

Healthy Ageing Mapping Tool

West Dunbartonshire Health and Social Care Partnership, supporting adults to age well with strength, mobility, social connection and brain health.

Target group: adults aged 50 to 65 who are at 1 to 5 on the Dalhousie clinical frailty scale, from fully mobile and moving well through to mild deterioration in mobility and strength.

28

Keeping Active

Strength, balance, movement and everyday mobility.

7

Nutrition

Eating well to stay strong and resilient.

3

Hydration

Drinking enough, every day.

39

Social Connections

Staying involved, connected and in touch.

26

Thinking Skills

Keeping the brain engaged and active.

48

service and activity entries

7

practical resource entries

14

area categories

4

referral route categories

Clickable contents

Use the contents page and PDF bookmarks to move through the document.

Live contacts

Web links, email addresses and telephone numbers are clickable where supported by your PDF viewer.

Static PDF version

The original webpage filters are represented as pillar and index links, because PDF viewers do not reliably run webpage filtering scripts.

Contents

Use these links to jump to the main sections, pillar indexes, detailed service cards and resource links. PDF bookmarks are also available in your viewer's sidebar.

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48service and activity
entries**7**

practical resource entries

14

area categories

4

referral route categories

Details correct at time of compilation, please verify before referral.

Pillar quick finder

Select a healthy ageing pillar to view matching services and jump to the detailed entries.

Keeping Active

28 entries

Strength, balance, movement and everyday mobility.

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Nutrition

7 entries

Eating well to stay strong and resilient.

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Hydration

3 entries

Drinking enough, every day.

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Social Connections

39 entries

Staying involved, connected and in touch.

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Thinking Skills

26 entries

Keeping the brain engaged and active.

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48

entries mapped to pillars

39

entries covering multiple pillars

2

entries covering all five pillars

Area and referral indexes

A summary of where the 48 service and activity entries are delivered, and how people can be referred to them.

AREA INDEX	ENTRIES	REFERRAL ROUTE INDEX	ENTRIES
All West Dunbartonshire	14	Call or email	1
Balloch	1	Health professional referral	1
Broomhill	1	Self referral	42
Clydebank	3	Self referral or call for advice	4
Clydebank & surrounds	16		
Clydebank, Dumbarton, Alexandria	1	Details correct at time of compilation, please verify before referral. Go to service directory >	
Dalmuir	1		
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Dumbarton	5		
Dumbarton & Alexandria	1		
Dumbarton (open to all, with a carer)	1		
Knightswood	1		
Knightswood & Kirkintilloch	1		
Online (all West Dunbartonshire)	1		

Keeping Active

Strength, balance, movement and everyday mobility. This index links to the detailed service cards later in the document.

28 matching entries

11 areas or geographies

4 referral routes

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Nutrition

Eating well to stay strong and resilient. This index links to the detailed service cards later in the document.

7 matching entries

3 areas or geographies

2 referral routes

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Self-management advice and signposting

p. 11

WD HSCP Health Improvement | All West Dunbartonshire

Self-management advice and signposting

p. 11

NHS inform | All West Dunbartonshire

Community-based health services

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NHS inform / Scotland's Service Directory | All West Dunbartonshire

Food bank

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WD Community Foodshare | All West Dunbartonshire

Food banks and pantries

p. 13

Community Foodshare, Food for Thought, Old Kilpatrick Food Parcels, Faifley Food Share | All West Dunbartonshire

Gardening sessions

p. 14

Growchapel Allotments, Drumchapel (Central & West Integration Network) | Clydebank & surrounds

Centre 81, various activities

p. 15

Clydebank Housing Association | Clydebank

Hydration

Drinking enough, every day. This index links to the detailed service cards later in the document.

3 matching entries 1 areas or geographies 2 referral routes [Back to contents](#)

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WD HSCP Health Improvement | All West Dunbartonshire

Self-management advice and signposting **p. 11**
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Community-based health services **p. 12**
NHS inform / Scotland's Service Directory | All West Dunbartonshire

Social Connections

Staying involved, connected and in touch. This index links to the detailed service cards later in the document.

39 matching entries

12 areas or geographies

3 referral routes

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Thinking Skills

Keeping the brain engaged and active. This index links to the detailed service cards later in the document.

26 matching entries

9 areas or geographies

2 referral routes

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Service directory

Detailed service cards converted from the original interactive mapping tool. Contact links are clickable where supported.

Keeping Active

Social Connections

Thinking Skills

Ask Access, community information line

West Dunbartonshire CVS

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

TEL **0141 941 0886** (Mon to Fri, 10am to 3pm)EMAIL AskAccess@wdcvs.com

One front door for community information: what's on, local services and groups across West Dunbartonshire.

