

# Happy & Active in Merton



In Merton, we want to support everyone to keep as fit and well as they can during the Covid-19 pandemic, and beyond.

Keeping active and moving more is an essential part of living well for longer. Physical activity helps us to manage our existing conditions, and can stop us from getting other diseases. It can also be a lot of fun and a way to stay connected with friends. There is a growing body of evidence that suggests that staying active and healthy as you get older improves your wellbeing, helps you to stay connected, enables faster recovery from illness, reduces the risk of getting chronic diseases, and prevents falls.

**Physical activity is a powerful tool for living healthier and happier for longer.**

This is why Age UK Merton, Central London Community Healthcare NHS Trust, London Borough of Merton Council and local GPs have come together to develop this 'Happy & Active' guide, which is designed to give you the tools and motivation you need to move more and enjoy regular exercise.

The guide is designed to:

- Help you understand the benefits of exercise
- Teach you new ways of keeping active
- Prompt you to set yourself targets
- Help you chart your progress
- Give you details of support available locally

The team at Age UK Merton will be on hand to help you work through it, to exercise safely and to give you that 'get up and go' you need on a rainy day.

We hope that you find it useful and we would love to hear stories of how you've used it to help you stay Happy & Active.



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# Covid-19

By following Government guidance, we are protecting ourselves, our families and our communities. No matter who we are, we are all in this together and can help and support each other in Merton.

Due to Covid-19, it is especially important for those of us who are older and those with pre-existing health conditions to take extra care and keep ourselves well. Together we can support and protect each other by keeping in touch and looking after ourselves at this time.

This guide has lots of ideas and suggestions to help us keep active and connected, and to stay safe and well. It is written so that you can use it regularly as a reference and to chart your achievements. It also includes a list of useful contact numbers for organisations across Merton.

There are also lots of online resources available to support the information provided here. Ask a friend, family member or volunteer to help you get online, and to find additional resources if possible.

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# Keeping happy & active this year

**We all need to look after ourselves as we get older, especially if we have existing health conditions.**

With everything that is going on, and the changes to day-to-day life, many of us may feel worried or down. At this time, it can be hard to know what to do if you are unwell or have a concern about your health. The NHS has made changes to make sure it's safe for us to be seen despite the Covid-19 pandemic.

It's still important to:

- Get medical help if you think you need it.
- Keep any appointments or procedures you have booked – unless you're asked not to attend.
- Go to hospital if you're advised to.

## Social distancing and staying safe

The UK Government has clear guidance designed to keep you safe and stop the spread of the virus.

**HANDS** - Wash your hands regularly and for at least 20 seconds.

**FACE** - Cover your face in enclosed spaces.

**SPACE** - Stay 2 metres apart where possible.

It is also recommended that you allow fresh air to circulate in your home. Good ventilation reduces the concentration of the virus in the air and therefore reduces the risks from airborne transmission.

## Covid-19 Vaccination

The coronavirus (Covid-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

The vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness. For more information visit [nhs.uk/coronavirus-vaccination](https://nhs.uk/coronavirus-vaccination)

## Contacting your GP and Visiting Hospital

If you need to contact a GP, phone your surgery and an appointment with a doctor, nurse or healthcare professionals may be booked for you. You'll only be asked to visit the surgery if necessary. If you have a routine appointment at a hospital, make sure you keep it unless told otherwise by a health professional.

## Pharmacies and Dentists

If you have a repeat prescription that you usually request at your GP surgery or pharmacy, you can do this over the phone. Your local pharmacist can also give advice and treatment for many minor health problems. It's good to stock up on medicine cabinet essentials, like painkillers and cold and flu remedies. If you have any urgent dental problem, please phone your usual dental practice.

**If you're not sure what to do, the NHS 111 phone service is available for help and advice 24 hours a day, 7 days a week. For life-threatening emergencies, call 999 for an ambulance.**

# My plan to keep happy & active...

Sometimes it's hard to know where to start. Setting out your intentions in writing is a powerful tool. Writing down our goals and tracking our progress can help with motivation and show us the progress we are making.

