

# *Fall-Stop Service*



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**The Fall-Stop service provides support to anyone over the age of 50 who has had a fall or are at risk of falling.**

Anyone can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition. Falls are a common, but often overlooked, cause of injury. Around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls.

Most falls do not result in serious injury. However, there is always a risk that a fall could lead to broken bones, and it can cause a person to lose confidence.

Our Falls Prevention Navigators are there to offer support and guidance in order to allow you to access services across the community. The navigators can assist you at home to carry out an assessment to see how we are able to support you.

The Fall-Stop Service also provides weekly Tai-Chi Drop In sessions around the London Borough of Enfield.

For further information or if you would like to know where the nearest Drop In Session is please contact:

**Netta Hunt**  
**The Parker Centre**  
**6 Houndsfield Road**  
**Edmonton**  
**N9 7RA**  
**020 08351 1131**

**[fallsprevention@ageukenfield.org.uk](mailto:fallsprevention@ageukenfield.org.uk)**  
**[www.ageukenfield.org.uk/enfield](http://www.ageukenfield.org.uk/enfield)**