



Information

Health well-being

Good health is about the mind as well as the body - feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life, particularly in later years.

In this section there's a wealth of information about looking after yourself, health conditions, nutrition and diet, keeping physically fit, good mental health, and a whole lot more..

[Find out more](#)

At home

Most of us want to stay living healthily and happily at home for as long as possible, but as we get older - or have problems with health or mobility - living independently and safely at home can become more challenging.

In this section there's lots of information about how to get support at home as well as gadgets and equipment to help you live your day-to-day life more easily.

[Find out more](#)

Looking after someone

You may find yourself in the position of looking after a family member or friend who can no longer take care of themselves. Looking after someone in this way can be rewarding but it can also be tiring, time-consuming and stressful.

There are plenty of organisations that can offer you advice, emotional support and help to take a break from your responsibilities so that you don't have to feel like you're coping all alone.

[Find out more](#)

Staying safe

We should all be aware of risks in the home, particularly if we have difficulty moving around or a long-term health problem. You might be more prone to falls or accidents, or even at risk of abuse from unscrupulous people.

This section has information about a range of safety issues such as safeguarding, domestic abuse, accidents and falls, and crime. There's also advice on precautions you can take to prevent them and where you can go for help.

[Find out more](#)

Money and legal

This section includes information on benefits and financial help you might be entitled to, how to manage your money (or someone else's), your rights if you have a health problem or disability, and how to obtain legal advice.

[Find out more](#)

Going out, staying in

Getting out, meeting people and doing fun things helps to keep us well, both physically and mentally. And whether you need help to go out, or can do so independently, there's plenty going on locally to keep you entertained.

These pages have a wealth of information about things to do and practical travel guidance if you have a mobility problem to get to activities and events, as well as things you can do at home.

[Find out more](#)

Work and learning

There's no reason, even as we get older or have a disability, why we can't take advantage of opportunities to work or go into education, and they are great ways to keep busy, meet new people and keep your mind and body fit.

In this section there's practical information about options for starting or returning to work, as well as opportunities for furthering your education - it's never too late to pick up new skills.

[Find out more](#)

Your Voice

Any support or help you receive should be of the highest possible standard. If you

do not think that you are being treated appropriately then you should be able to speak up and voice your concerns.

In this section there's advice on ways in which you can report any issues you have about support you receive. If you find it difficult to talk about these issues, for whatever reason, other people could speak on your behalf to ensure that your wishes are heard and respected.

[Find out more](#)

Grenfell Tower Fire assistance

Following the dreadful fire at Grenfell Tower on Wednesday 14 June, we have gathered some information about the resources that are available to those affected or living in the wider community.

[Find out more](#)


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