## My keeping well plan for 2021



**What I would really like to be able to do more easily this year:**

*e.g. I would like to be able to climb the stairs without losing my breath*

**How I am going to move more and fit in some exercise every day:** *e.g. start my day with stretches, do some balancing exercises when I wait for the kettle to boil*

**How I plan to challenge my mind through games, puzzles, learning and working with other people:** *e.g. solving puzzles, reading a book*

**How I'm going to keep in touch with people and engage with my community:** *e.g. scheduling calls with my friends, reach out to my neighbours...*

Date:

## My progress

	Before I start:	After 6 weeks:	After 12 weeks:
I can stand up and sit down ____ times in 1 minute			
I have been physically active ____ times this week			
On a scale of 1 (low) to 10 (high), I feel this confident about keeping well and active			



# Mind matters

**Our mind matters and keeping mentally active is important. This is the case for everyone. We all need to think about our mind the same way that we need to think about our bodies, especially in times of change.**

Where possible, try to keep up with normal everyday activities and interests, especially by staying connected and keeping in touch with friends, family and neighbours.

Keeping active with interests and hobbies that we enjoy, helps keep our mind well, as does getting out for exercise or a walk.

Using a calendar can help remind us of important events and to connect with others, and try using the “Progress Checklist” on page 30 of this booklet.

There may be times when things change for us, so knowing what to do if something does change will help us cope better. It is important to keep in touch and remember others are likely to be feeling similar, so sharing and being kind will help.

For most of us, these feelings will pass. We’ve all faced challenges recently. You may have found your own ways of coping, but it’s also natural to feel anxious or even overwhelmed by the situation we are in. If things are starting to get on top of you, you don’t need to cope alone.

There are helplines and local organisations in Merton who are here to listen and support. Have a look at the helpful contacts page at the back of this booklet for more information.



***“Even at this time community grows, even by a phone call, life becomes a bit easier and worthwhile.”***

**Elaine**



# Take time to focus on activities you enjoy at home



## Stay connected with others

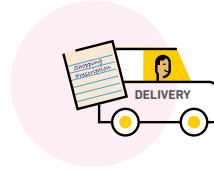
- Stay in touch with friends, family, neighbours, clubs and your community by phone or meeting for a walk if it is safe to do so. It can be useful to keep a list of phone numbers to remind you to stay in touch.
- Keep up with your usual tasks – such as cooking and gardening. If you can't manage these on your own, ask for help.
- Consider having (or volunteering to become!) a befriender to others.

**Age UK Merton Befriending Service:**  
call 020 8648 5792 or email  
befriender@ageukmerton.org.uk



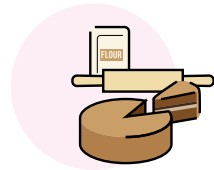
## Stay on top of difficult feelings and worries

- Try to focus on things within your control.
- Limit how much news you watch or listen to and use trusted sources (BBC, ITV, NHS).
- Take time to chat about how you're feeling with others, it can really help.



## Plan practical things

- Keep up with usual everyday activities and interests at home.
- Make a 'to do list' for each day: writing shopping lists, making calls, order repeat prescriptions.
- Continue accessing treatment and support for health conditions from your GP.



## Take time to notice and feel joy

- Take time to focus on activities you enjoy at home.
- Remembering important people and better times can be helpful, such as looking at holiday photographs.
- Set yourself a goal, learn a new skill, or take on a challenge.
- Take note of things that bring you joy and share them with others or record in a diary.

### If you start to feel overwhelmed, some simple breathing exercises can help:

1. Sit or lie down in a way that's comfortable for you.
2. Take a deep breath in and hold it, at the same time raising and tightening your shoulders and clenching your fists.
3. Count slowly to five as you breath out – relax your shoulders and fists at the same time.
4. Do this several times.

# Moving more

## Being active and moving is vital.

We now know that many of the problems we face as we get older are due to inactivity and loss of fitness. The good news is that age itself is no obstacle to improving our fitness!