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Keeping Active

Nutrition

Hydration

Social Connections

Thinking Skills

Self-management advice and signposting

WD HSCP Health Improvement

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB [Local Health Improvement initiatives, WD HSCP](#)

Health Improvement initiatives offered by West Dunbartonshire HSCP.

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Social Connections

Thinking Skills

Crafting, reading and social groups

WDC Libraries

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB [Library branches | West Dunbartonshire Council](#)

Ask at your local branch for the latest programme.

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Keeping Active

Nutrition

Hydration

Social Connections

Thinking Skills

Self-management advice and signposting

NHS inform

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB www.nhsinform.scot

Recommended website for all health and wellbeing queries and advice.

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Keeping Active

Live Active, 1:1 and group classes

West Dunbartonshire Leisure

AREA SERVED

All West Dunbartonshire

REFERRAL

Health professional referral

CONTACT

WEB [Live Active Referral Scheme](#)

WEB [Discounted leisure for over-60s](#)

12-month programme with follow-up support to keep active, delivered at Alexandria, Dumbarton and Clydebank leisure centres.

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Keeping Active

Social Connections

Walking opportunities and routes

WD HSCP

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB [Walking, WD HSCP](#)

A range of walking routes and local organisations who can help you get started.

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Keeping Active

Exercise classes and swimming

West Dunbartonshire Leisure

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB [West Dunbartonshire Leisure](#)

Charges apply: pay as you go or monthly memberships.

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Thinking Skills

Learning opportunities

Working4U (WDC)

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB [Working4U | West Dunbartonshire Council](#)

Learning courses focused on finding work.

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Keeping Active

Nutrition

Hydration

Community-based health services

NHS inform / Scotland's Service Directory

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral or call for advice

CONTACT

WEB [Scotland's Service Directory](#)

Find health services such as pharmacy, dentist, GP, optician and sexual health clinics.

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Keeping Active

Social Connections

Walking groups, all areas

West Dunbartonshire CVS

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral or call for advice

CONTACT

WEB [Events and activities, WDCVS](#)

Walks in all areas including Clydebank, Alexandria, Old Kilpatrick and Dumbarton.

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[Social Connections](#)[Thinking Skills](#)

Volunteering opportunities

West Dunbartonshire CVS

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

EMAIL info@wdcvs.com

TEL **0141 941 0886**

Volunteering roles across West Dunbartonshire.

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Food bank

WD Community Foodshare

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

TEL **01389 764135**

TEL **0800 345 7050** (Freephone)

WEB **WD Community Foodshare**

Emergency food support for households in West Dunbartonshire.

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QUEST computer skills courses, all levels

WDC Libraries

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB **Computer courses | WDC Library branches**

Beginner to advanced computer skills, delivered through library branches.

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Food banks and pantries

Community Foodshare, Food for Thought, Old Kilpatrick Food Parcels, Faifley Food Share

AREA SERVED

All West Dunbartonshire

REFERRAL

Self referral

CONTACT

WEB **Emergency food aid | WDC**

The council's page brings together local food bank and pantry details.

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Hearing and hearing aid checks

RNID via WDC Libraries

AREA SERVED

Clydebank, Dumbarton,
Alexandria

REFERRAL

Self referral

CONTACT

EMAIL mandy.ferncombe@nhs.scot

WEB **RNID online hearing check**

Hearing and hearing aid checks in libraries, with an online hearing check also available.

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Chair yoga

Golden Jubilee

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL hotel@goldenjubilee.scot.nhs.uk

TEL **0141 951 5151**

Gentle, chair-based yoga at the Golden Jubilee.

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Gardening sessions

Growchapel Allotments, Drumchapel (Central & West Integration Network)

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral or call for advice

CONTACT

WEB [Projects & activities, CWIN](#)

The network also offers meals, knitting groups, gardening and more.

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Gardening sessions and volunteering

The Coach House Trust

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral or call for advice

CONTACT

TEL **0141 334 6888**

WEB [What we do, The Coach House Trust](#)

Gardening, greenspace and creative activities with volunteering opportunities.

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Dance and music classes for ASN adults

Aye Can Dae

AREA SERVED

Knightswood & Kirkintilloch

REFERRAL

Self referral

CONTACT

WEB [Aye Can Dae Activities | ALISS](#)

£5 per class; carer attends free.

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Line dancing classes

Knightswood Community SCIO

AREA SERVED

Knightswood

REFERRAL

Self referral

CONTACT

WEB [Shimmers Line Dancing | ALISS](#)

Sociable line dancing sessions in Knightswood.

