

Ageing Well in Blackburn with Darwen



**Ageing
Well** Blackburn
with
Darwen



**BLACKBURN
with
DARWEN**
BOROUGH COUNCIL

In this issue

- Boost health & wellbeing
- NHS Talking Therapies
- Local support

Boost your wellbeing

As we get older, life can bring new challenges – from money or health concerns to feeling less connected. But ageing well isn't just about physical health; your mental wellbeing matters too. Feeling worried, low, or stressed isn't an inevitable part of getting older. With the right habits and support, you can stay positive, active, and connected at every stage of life.



Here are some ideas:

Get outside regularly – Fresh air and nature can lift your mood and ease stress. A short walk, visiting loved ones, or spending time in the garden can help you feel calmer and more energised. Find what works best for you.

Sleep well – When we're tired and not getting enough sleep, worries can feel overwhelming. Aim for a consistent bedtime to wake up feeling well-rested. Most adults need 7–9 hours each night.

Keep a routine – A calming evening routine can help you wind down and relax. Try reading, listening to soothing music, or enjoying a warm bath – whatever works for you.

Limit alcohol – Alcohol affects mood, sleep, and overall health. Drinking too much can make stress worse. If you're concerned about your drinking, support is available.



Stay connected – Staying connected with family and friends supports wellbeing. If loved ones live far away, befriending services offer someone to chat with. Volunteering also boosts connection, with lots of opportunities in Blackburn with Darwen and something for everyone.

Protect your health – When your GP contacts you, please take the opportunity to receive any free vaccinations you're eligible for, including seasonal flu, respiratory syncytial virus (RSV), and shingles. These vaccines help keep you well.

Keep your mind active – If getting out is difficult, keep your mind sharp with puzzles, quizzes, or games. Try online options or a puzzle book. Mental stimulation reduces stress and keeps you feeling positive and engaged.



NHS Talking Therapies

If you're finding things tough, sharing what you're going through can help. The NHS offers a free service called Talking Therapies for people with depression or anxiety to speak with a trained professional. It supports issues like low mood, stress, anxiety, and coping with long-term health conditions. Many people find it really helpful for their mental health.



You don't need to see a doctor first – you can refer yourself by calling **01254 226037** or online at [iscft.nhs.uk/talkingtherapies](https://www.iscft.nhs.uk/talkingtherapies).

Directory of local support

All these services aim to help you stay healthy, independent, and connected. Each offers practical support and advice tailored to your needs.

Wellbeing Service (via Re:refresh)

Call – **01254 682037** Email – wellbeing@blackburn.gov.uk

- 1–1 health coaching
- Healthy eating and weight management advice
- Supported physical activity programmes
- NHS health checks

Care Network (Healthy Homes)

Call – **01254 507255** Email – info@carenetwork.org.uk

- Home safety assessments
- Energy advice and tariff checks
- Safe trader scheme
- Connections to day-to-day services

Age UK Blackburn with Darwen

Call – **01254 266620** Email – enquiries@ageukbwd.org.uk

- Advice and information
- Social and health activities
- Day care and befriending

BwD Carers Service

Call – **01254 688440** Email – office@bwdcarers.org.uk

- Support for substance misuse carers
- Emergency planning
- Benefit assistance
- Counselling

There's lots of information about staying well as you age on the Be Well Blackburn with Darwen website: bewellbwd.com/age-well

