

# Falls Prevention Information

If you're concerned about your balance and worry you may be at risk of falling, for help and advice speak to your GP, District Nurse, Adult Social Care – 01635 503050 [ccenquiries@westberks.gov.uk](mailto:ccenquiries@westberks.gov.uk) or Age UK Berkshire – 0118 959 4242 [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Royal Berkshire Fire and Rescue Service

## Safe and Well Programme

Offers a home visit to check fire safety alongside general advice around falls prevention at home. For eligibility, please contact

[www.rbfrs.co.uk/your-safety/safety-at-home/-book-a-safe-and-well-visit/](http://www.rbfrs.co.uk/your-safety/safety-at-home/-book-a-safe-and-well-visit/) or [safeandwell@rbfrs.co.uk](mailto:safeandwell@rbfrs.co.uk)

For more information please visit  
[www.westberks.gov.uk/falls-prevention](http://www.westberks.gov.uk/falls-prevention)

WBC/PHWB/VA/0823



West Berkshire  
C O U N C I L