

USEFUL SOURCES OF INFORMATION

Hampshire County Council

www.hants.gov.uk/social-careandhealth/publichealth/livelongerbetter

Gosport Borough Council

www.gosport.gov.uk/health-andwellbeing
www.discovergosport.co.uk

Community First

96 Pavilion Way, Gosport
PO12 1DH
023 9258 3836
<https://www.cfirfirst.org.uk>

Gosport Older Persons Forum

www.gosport.gov.uk/gopf
gosportopforum@hotmail.co.uk

Your Space 51 - 52 High Street, Gosport, PO12 1DF

Hampshire Libraries

Discovery Centre, High Street, Gosport

Gosport Leisure Centre

Forest Way, Gosport, PO13 OZX
Call: 023 9253 4950
www.placesleisure.org/gosport-leisure-centre

Your GP surgery

Love Outdoors CIC

www.loveoutdoors.org.uk

Steady and Strong classes

www.hants.gov.uk/socialcareandhealth/adultsocialcare/balanceclasses

Citizens Advice Gosport

Martin Snape House,
96 Pavilion Way, PO12 1GE
Call: 023 92520112

Age Concern Gosport

023 9260 4699
www.ageconcerngosport.org.uk

Brendoncare Gosport Community Hub

The Anchorage, Gosport PO12 1LZ, UK
www.brendoncare.org.uk

Princess Royal Trust for Carers

www.carercentre.com

Hampshire and Isle of Wight Healthcare

Bladder and Bowel Service
023 82 311690
clinicaladmin@southernhealth.nhs.uk

“There’s so much going on in Gosport and people are so lovely. Don’t be afraid to ask for help. It’s never too late and it doesn’t have to cost the earth!”

We’re supporting

**Live
Longer
Better**

HAMPSHIRE

*Getting older
might be
inevitable. Getting
old isn’t!*

**LIVE LONGER
BETTER
STAY
STRONGER
FOR LONGER**

*Created in collaboration
with Gosport residents
and local partner
organisations*

Contact: livelongerbetter@gosport.gov.uk





As we age our bodies naturally change but poor health and frailty are not inevitable.

We can all take steps to help maintain strength and reduce the risk of falls, dementia and other diseases. Staying active and building our muscles is crucial to allow us to enjoy life AND keep doing the everyday things we might take for granted like reaching up high, climbing the stairs, getting on to the bus, opening jars...



“Don’t let pain put you off being active. Exercises from the physio helped me and there’s other support out there too. Just do what you can - however small – and you’ll feel the difference.”

WHAT WE CAN DO

✓ Keep moving - stay steady and strong

Physical activity is one of the best things we can do to help us to stay strong and fit

- Find something you enjoy and maybe try something new
- Build up slowly
- Build strength and balance exercises into everyday activities

✓ Stay hydrated and manage continence

Few of us feel comfortable talking about toilet issues but staying hydrated and managing continence are important

- Keep a water bottle nearby and eat water rich foods like cucumber, lettuce, carrots
- Limit sugary drinks and caffeine
- Stop smoking and watch your weight
- Get support if you’re concerned about continence

✓ Keep in touch and stay involved

Getting together with others is a great way to boost physical and mental health and can help to prevent dementia

- Stay in touch with people who are important to you
- Check out local social groups and activities
- Embrace technology

✓ Eat right

Eating the right foods helps keep our bodies and minds functioning, helps prevent disease and gives us energy to stay active

- Include fruits and vegetables, whole grains, lean proteins like beans, dairy or alternatives and healthy fats
- Limit sugary food and lower salt intake
- Check intake of Vitamins D and B12 and calcium

Personal Functional Fitness MOTs

By trying out a range of everyday activities, you will be able to see whether you are doing well compared to others of your age or whether you would benefit from being more active. See where they are happening locally.

VISIT: www.gosport.gov.uk/healthandwellbeing