Finding ways of being active at home will help us feel better. It will also help our bodies to be better protected for fighting infection and illness. Get Covid-Fit.

Most of us are able to go outside to exercise. Going for a daily walk is a great way to enjoy the outdoors and get some fresh air.

If you are not able to go outside, stand by an open window or on a doorstep instead to get some fresh air and feel good.

There are also exercises we can do in our home, that will help us to carry on doing the things we enjoy.

The following exercises will really help us in regaining our strength, balance and flexibility. These are all important to help us keep doing our everyday activities, such as washing, getting dressed and preparing food, as well as doing the things we enjoy.

### Being active every day helps us to:

- Keep our spirits up.
- Get a good night's sleep.
- Have a good appetite.
- Stay at a healthy weight.
- Keep our bowels healthy.
- Keeps our muscles and bones strong.
- Prevent health conditions from getting worse.

### Being active every day helps to reduce:

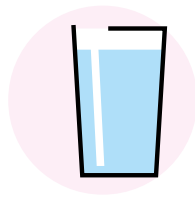
- Risk of falls and fractures.
- Risk of heart attack, stroke, diabetes and some cancers.
- Risk of weight related issues.

# Quick safety check before exercising

**Being active is safe for the majority of people and it has many benefits for our health and wellbeing. There are some small steps you can take to reduce the chance of problems occurring.**

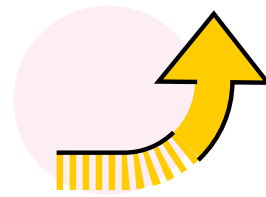


Most people can exercise without speaking to a doctor first, especially if their medical condition is under control. However, if you have any symptoms from a heart, kidney or metabolic condition you should check with your GP before you start.



Prepare your exercise space by clearing away unnecessary clutter.

- Keep something sturdy and solid nearby for support (for example a kitchen work surface).
- Have a glass of water ready to sip as you exercise.
- Wear well fitting and supportive shoes, and loose clothing.
- If you are exercising on your own, keep a telephone nearby, just in case you need it.



Set the pace, always warm up and start exercising at a level you find easy and build up gradually.

- If you experience significant pain anywhere or dizziness, stop and rest.
- Remember, it is not unusual to feel some aching or discomfort if you are moving body parts that are stiff and not used to exercise.
- It is common to feel a bit stiff for a few days after exercising in the muscles you have used more than usual. This is normal and shows that your body is responding to the increased movement.
- Try not to hold your breath as you exercise, breathe normally throughout.



***“Just because I’m older doesn’t mean I can’t be a volunteer. From home I can volunteer to call someone and have a chat. We probably can help each other just by talking and I might even make some new friends in the process.”***

**Gill**

# Moving well at home

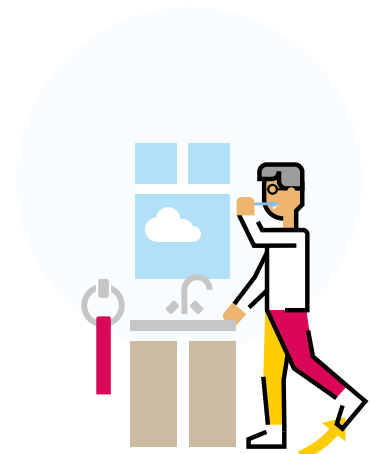
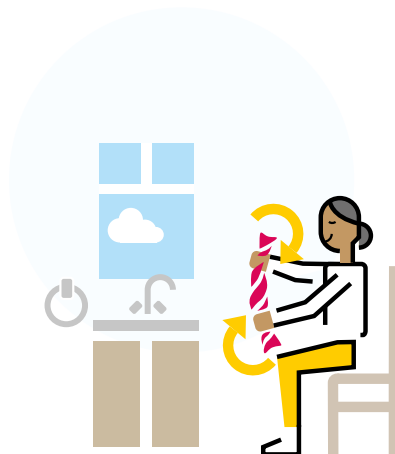
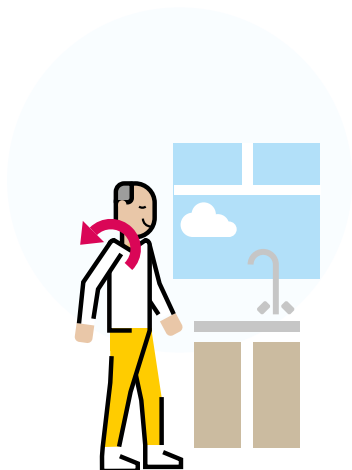
**Any movement is good, particularly if it makes us feel a bit warm and makes us breathe a little faster. For almost everyone, exercise is safer than not moving!**

