

HELP SHAPE RESEARCH TO PREVENT FALLS AT HOME

Join the HERON Involvement Group



HERON

Research to prevent falls at home



What is HERON?

HERON is a research project with The Universities of Nottingham and Lincoln about preventing falls for older people who receive care or support at home.

It will adapt the successful *Action Falls* training for use with home care staff, especially in rural and coastal communities.

Who can join?

- Older people using home care
- Family, friends or unpaid carers
- Home care workers or care professionals
- People who have fallen or are worried about falling

No research experience is needed

What will I do?

- Share your experiences and ideas
- Review project information
- Help understand what the results mean
- Suggest improvements
- Help create accessible resources

Your experience can help older people stay safe, confident and independent at home in Lincolnshire and beyond.

Meetings & Support

Meetings about every 3 months.

Tell us what would help you take part.

Help us decide whether future meetings are online or face to face.

Payment

People sharing lived experience can be paid. We can also cover agreed expenses.

See website for payment details.

Welcome meeting

Date: Fri 16th October 2026

Time: 11am – 12pm

Location: online (Teams)

If you cannot attend, we can arrange a chat.

Interested in joining?

Contact Vicky Thomson at Every-One

Call: 01522 811 582

Email: co-production@every-one.org.uk

Read the full invitation



Scan the QR code or visit:

www.every-one.org.uk/what-we-do/heron

**We will explain everything clearly and support you throughout.
You choose how much or how little you get involved.**