

Do you get up in the middle of the night?

DON'T Risk a Fall

You can get advice
on lighting and other
tips to help make your
home safer from Age UK
Berkshire
Tel: 0118 959 4242

Many night falls are caused by lack of light. Plug in night lights, or motion activated lights that can be installed around the house can be purchased cheaply from hardware/DIY shops and some supermarkets.

Visit www.westberks.gov.uk/falls-prevention
for advice and safety tips.

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West Berkshire
COUNCIL