

Falls Prevention Service Contact Number:

 **01908 686 751**

Inclusion Criteria:

In order to refer a client to our services, the client should be:

- Usually over 65 years old
- Identified with a history of falling /risk of falling/fear of falling

Our Team:

- Specialist Nurses
- Physiotherapists
- Occupational Therapists
- Exercise Instructor
- Senior Admin Staff

How to Contact the Falls Prevention Service

Office opening hours:
9.00am - 5.00pm,
Monday to Friday.

 01908 686 751

 bwell.therapy@nhs.net

 www.mkfalls.co.uk

If you need to contact us outside of office hours, contact us through contact form available on our website or leave a message on our answering machine and we will return your call.



MK Falls Prevention Service
B-Well Health & Social Care Group

Suite: 135
Foxhunter Drive
Linford Wood
Milton Keynes
MK14 6GD



Falls Prevention

Health and Social Care Professionals

www.mkfalls.co.uk





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The Service

B-Well Health & Social Care Group provides Community Based Falls Prevention Service in Milton Keynes. We provide specialist services for older people who have fallen/are at risk of falling/fear falling. As we are the single point of access for falls prevention in Milton Keynes, all Milton Keynes current stakeholders should refer their client to Single Point of Access (SPA). On the receipt of the referral, the client's details will be entered onto the MK Falls database. After clinical triage the complex needs clients will be handed over to the Staying Steady Team of CNWL, based at Bletchley Health Centre, for further intervention.

Central and North West London NHS Foundation Trust

We provide five key services

- Single Point of Access (SPA)
- Database
- Health and Wellbeing Assessments
- Virtual Clinics
- Exercise Classes
- MK Falls Website

Single Point of Access:

Our services provide a complete single point of access to all referrals by professionals or individuals.

Office opening hours:

9.00am – 5.00pm,
Monday to Friday.

Database:

We provide access for Health and Social Care Professionals to our database, showing details of the current status of our service users. After patient consent, all data received by the SPA will be stored on this database, including any self-referrals. The data can be accessed when appropriate by GP's and other relevant health professionals.

Health and Wellbeing Assessments

Our specialist team will visit the patient at their home/residence for a one-to-one wellbeing assessment. Some patients will be contacted through our virtual clinics. This assessment gives us an early identification of any risk of falls and allows us to signpost to any other appropriate services the patient may need.

Website:

We provide a dedicated, informative, easy to navigate website for the Milton Keynes public and professionals at www.mkfalls.co.uk. This website provides further information on the services and suggests useful links for various aspects of elderly needs. Our **contact form** is available on our website.

Exercise Classes:

B-Well Group runs two types of exercise classes in the community.

- **OTAGO Class** (8 Weeks - Exercise & Education Programme)
- **Stable & Able Exercise Classes** - 20 Weeks Advanced Exercise Class

The two evidence based, progressive exercise classes help the elderly stay a active and independent as possible. All classes are designed in accordance to the patient's ability and focus on falls prevention.

Our class locations:

OTAGO Classes:

- Bletchley - Durrans House, Durrans Court, Fenny Stratford, Bletchley, MK2 2TG.
- Olney - Olney Town Hall, Olney High Street, Olney, MK46 4EF.
- Statonbury Fields - Heron Lodge, 5 Statonbury Fields, MK14 6DQ.

Stable & Able Classes:

- Olney - The Olney Centre - MK46 4EF.
- Bletchley - Sycamore Hall - MK2 3RR.
- Linford Wood - MK Business Centre, Suite 135 - MK14 6GD.
- Newport & Pagnell - Middleton Pool & Fitness Centre - MK16 9GB.
- Wolverton - Old Bath House & Community Centre - MK12 5RL.