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Walking football (50+)

Glasgow Life Sport

AREA SERVED

Drumchapel, Maryhill & Scotstoun

REFERRAL

Self referral

CONTACT

TEL **0141 287 5953**

WEB [Glasgow Life \(Sport\) | ALISS](#)

£5.25 per session.

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Walking football (50+)

Ardencaple FC

AREA SERVED

Dumbarton

REFERRAL

Self referral

CONTACT

EMAIL Euan.birss.ardencaple@gmail.com (Euan Birss)

TEL **07954 420778**

EMAIL David.wilkie353@outlook.com (David Wilkie)

TEL **07775 365995**

WEB [Ardencaple FC, Walking Football Scotland](#)

Fridays 9.30 to 10.30am, East End Park synthetic pitch, Glasgow Road, G82 1RE.

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Walking football (50+)

Dumbarton FC

AREA SERVED

Dumbarton & Alexandria

REFERRAL

Self referral

CONTACT

EMAIL stlang77@yahoo.co.uk (Stephen Lang)

WEB [Dumbarton FC, Walking Football Scotland](#)

Mondays and Thursdays 7.45 to 9pm, Argyll Park, Govan Drive, Alexandria, G83 0QE.

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Balloch health walk, various routes

Walk in the Park, Balloch

AREA SERVED

Balloch

REFERRAL

Self referral

CONTACT

WEB [Current walk programme \(PDF\)](#)

Wednesdays, meet 10.20am in front of Balloch Tourist Information Centre.

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Clydebank Men's Shed

Scottish Men's Sheds Association (Dalmuir branch)

AREA SERVED

Dalmuir

REFERRAL

Call or email

CONTACT

TEL [07866 625660](tel:07866625660) (Neil)

TEL [07938 751126](tel:07938751126) (Drew)

EMAIL mens.shed.clydebank@gmail.com

WEB [Clydebank \(Dalmuir\) branch](#)

Practical activities, company and skill-sharing at the Dalmuir shed.

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Centre 81, various activities

Clydebank Housing Association

AREA SERVED

Clydebank

REFERRAL

Self referral

CONTACT

TEL [0141 533 7070](tel:01415337070)

EMAIL reception@centre81.org

A community hub programme spanning food, movement and social activities.

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Yoga for all

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Mondays 10 to 11am and Thursdays 10 to 11am, Centre 81, Braes Avenue, Clydebank.

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Chair-based zumba, Feel Good Fridays

Asthma + Lung UK

AREA SERVED

Online (all West
Dunbartonshire)

REFERRAL

Self referral

CONTACT

WEB [Feel Good Fridays | ALISS](#)

Online, Fridays 10.30 to 11.30am.

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Pilates

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Tuesdays 10.30 to 11.30am.

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Tai chi

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Fridays 2 to 3pm.

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Circuit training

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Tuesdays 6 to 7pm.

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Stitch That sewing group

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Mondays 6.30 to 8.30pm.

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Kettlebells

Centre 81, Clydebank Housing Association

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

EMAIL info@clydebank-ha.org.uk

Thursdays 5.30 to 6.30pm.

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Art classes for people with dementia

Heart for Art (CrossReach)

AREA SERVED

Broomhill

REFERRAL

Self referral

CONTACT

WEB [Heart for Art | ALISS](#)

Virtual and in-person classes, with art packs available.

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Golden Friendships, lunch clubs and activities

Golden Friendships

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

WEB goldenfriendships.org

Daily sessions; small entrance fee.

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Chess club

Dumbarton Library

AREA SERVED

Dumbarton

REFERRAL

Self referral

CONTACT

TEL [01389 608992](tel:01389608992)

Weekly, Tuesdays 5.30 to 7.45pm.

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Every Voice community choir (dementia choir)

Alzheimer Scotland

AREA SERVED

Dumbarton (open to all, with a carer)

REFERRAL

Self referral

CONTACT

WEB [Every Voice community choir](#)

Every second Wednesday; tea and biscuits also served.

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Knitting group

Dumbarton Library

AREA SERVED

Dumbarton

REFERRAL

Self referral

CONTACT

TEL [01389 608992](tel:01389608992)

Weekly, Mondays 1 to 3pm.

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Reading group

Dumbarton Library

AREA SERVED

Dumbarton

REFERRAL

Self referral

CONTACT

TEL [01389 608992](tel:01389608992)

Second Wednesday of the month, 4 to 5.30pm.

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Football Memories

Dumbarton Library

AREA SERVED

Dumbarton

REFERRAL

Self referral

CONTACT

TEL [01389 608992](tel:01389608992)

Fortnightly on Mondays, 10.30am to 12pm.

