



# Stay **STEADY**

Are you looking for some advice on how to prevent a fall?



What will our **Steady in Stockport** assessors discuss with you?

**S** Slippers, Shoes, footwear and clothing 

**T** Tablets and Toilet 

**E** Eyes and Ears 

**A** Active 

**D** Drinking and Diet 

**Y** You and Your home 

Our **Steady in Stockport** assessors are here to help you identify whether you are at risk of falling. They will advise you what actions you can take to reduce your risks while continuing to do the things that matter to you.

You can also find information by:

- visiting our webpage Steady in Stockport: <https://www.mycaremychoice.org.uk/steady-in-stockport>
- calling us for information and advice on: **0161 835 6701**
- or getting in touch via email with questions you might have: [steadyinstockport@stockport.nhs.uk](mailto:steadyinstockport@stockport.nhs.uk)

**Come to our drop-in sessions:**

18 Jan

29 Jan

16 Feb

28 Feb

13 March

10am-  
12noon

14:00-  
16:00

**Bramhall Health Centre**

**Gatley Health Centre**

**Brinnington Health Centre**

**Hazel Grove Health Centre**

**Romiley Health Centre**