

Time to find out more?



Safe & Sound is The Home Safety Scheme operated by Voluntary Action Epping Forest.

If you would like further information or wish to arrange a home safety check survey then contact our co-ordinator, **Steve Cox**

Tel: **01992 564259** Fax: **01992 564254**

e-mail: scox@vaef.org.uk

Safe & Sound

VOLUNTARY
ACTION
EPPING FOREST

Voluntary Action Epping Forest

Homefield House, Civic Offices

High Street, Epping, Essex CM16 4BZ

Voluntary Action Epping Forest

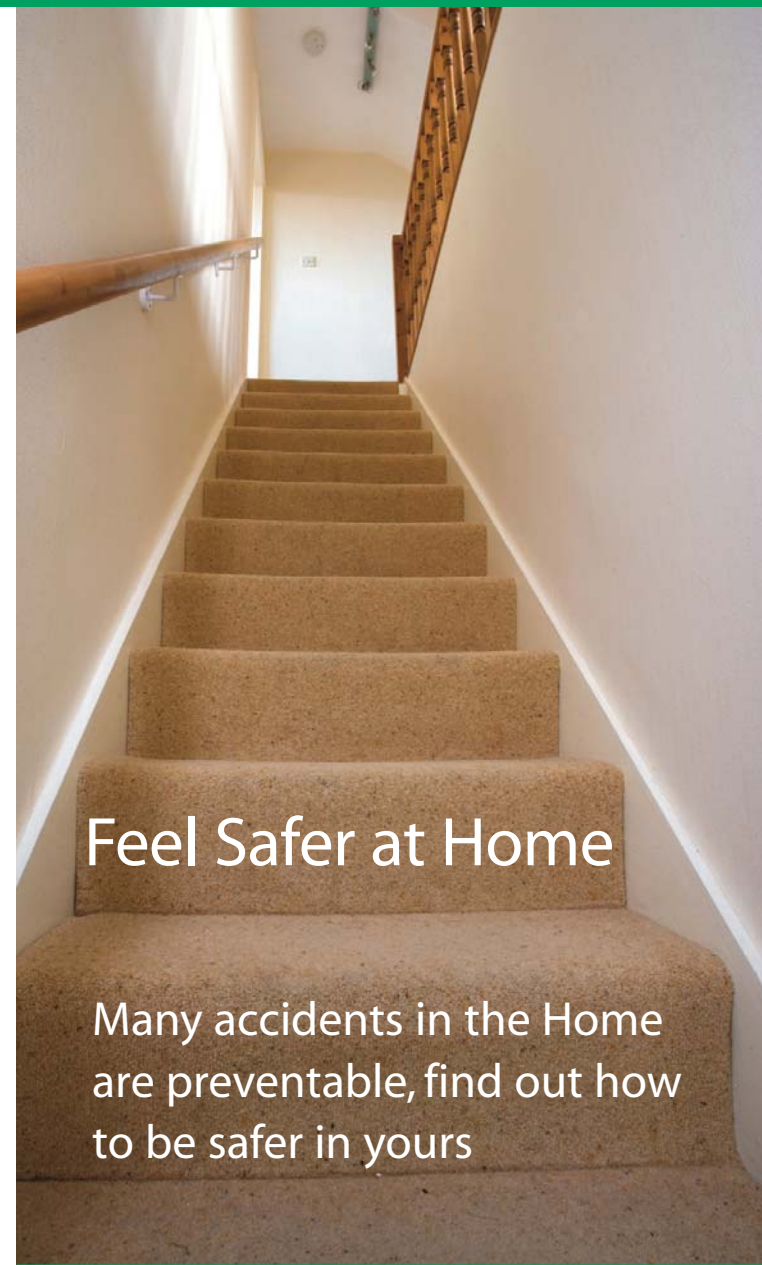
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PUTTING OUR COMMUNITIES FIRST


Epping Forest
District Council



Feel Safer at Home

Many accidents in the Home are preventable, find out how to be safer in yours

Safe & Sound

What Is Safe & Sound ?

Safe & Sound is a new scheme for Epping Forest to reduce the number of falls by older people in their homes whilst making sure the property is secure and safe against intruders. It is part of Epping Forest Falls Prevention Strategy and is funded by:

- **Essex County Council**
- **NHS West Essex**
- **Epping Forest District Council**
- **Epping Forest Safer Communities Partnership**

The Scheme is available to anyone aged 60 or over and living in the Epping Forest District.

For certain work, it does not matter whether you own your own home, are a council or private tenant, or live in sheltered accommodation.

To find out if you are eligible for this FREE service, please contact : **Steve Cox** on **01992 564259**

Telephone 01992 564259

How Can I Get Help ?

Just contact us - our co-ordinator Steve Cox (01992-564259) will make an appointment to visit you in your home. A survey will be carried out to identify any hazards which could cause a fall.

We also check smoke alarms, door chains and window locks to make sure your home is secure.

The co-ordinator will inform you of his findings and give advice to reduce the risk of you having a fall as well as how to make your premises more secure. If you agree, he will then arrange for the necessary actions to be carried out. Volunteers can carry out the work but certain jobs may need qualified contractors.

Falls Prevention Work includes:



- Fitting grab rails
- Fitting/adding additional stair rails
- Securing loose carpets
- Tidying trailing cables
- Raising furniture

Make Your Home a Fall Free Zone

Many accidents in the home are preventable. Slips, trips and falls account for half of all accidents involving older people.

Our aim is to reduce falls in the home by giving advice and carrying out minor repairs and improvements free of charge.

Security

Door and window locks can be fitted, door security

chains and door viewers are also available.

Advice regarding home security can also be given.



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