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Clydebank Women Supporting Women

Clydebank Library

AREA SERVED

Clydebank

REFERRAL

Self referral

CONTACT

EMAIL clydebankwsw@gmail.com

TEL **07774 882763** (Dawn)

Saturdays, 11am to 1pm.

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Clydebank Ladies Choir

Dalmuir Barclay Church Hall, 1 Durban Avenue, Dalmuir, Clydebank, G81 4JH

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **0141 941 3988**

Mondays 7 to 9.30pm. Other activities run throughout the week, so it is worth calling for current details.

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Knit and Knatter

Clydebank Library

AREA SERVED

Clydebank

REFERRAL

Self referral

CONTACT

TEL **01389 738643** (Clydebank Library)

Thursdays, 2 to 4pm.

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Clydebank Local History Society

Dalmuir Barclay Church Hall, 1 Durban Avenue, Dalmuir, Clydebank, G81 4JH

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **0141 941 3988**

First and third Monday of the month, 7 to 9pm.

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Line dancing classes

His Family Church (formerly Radnor Park Church Hall), Spencer Street, Clydebank, G81 3AS

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **07817 119208** (Joan Hawkins)

Wednesdays 11.30am to 1pm beginners class (open to anyone, mainly adults aged 70 to 90); Wednesdays 7 to 9pm intermediate class, mainly for over-60s.

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Boccia, indoor ball sport

Dalmuir Barclay Church Hall, 1 Durban Avenue, Dalmuir, Clydebank, G81 4JH

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **0141 941 3988**

Tuesdays 1 to 3pm. Boccia is an indoor precision ball sport for people with disabilities. The aim is to throw, kick or use a ramp to position leather balls as close as possible to the white target ball (the jack). Open to wheelchair users, people with movement difficulties and older adults.

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Indoor bowls

Dalmuir Barclay Church Hall, 1 Durban Avenue, Dalmuir, Clydebank, G81 4JH

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **0141 941 3988**

Thursdays 10am to 2pm.

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Social Connections

Drop-in community cafe

Dalmuir Barclay Church Hall, 1 Durban Avenue, Dalmuir, Clydebank, G81 4JH

AREA SERVED

Clydebank & surrounds

REFERRAL

Self referral

CONTACT

TEL **0141 941 3988**

Thursdays 6.30 to 8pm and Fridays 11am to 1pm, at the same time as the pantry.

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Useful resources

Guides, packs and self-management tools that groups, practitioners and individuals can use directly.

Take 5 to Age Well

[All pillars](#)

Age Scotland

A pack with four sessions; each can stand alone or run in succession. Groups and organisations can deliver all or part of it; Health Improvement can support if needed. Self referral, West Dunbartonshire-wide.

[Information guides >](#) [Order the groups pack >](#)

Eat Well

[Nutrition](#)

Age Scotland

A practical guide to eating well in later life.

[Eat Well guide \(PDF\) >](#)

Hydration Matters

[Hydration](#)

Age Scotland

Why drinking enough matters as we age, and how to make it easier.

[Hydration Matters guide >](#)

Health and Wellbeing in Later Life

[All pillars](#)

Age Scotland

A broad guide covering health and wellbeing in later life.

[Read the guide >](#)

Keeping Active in Later Life

[Keeping Active](#)

Age Scotland

Practical ways to stay active and maintain strength and balance.

[Keeping Active guide \(PDF\) >](#)

Keeping Your Feet in Later Life

[Keeping Active](#)

Age Scotland

Foot health and staying steady on your feet.

[Keeping Your Feet guide \(PDF\) >](#)

Falls self-management tool

[Keeping Active](#)

NHS 24

An NHS-approved website to help assess and address falls risk, with simple exercises at levels 1 and 2. Self referral.

[Falls Assistant >](#)

About this tool

Purpose

The mapping tool supports appropriate referral and signposting to services, groups and organisations which can help adults and older adults age well and maintain strength, mobility and brain health as they age.

Each entry includes its activity, provider, area served, method of referral and contact details, and relates to at least one of the five pillars of healthy ageing.

- **Keeping Active:** strength, balance, movement and everyday mobility.
- **Nutrition:** eating well to stay strong and resilient.
- **Hydration:** drinking enough, every day.
- **Social Connections:** staying involved, connected and in touch.
- **Thinking Skills:** keeping the brain engaged and active.

Awaiting list from link workers, Janet, June 2026.

Wider directories

ALISS

A Local Information System for Scotland, search local groups and initiatives near a postcode.

www.aliss.org >

Scotland's Service Directory

NHS inform's national directory of health services, including GP, pharmacy, dental and optician services.

[View the directory](#) >

Details correct at time of compilation, please verify before referral.

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