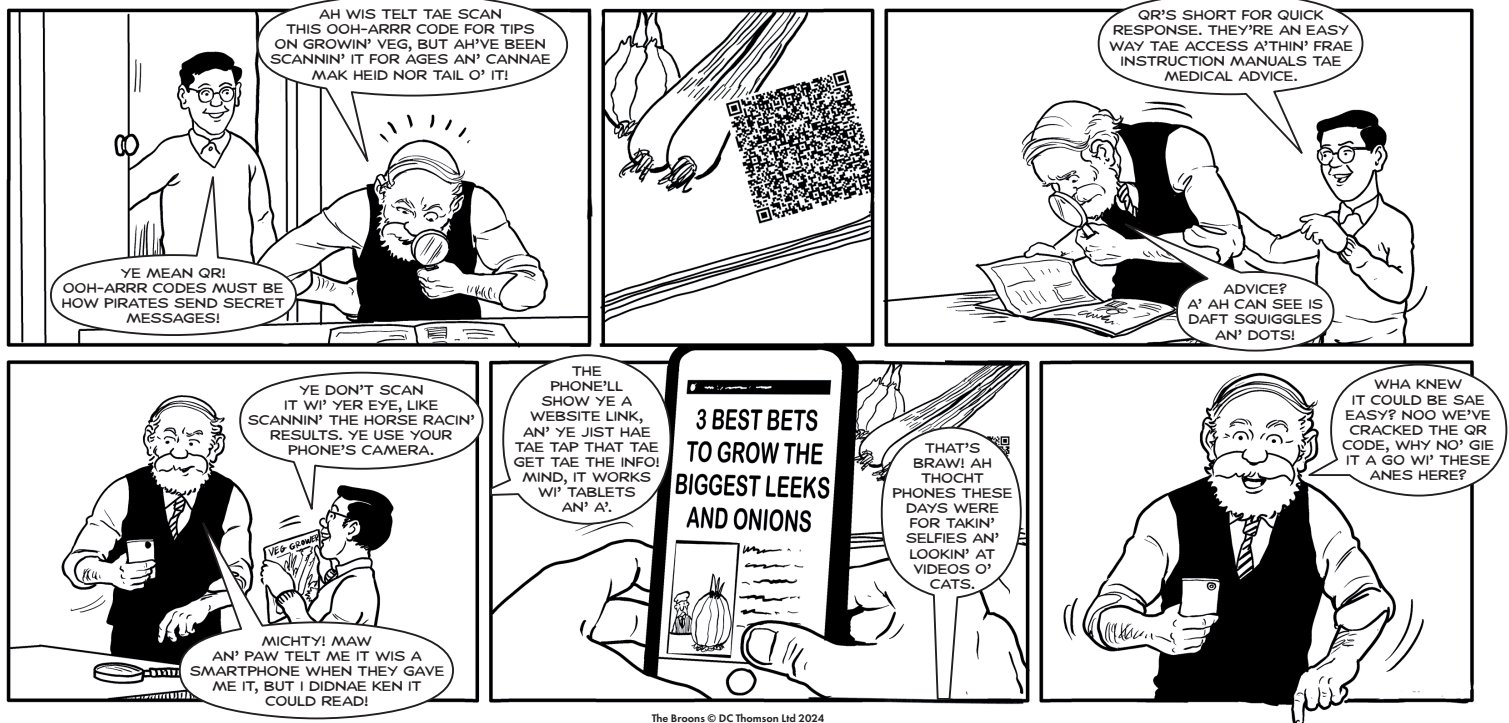


## SMART HORACE TELLS HIS GRANPAW LOADS ABOUT HOW TAE OPEN QR CODES!



The Broons © DC Thomson Ltd 2024

paths  
for all

FOR A HAPPIER,  
HEALTHIER SCOTLAND

Paths for all support local health walks and help them to encourage people to try strength and balance activities on walks or at home.



CHARTERED  
SOCIETY  
OF  
PHYSIOTHERAPY  
SCOTLAND

A range of useful information from the Chartered Society of Physiotherapists aimed at helping you to stay fit, strong and well wherever you are.



Moving Medicine

Moving Medicine believe passionately in empowering people to live active and healthy lives, this simple resource explains how to stay as active as possible whilst in hospital and after.



NHS  
SCOTLAND

A range of useful information designed to help support you to manage any medications you may need to take.



NHS  
inform

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated. You will find the super 6 exercises here as well as lots of other information.



FallsAssistant

Falls Assistant is a falls prevention and self-management tool specifically designed and created to help prevent falls, keep people steady on their feet and stay as independent as possible. It enables older people, their carers and family members to assess their own falls risk, and then provides tailored advice that will give them a plan to reduce their future risk of falls and fractures.



age Scotland

A range of helpful information from Age Scotland aimed at supporting wellbeing and health.



We would like to thank the following organisations for their help and support; Argyll & Bute HSCP, AGILE - the network for physiotherapists caring for older people, Age Scotland, Glasgow Caledonian University & Health Improvement Scotland. Concept & Storylines by Derek Laidler, (derek.laidler@nhs.scot) Professional Lead Physiotherapist, Argyll and Bute & Prof Brian Dolan OBE (brian@healthservice360.com), Director, Health Service 360. We would welcome feedback on this resource so please follow this QR link to complete a short survey.