We can move more through daily activities - like cleaning, gardening, getting dressed - and through our hobbies - like knitting or playing darts. However, it's also really important that we also do specific exercise to keep fit.

**Ideally try to do something every day, in chunks of 12 minutes or more. Think of this as your “daily dozen”.**

## Here are ways we can move well at home:

- 1. Strength & balance exercises** that will help to keep you strong and steady on your feet.
- 2. Aerobic exercise** that warms you up and gets you breathing slightly harder to help keep you fit and well, and gives you stamina.
- 3. Breaking up periods of inactivity** (when you are sitting or lying down) with movement and activities throughout the day.  
  
This might include standing up and sitting down during the advert break when you're watching the TV, or marching on the spot whilst you wait for the kettle to boil.







# Exercises to help with strength & balance

**The exercises on the following pages will help us stay strong and active. There are warm up movements, seated & standing exercises and a cool down section.**

**Aim to do these regularly throughout the week. Try to do 12 minutes in one go if you can. You can also split them up and do them a few at a time during the day.**

Think about when you will fit them in to your daily routine. It might be after breakfast, or before lunch, whilst waiting for the kettle to boil, or speaking on the telephone.

Wear comfortable clothes and supportive footwear when you are exercising.

## Warm up moves

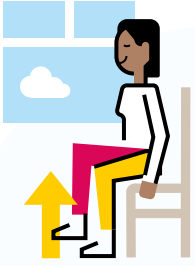
**It's always good to 'warm up' your muscles and joints before you start.**

Complete all four of these moves if you plan to do the seated and standing exercises in one session. If you're spreading the exercises over the day, do the seated march to warm up each time.

You can also do these warm up moves throughout the day to help keep your joints mobile and supple – especially after sitting for an hour or so.

There are lots of exercises that you can do to keep strong and active. These are just a few examples. If you want some more ideas, have a look at the useful links page at the back of the booklet.

Use the worksheet on page pages 18-19 and 24-25 to log the exercises you do and chart your progress.

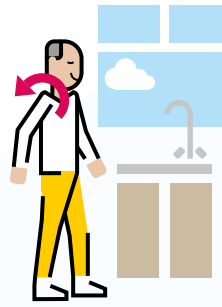


## The seated march

*Why? Warms muscles and prepares for movement*

### What to do:

- Sit tall on a chair
- Hold the sides of the chair
- March at a comfortable rhythm
- Continue for 1-2 minutes



## Shoulder circles

*Why? Warms muscles and prepares for movement*

### What to do:

- Sit or stand tall with arms at your sides
- Lift both shoulders up to ears
- Circle them back and down
- Repeat slowly 5 times



## Ankle loosener

*Why? Loosens ankles, improves walking action, keeps us stable.*

### What to do:

- Sit tall on a chair
- Hold the sides of the chair
- Lift one foot up off the floor.
- Point your toes all the way down, and then all the way up.
- Repeat 5 times on each foot.



## Spine twists

*Why? Loosens back, helps looking over shoulders, turning in bed.*

### What to do:

- Sit up very tall with feet apart.
- Place your right hand on your left knee.
- Hold the chair with your left hand.
- Twist your upper body and head slowly to the right, back to the middle, and to the left.
- Repeat slowly 4 more times.

