

Do you get up in the middle of the night?

**DON'T** Risk a **FALL**



Many night falls are caused by lack of light. Plug in night lights, or motion activated lights that can be installed around the house can be purchased cheaply from hardware/DIY shops and some supermarkets.

You can get advice on lighting and other tips to help make your home safer from Age UK Berkshire  
Tel: 0118 959 4242

Visit [www.westberks.gov.uk/fallsprevention](http://www.westberks.gov.uk/fallsprevention) for advice and safety tips.



West Berkshire  
COUNCIL