



Would you like to know more about reducing the risk of falling?

Falls Friends talks explain the causes of falls and how to reduce your risk of falling (or someone you care for). Due to the COVID-19 pandemic, we have adapted the programme to be online. If you don't have the internet, you can also call in to the session via your telephone.

Who should attend? Anyone interested in helping to prevent someone from falling, including how to reduce your own risk of falling.

How long is the session? One hour

Who runs the session? Southern Health NHS Foundation Trust, Hampshire County Council and Hampshire Fire and Rescue Service have worked in partnership to develop the Falls Friends programme. Your session will be led by Southern Health's Specialist Falls Prevention Team.

When are the Falls Friends talks?

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| • 25 th January 2024 | 10:30 – 11:30 |
| • 22 nd February 2024 | 10:30 – 11:30 |
| • 28 th March 2024 | 10:30 – 11:30 |
| • 25 th April 2024 | 10:30 – 11:30 |
| • 23 rd May 2024 | 10:30 – 11:30 |
| • 27 th June 2024 | 10:30 – 11:30 |
| • 25 th July 2024 | 10:30 – 11:30 |
| • 26 th September 2024 | 10:30 – 11:30 |
| • 24 th October 2024 | 10:30 – 11:30 |
| • 28 th November 2024 | 10:30 – 11:30 |

How do I book a place? Contact the Specialist Falls Prevention Team on **02382 311690** or email: specialistfallsteam@southernhealth.nhs.uk

You will then receive an email with instructions on how to join the Microsoft Teams call. If you do not have the internet, you can call into the talk using your telephone.

Please note: If the session time is not suitable, we are able to offer a bespoke session for nursing / care homes. We will require a minimum of 6 participants. Please direct any enquiries to the email address above.