# Seated exercises

**Make sure that the chair you use is sturdy and stable so it doesn't move around when you're getting in and out of it.**



## Wrist strengthener

*Why? improves grip strength, helps opening jars.*

### What to do:

- Roll a small towel lengthways
- Sit tall on a chair, holding the towel at both ends
- Twist the towel gently and hold for 5 seconds
- Repeat 6-8 times

### More challenging option

Twist the towel for 10 seconds



## Arm swings

*Why? helps with stamina and endurance*

### What to do:

- Sit tall away from the chair back
- Place both feet flat on the floor
- Bend your elbows
- Swing your arms from your shoulder at a comfortable rhythm
- Continue for 30 seconds

### More challenging option

Increase pace and time to 1-2 minutes  
Add a seated march at the same time



***“These days I think it’s good for me to watch the amount of alcohol I’m drinking and also have days without.”***

**Don**



## Pelvic floor strengthener

*Why? helps reduce ‘leaking’ when coughing or laughing*

### What to do:

- Tighten your pelvic floor muscles
- Imagine you are trying to stop passing urine and wind.
- Hold for up to 10 seconds
- Rest for 4 seconds, then repeat
- Repeat 10 times.

### Avoid

- Squeezing legs together
- Tightening buttocks
- Holding breath

### More challenging option

10 quick contractions by drawing up the pelvic floor



## Front knee strengthener

*Why? strengthens the knee for walking and bending*

### What to do:

- Sit back in the chair, back support and feet under knees.
- Lift one foot off the floor and slowly straighten your leg
- Do not lock your knee
- Aim to hold for 3 seconds
- Slowly lower your foot back to the floor
- Repeat 10 times on one leg, then swop to the other leg

### More challenging option

Sit away from the back of the chair so more of your leg is off the chair when you lift. Keep your back strong when you do this

## My progress log: Seated exercises

Write down number of exercises or time

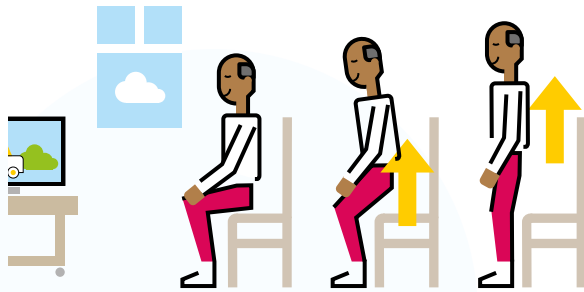
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# Standing exercises

**Make sure that you are near a sturdy and stable worktop, and that any chair used will not moving during the sit to stand exercise.**



## Sit to stand

*Why? improve leg strength and stability*

### What to do:

- Sit tall on a chair
- Place feet slightly behind knees
- Stand up (using your hands for support if needed)
- Step back until legs touch chair, then slowly sit back down with control.
- Repeat 10 times.

### More challenging option

Don't use your hands for support.  
Try doing this extra slowly and hover for a few seconds before finally sitting.



## Heel raises

*Why? strengthen calf & foot muscles, improve balance*

### What to do

- Stand tall holding a sturdy chair, table or worktop
- Raise heels off the floor & hold for a couple of seconds
- Lower heels to floor with control
- Repeat 10 times

### More challenging option

Repeat the exercise, doing it slowly and hold for longer before putting your heel down.



***“Drinking a glass of water before meals and a balanced diet are vital ingredients in keeping our body and mind well while staying at home.”***

**Bhim & Yogesh**



## Toe raises

**Why?** *strengthen muscles that lift up your foot, important for walking and balance*

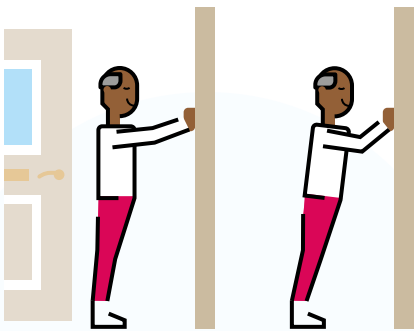
### What to do

- Stand with your back against a wall, feet in front
- Hold onto a sturdy chair or table if you need
- Raise your toes off the floor, with weight into your heels
- Hold for a couple of seconds
- Lower toes to floor with control
- Repeat 10 times

### More challenging option

Repeat doing it slowly and hold for longer before putting toes back down.

