more information, please call **0800 169 18 19**.

If contact details for your local Age UK are not in the box below, call Age UK Advice free on **0800 169 65 65**.

