

What You Need To Know

Our address is:

The South Gloucestershire Falls Service
Downend Clinic
Buckingham Gardens
Downend.
Bristol
BS16 5TW

Telephone: **0300 124 5859**

Our Clinics are held at:

Cossham Hospital
Lodge Road
Bristol
BS15 1LF

Thornbury Hospital
Eastland Road
Thornbury
Bristol
BS35 1DN

Please note

Parking at Cossham Hospital is pay and display.
There is limited disabled parking.



For more information / Accessibility

t: 0300 124 5300*

This leaflet can be provided in other formats
and languages, please contact us
for more information.

e: askSirona@sirona-cic.org.uk

w: www.sirona-cic.org.uk



*Calls from landlines are charged up to 10p per minute;
calls from mobiles vary, please check with your network provider.
This is not a premium-rate number.

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Registered Office:
Sirona care & health CIC, 2nd Floor, Kingswood Civic Centre
High Street, Kingswood, Bristol BS15 9TR
Company Number: 07585003



The South Gloucestershire Falls Clinic

Information for Patients

Service provided by

Sirona care & health

What You Need To Know

The Falls Service

The Specialist Service is for people who have had one or more of the following:

- Balance problems
- Concerns about falling
- A Fall

We aim to:

- Identify reasons for your falls and balance problems
- Work with you to find solutions
- Improve your independence and confidence
- Provide you with advice and information
- Assess whether you are at risk of osteoporosis (thin bones)

Our Team

- Administrative staff
- Nurses
- Occupational Therapists
- Physiotherapists
- Therapy Assistants

Your Assessment

Your assessment will be with the Nurse and or the Physiotherapist. It will take approximately 60 to 90 minutes.

We will work together to agree a plan of action with you, including any further appointments that are required.

You are welcome to have carers or relatives with you for your appointment.

Investigations that may be completed include:

- Blood pressure
- Blood tests
- Balance tests



Most appointments are offered at the clinic.

You may be offered a visit at your home by an Occupational Therapist who will look at ways of making every day activities easier and a home safety assessment.

We also provide balance and strength exercise groups at various venues in South Gloucestershire; we may suggest that attending a course would be beneficial.

If you are unable to attend or do not require an appointment, please contact us as soon as possible. Your appointment can then be offered to another person.

If you have any questions about your appointment, feel free to contact us.

Please can you bring with you any paperwork we have sent you.

Telephone: **0300 124 5859**