# Standing exercises continued



## Wall press-ups

*Why? improve upper body strength, maintain strong wrist bones*

### What to do

- Stand at arm's length from wall
- Place hands on the wall at chest height – fingers upwards
- Keep back straight and tummy tight
- Bend elbows lowering body with control towards the wall
- Press back up to the start position
- Repeat 8 times

### More challenging option

Move more slowly or start further away from the wall.



## One leg stands

*Why? improve walking stability & balance*

### What to do

- Stand close to support surface and hold on lightly
- Balance on one leg
- Stand tall and look ahead
- Hold for 10 seconds
- Repeat 3 times
- Repeat on the other leg

### More challenging option

Try to use the support surface less (e.g. just use fingertips) and hold the position for longer, up to 30 seconds.

## Aerobic exercises

**Any activity that warms you up and gets you breathing slightly harder such as:**



**Dancing.**



**Going up and down stairs.**

## Breaking up sitting

**Activities you can do to break up periods of inactivity such as:**



**Cleaning (dusting, polishing, making the bed, washing up).**



**Gardening (if you have one or planting bulbs, herbs or houseplants indoors).**



**Stretch or stand during TV advert breaks or after each chapter of your book.**



***“I am a live-in carer for my mother who is shielding in her 90s. I have learned I also need to look after myself as well by listening to music, going for a walk or a bike ride.”***

**Harry**



## My progress log: Standing exercises

Write down number of exercises or time

[illegible]



# Cool down

**Finish by marching at a relaxed pace for 1 to 2 minutes.**

**Then, try to do the following stretches. They will help with your posture, walking, flexibility and stability. Always do these stretches after you have been exercising and when your muscles have warmed up.**



## Back of thigh stretch

*Why? helps with putting on shoes and socks, lengthens stride when walking*

### What to do

- Sit at front of chair
- Straighten one leg, putting the heel on the floor
- Place both hands on the other leg - making sure that foot is flat on the floor
- Sit tall, then lean forwards with a straight back
- Feel a stretch in the back of your thigh
- Hold for 10-30 seconds
- Relax and repeat on the other side



## Chest stretch

*Why? improves posture, makes reaching backwards easier*

### What to do

- Sit tall away from back of the chair
- Reach behind with both arms towards the chair back
- Press your chest forward to feel a stretch across your chest
- Hold for 10-30 seconds



***“Getting out of the house and walking definitely lifts my spirits, so even on the days my neighbours don’t need anything from the shops I still go out for my walk.”***

**Viv**



## **Calf stretch**

*Why? helps ensure toes are lifted when walking and easier to get on shoes & socks*

### **What to do**

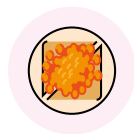
- Sit forwards in chair and hold sides
- Straight one leg putting heel on the floor
- Pull toes up towards ceiling
- Feel stretch in calf
- Hold for 10-30 seconds
- Repeat on the other leg.

# Keeping nourished

**What we eat and drink is really important for our health. It keeps our immune system strong and resilient as well as enabling us to have the energy to do the things we enjoy.**

Planning for and preparing meals and cooking is also a good way to keep up our daily routine, for many it can be an enjoyable part of the day.

## Here are some top tips:



**Enjoy your food** – why not try some new foods or go back to old favourites? Dig out some old and new recipes to try.



**Have plenty of variety in your diet** – to help you get all the nutrients you need and maintain a healthy weight. Many of us need more vitamin D than we can expect to get from food and sunlight. Consider taking a daily supplement containing 10 micrograms of vitamin D.



**Keep an eye on yourself** – if you think you are eating less than usual or don't have much appetite keep track of your weight or check if your clothes, jewellery or belts are looser than usual.



