



Falls Prevention Service Contact Number:

 **01908 686 751**

The Service

B-Well Therapy is the provider for the new 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 receipt of the referral, the client's details will be entered onto the MK falls database. Based on the referral information, we will forward the more complex referrals to CNWL.

Central and North West London 
NHS Foundation Trust

We provide five key services

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

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. 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 Therapy runs a variety of exercise classes (Stable & Able exercise classes) to help the elderly stay as active and independent as possible. All classes are designed in accordance to the patient's ability and focus on falls prevention.

Our exercise classes include; OTAGO, Pilates, Thi-Chi and Multi sports.

Our class locations:

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

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Inclusion Criteria:

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

- Usually over 65 years
 - History of fall / identified risk of falling / fear of falling
- Our Team:
- Specialist Nurse
 - Physiotherapist
 - Occupational Therapist
 - Exercise Instructor
 - Senior admin Staff

How to Contact the Falls Prevention Service

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

If you need to contact us outside of these hours please leave a message on our answering machine and we will return your call.



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01908 686 749



spa@mkfalls.co.uk



www.mkfalls.co.uk



Milton Keynes Business Centre
Suite: 131-132
Foxhunter Drive
Linford Wood
Milton Keynes
MK14 6GD.



Falls Prevention

Health and Social Care Professionals

www.mkfalls.co.uk

