 **Would you like to know more about reducing the risk of falling?** Falls Friends talks explain the causes falls and how to reduce your risk of falling (or someone you care for). Due to the COVID-19 pandemic we have adapted the programme to be online. If you don’t have the internet you can also call in to the session via your telephone.

**Who should attend?** Anyone interested in helping to prevent someone from falling, including how to reduce your own risk of falling.

**How long is the session?** One hour

**Who runs the session?** Southern Health NHS Foundation Trust, Hampshire County Council and Hampshire Fire and Rescue Service have worked in partnership to develop the Falls Friends programme. Your session will be led by Southern Health’s Specialist Falls Prevention team.

**When are the Falls friends talks?**

• 27th November 2020 1.30pm – 2.30pm

• 29th January 2021 1.30pm – 2.30pm

**How do I book a place?** Contact the Specialist Falls Prevention Team on 01489 587436 or email: [hp-tr.SpecialistFallsTeam@nhs.net](mailto:hp-tr.SpecialistFallsTeam@nhs.net)   
You will then receive an email with instructions on how to join the Zoom call. If you do not have the internet you can call into the talk using your telephone.