**If you have a poor appetite** – have you been losing weight without trying or have a low body weight? You should try to increase the amount of energy and protein you get each day. You may find it useful to:

- Eat little and often.
- Use full-fat food and drinks (for example, full-fat milk, yoghurts, cheese).
- Eat more protein such as meat, fish, eggs, pulses or nuts.
- It may help to speak to your GP.



**Keeping your kitchen cupboard and freezer stocked** – keep some simple, tasty foods and long-lasting foods, such as dried milk powder, tinned soup, rice pudding.



**Make meal preparation easy** – Plan ahead for the shopping you need to ensure you get a good balance of nutrients. Having meals or healthy snacks prepared in advance is ideal for when you need something quick and simple.



**Do your shopping at quieter times as long as restrictions allow, remember to wear a face mask and socially distance 2m** – if you need help, ask a neighbour, family member or the **Merton Community Response Hub – 020 8685 2272**.



**Stay well hydrated** – we need about 6-8 drinks per day to stay well hydrated. This reduces infections and improves concentration, energy and mood, so we can keep our minds active.



**If you drink alcohol** – it is recommended to not have more than 14 units (one unit is a half pint or a small glass of wine) a week. Try to spread this out and have alcohol free days. Alcohol does dehydrate you, so if you can, have water, juice or a soft drink in between.



# Daily checklist for keeping happy & active

Setting daily goals, routine and structure help to provide purpose and a sense of achievement. Here are some ideas of things you to try



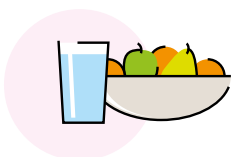
## Keep in touch ✓

- Talk to family or friends or neighbours
- Talk about how you feel or help you may need
- Chat to a befriender – or volunteer yourself



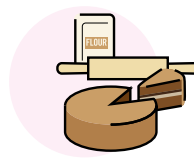
## Move more ✓

- Try the exercises in this booklet
- Go for a walk in the fresh air
- Don't sit or lie down for too long at a time



## Eat and drink well ✓

- Drink plenty of fluids
- Eat a balance diet
- Stick to regular meal times, but have healthy snacks in addition if your appetite is poor



## Keep busy ✓

- Plan your day
- Write out your thoughts
- Do activities you enjoy – read a book, do puzzles, knit something!
- Try to do new things each day or start a project you've been putting off



## Feel joy ✓

- Appreciate nature
- Listen to music
- Try something different & tell someone about it

# Progress checklist

Use this checklist to keep track of how you are doing.  
Each day you achieve one of these daily goals add a tick!

I have...	Moved more	Eaten well	Kept busy	Kept in touch	Felt joy
<i>Example</i>	✓✓✓✓	✓✓✓✓	✓✓	✓	✓✓✓✓
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					



# Safety around your home

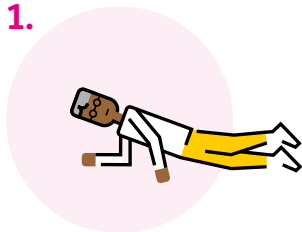
## What to do if you fall

**If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries. Even if you are unhurt, make sure that you tell a healthcare professional, family member or carer that you have fallen.**

If you know you can't get up, or feel pain in your hip or back, then try to call for help by using your phone or pendant or by banging on radiators or walls.

Try to keep warm by covering yourself with whatever is close by and try and keep moving your limbs and rolling from side to side if you are able to.

1.



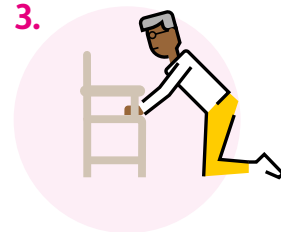
Roll onto your side, keeping your chin tucked in. Then push up onto your elbows.

2.



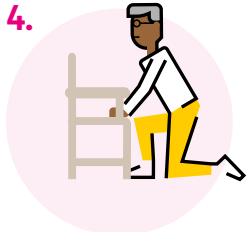
Use your arms to push yourself onto your hands and knees. Bring your head forwards at the same time to help.

