

# Stay Steady Virtual Clinic

Have you had a fall in  
the last year?

Do you need to use your  
hands to get up from a chair  
or ever feel unsteady on  
your feet?

Does a fear of falling stop  
you taking part in activities  
or doing daily tasks?



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

**If you answered yes to any of these, then contact us to get advice on managing the risk of falls.**

Call us on 029 2183 2552

Or email us:

[staysteady.cardiff@wales.nhs.uk](mailto:staysteady.cardiff@wales.nhs.uk)

Leave us your details and we will contact you within a few days.

Stay Steady clinics offer consultations with a falls specialist physiotherapist which can be done over the phone or a secure video link.

Stay  Steady