

..... **find out how to use the internet to help you in many ways.**

Using our 'Bettertime' website (see overleaf), you will find lots of information to help keep you active, involved and independent. Increasingly, many organisations use the internet to share ideas and tips to help older people.



Get out and about

Did you know there are different types of transport available in your area? There are not just buses, but also other forms of transport available, such as voluntary driver schemes and Dial - A - Ride.

Find out about using powered wheelchairs and mobility scooters and how the Highway Code rules apply to them.

Keep active and socialise

Whatever your age, Hampshire has a great deal to offer with a variety of things to do and see, whether you fancy learning a new language, picking up a new hobby or simply meeting with like-minded people.

Regular exercise and physical activity are really important for good health and well being. Keeping physically active can help you continue to do the things you enjoy and stay independent as you age.



Safe and sound

Personal safety is a concern for people of any age and Hampshire is working hard with its partners to help you feel safe and sound.

You can find out about your consumer rights, choosing a reliable tradesperson and dealing with unwanted doorstep sellers.





Try out something new at
www.hants.gov.uk/bettertime

Keep active and socialise

Keeping physically active can help you continue to do the things you enjoy and stay independent.

Better Balance

Have a look at our gentle 'Better Balance' exercises to help you to improve your balance and flexibility:

- Go to www.hants.gov.uk/betterbalance (please read through the information before you start).
- 💡 Remember don't push yourself too hard, take it slowly and try and do a little bit more each time.

Gardening

We have information to help you manage your garden, so you can enjoy using it to keep fit, active and mobile.

Hampshire Gardening Initiative is a network of gardening projects, organisations and individuals throughout Hampshire who offer gardening services and projects that benefit older people.

- Visit www.hants.gov.uk/bettertime and click on 'Gardening' to find helpful contacts and websites.
- 💡 Take a look at 'Shaw Trust Garden Support Service', they offer gardening help for the over 60's.

Getting about

Find out lots of information on getting around and receiving a copy of your local 'Getting About guide'.

- Go to www.hants.gov.uk/bettertime click on 'Getting Around'. There's lots of useful information and links to the different types of transport available.
- Click on 'Getting About Guide' then select the guide for your area.

There are 3 ways to get your guide. You can download it to your computer, phone and request one or fill in the online request form. You choose the most suitable option for you.

Safe and secure

- Go to www.hants.gov.uk/bettertime and click on 'Feeling safe and secure', then check out the useful links which include Hampshire Constabulary and Hampshire Fire and Rescue services.
- If you need to employ a tradesperson, please click on the 'Buy With Confidence' link. This scheme provides you with a register of local traders and businesses all of whom have been vetted by Trading Standards Officers so you can use them "with confidence".

Bettertime & Well-Being contacts

We hope you found this information useful, if you have any questions please contact the Older People's Well-Being Team by email at wellbeing@hants.gov.uk.

Remember to use your new skills and share this information with friends and neighbours.



Hampshire
County Council