3.



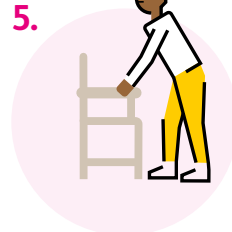
Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.

4.



Slide or raise the foot of your stronger leg forwards so it's flat on the floor.

5.



Lean forwards and push up using your arms and front leg, slowly rising to a standing position.

6.



Turn around and sit down. Sit for a minute or two and catch your breath.

**Please call 999 if you have a had a fall and need urgent assistance.**

Otherwise, if you are worried about falling or have been feeling unsteady on your feet, you can ask your GP, Age UK Merton or Wimbledon Guild to refer you to the Merton NHS Falls Service for advice and help.

**It's important to ensure our home is safe, especially if we are doing more exercise and activities in it.**



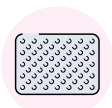
**Keep stairs clear from clutter and well lit.**



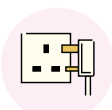
**Ensure shoes and slippers fit properly.**



**Mop up spills immediately.**



**Use a non-slip bathmat.**



**Don't overload electrical sockets.**



**Remove trailing leads from plugs.**



**Have a night-light in the bedroom or bedside light or torch by your bed in case you need to get up in the night.**



Quitting smoking is one of the best things you can do for your health at any time. Coronavirus is a respiratory disease and smokers are more at risk of severe illness. This means that it is more important than ever to stop smoking and protect others around you from secondhand smoke.

There are lots of ways to do this, for more information, call **0300 123 1044**.

# Helpful numbers and contacts



## Getting online

There's help available if you want to get on the internet for the first time or learn how to do more things online.

The internet is like a giant library of information, there are many benefits to using it such as:

- Keeping in touch with family and friends – like using email or Zoom.
- Learning more about the things that interest you.
- Joining community groups – including exercise groups or meeting up online for a chat

To get online you'll need a device, such as a computer or mobile smart phone. Many devices now have a screen you can touch, which can be easier than using a keyboard for some of us.

You also need to be connected to the internet. This can be set up through your landline or your mobile phone.

Age UK Merton, Wimbledon Guild and Merton Council are working together to help get more of us online. You can call them on the numbers opposite if you'd like more information about this.





## Other helpful contacts and links

### **Age UK Merton - 0208 6485792**

Providing a range of services designed to help people love later life

Monday to Friday: 9am – 4pm

### **Merton Covid-19 Community Response Hub - 0208 685 2272**

Practical and emotional support for those at risk of and affected by Covid-19

Monday to Friday: 10am to 4pm

### **Merton NHS Falls Service**

If you are worried about falling, Merton Falls Prevention Service provides assessment, advice and exercise for older people who are at risk of falling. Please contact your GP, Wimbledon Guild (0208 946 0735) or Age UK Merton (020 8648 5792) to ask for a referral to the service.

### **MASCOT - 020 8274 5940**

Providing a range of initiatives enabling people to remain at home with independence and security

### **Merton Uplift - 020 3513 5888**

A free service that is available for anyone in Merton experiencing difficulties and symptoms related to stress, anxiety and depression.

### **NHS - 111**

If you have any concerns about your health

### **Wimbledon Guild - 020 8946 0735**

A local charity supporting people across Merton

Monday to Friday: 9am – 5pm

### **One You Merton - 020 8973 3545**

Friendly local support to help you eat well, move more, stop smoking or drink less.

Monday to Friday, 9am to 5pm

## Exercise ideas

[www.csp.org.uk/system/files/get\\_up\\_and\\_go\\_0.pdf](http://www.csp.org.uk/system/files/get_up_and_go_0.pdf)

[www.nhs.uk/live-well/exercise/strength-exercises/](http://www.nhs.uk/live-well/exercise/strength-exercises/)

[www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/](http://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/)

# Happy & Active in Merton

Original content devised by:



Merton version updated by:



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Designed by Think Design Manchester

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