

Keeping Well in Winter



Looking After Yourself:

- **Get a FREE flu jab if you are over 65 or in a high risk group.** Ask your GP/local pharmacist for details.
- **Check daytime & bedroom night time temperature.** Maintain at minimum 18 - 21 degrees celsius. If you are restricted to one room make sure you can maintain it at the minimum temperature. (Seek local service support if necessary)
- **Keep active. Get up and move around regularly, remove hazards that may cause a trip or fall.**
- **Dress warmly, eat hot food & take warm drinks.**
- **Make sure slippers, shoes & boots are a snug fit & have non-slip soles.**
- **If you have health concerns call your GP or 111.**
- **Ensure you are stocked up on medication & food.** Order prescriptions/groceries in advance, or ask friends & relatives. Contact the Foodbank on 07542 102649 in an emergency.
- **Find reliable health info online at NHS Choices.** www.nhs.uk/staywell



Going outdoors:



- **Tune into the local weather forecast.** www.metoffice.gov.uk/public/weather/forecast/gcq99p7dd
- **If you have to go out dress warmly & wear non-slip footwear, hat, gloves & scarf to cover mouth.**
- **Tell someone where you are going & what time to expect you back. If you have a mobile phone, keep it with you at all times, keep it charged & ensure emergency contact numbers are on speed dial.**



- **Take the weather into account when planning outdoor activities.** Avoid exposing yourself to cold & icy conditions if you are at higher risk of illness or falls.
- **If essential, discuss with friends & neighbours about clearing snow from outside your home.**



Have your home prepared:

- **Bromsgrove Energy Efficiency Fund.** Help with heating/insulation for homeowners with low or fixed incomes. Contact Act on Energy below.
- **Contact Act on Energy for free, impartial household energy advice to keep warm & save money.** 0800 988 2881
- **Contact Age UK for a FREE home energy check with £90 of FREE equipment to make your home warmer.** 01527 871840
- **Check your heating is working & get it serviced annually by a qualified Gas Safe engineer.** www.gassaferegister.co.uk
- **Have your chimney swept at least once a year to reduce the risk of chimney fires.**
- **Contact your local fire service for FREE home fire safety advice.** 0800 032 1155
- **Get electric blankets tested, test smoke alarms weekly & change batteries annually.**
- **Make sure you can access sufficient fuel supplies.** Book oil, gas, LPG or log deliveries in advance.
- **Always have a torch ready in case of emergencies.**
- **Protect your pipes from freezing, draught proof around your windows & doors avoiding blocking ventilation points.** Contact AgeUK Handyman services 01527 570490 / 871840
- **Warmer Winter Events at Parkside Library:** 9.30-1pm 7th Dec/18th Jan/15th Feb/15th March. Bring along an energy bill & receive money saving tips.
- **Check if you are entitled to the Winter Fuel Payment.** www.gov.uk/cold-weather-payment

New Horizons

Services for Bromsgrove's over 50s



Connect

Give

Healthy & Safe

Learn

Be Active



Winter Edition 2016



Useful contacts

Act on Energy (Free, impartial advice on lowering household energy bills.): **0800 988 2881**
www.actionenergy.org.uk

Active Lives, Active Minds (Companionship & emotional support through weekly one to one visits or a group environment) **Contact Age UK below**

Age UK (brwf) (Advice, support & info for over 50s):
01527 570490 / 871840 enquiries@ageukbrwf.org.uk
www.ageuk.org.uk/brwf/

Alzheimers Society: **01905 621868**
www.alzheimers.org.uk

Artrix (Theatre, cinema, music & comedy):
01527 577330 www.artrix.co.uk

Arts Development Service (What's going on in your local area): **Huw Moseley 01527 881381**
h.moseley@bromsgroveandredditch.gov.uk

Avoncroft Arts Society (Painting, drawing, pottery & textile classes): **01527 833829**
www.avoncroftarts.org.uk

Bromsgrove and Redditch Network (BARN)
(Your local Volunteer Centre - help others, meet new people, stay healthy & active): **01527 60282**
www.barn.org.uk/volunteer

Bromsgrove Churches Together (CiTB)
(Activities, info & spiritual support):
www.churchestogetherinbromsgrove.org.uk

Bromsgrove Community Safety Team
(Crime reduction advice): **01527 534187**
www.bromsgrove.gov.uk/contacts/community-safety

Bromsgrove Urban & Rural Transport (BURT):
01527 534191 www.bromsgrove.gov.uk/contacts/burt-community-transport

Citizens Advice: **0344 411 1303** (Local rate)
/0300 330 0650 (mobiles)
enquiries@bromsgrovecab.cabnet.org.uk

Crosslinks (Befriending):
www.bromsgrovemethodist.org.uk/crosslinks

Dayplus (Daytime activities for 60+ on Wednesdays at Shenstone Court): **0800 0850 160** www.bdht.co.uk

Deaf Direct: **01905 746301** www.deafdirect.org.uk

Dementia Café (Birmingham Rd): **01905 621868**

Fire Service (Free home fire safety advice):
0800 032 1155 www.hwfire.org.uk/safety-and-advice

Getting Online (Signposting, support & advice learning to get online): **0800 0850 160**
digitalinclusion@bdht.co.uk

Healthwatch (Independent consumer champion, giving public & patients a voice): **01386 550264**
www.healthwatchworcestershireshire.co.uk

HOW College (Courses & activities):
0844 880 2500 www.howcollege.ac.uk

Keep Active (Support, advice & signposting to appropriate local activities/exercises):
Call Hayley Gwilliam on 01527 881404
hayley.gwilliam@bromsgroveandredditch.gov.uk
www.bromsgrove.gov.uk/things-to-do

Libraries and Learning: **01905 822722**
www.worcestershireshire.gov.uk/libraries

Life After Stroke Centre: **01527 903903**
www.stroke.org.uk/finding-support/activities-life-after-stroke-centre

NewStarts (Good quality used furniture & PCs - buy or donate): **01527 882410** www.newstarts.org.uk

NEW Lifeline Community Alarm (24hr peace of mind at the touch of a button): **01527 534060**
www.bromsgrove.gov.uk/contacts/new-lifeline

NHS (Non-emergency): 111

Older People's Forum (Local people, local voices):
01527 876293 mary@hedgehog-art.co.uk

Onside Advocacy (Free access & support about your rights): **01905 27525** www.onside-advocacy.org.uk

Police (Non-emergency): 101

Reconnections (Tackling loneliness & isolation):
01905 740594 www.reconnectionsservice.org.uk

Redditch and Bromsgrove Dementia Friends Together (An Alzheimer's Society community action group): www.redditchandbromsgrovefriends.org.uk

Shopmobility: **01527 837736**
www.bromsgrove.gov.uk/contacts/shopmobility

Sight Concern:
01905 723245 www.sightconcern.co.uk

Silver Line (24hr confidential helpline offering information, befriending calls & advice):
0800 470 8090 www.thesilverline.org.uk

Stroke Helpline:
0303 3033 100 www.stroke.org.uk

Trussell Trust Foodbank
(Emergency food supplies): **07542 102649**
www.catshillmaribrook.foodbank.org.uk

University of the 3rd Age (Share knowledge, experience, talents): <http://u3asites.org.uk/bromsgrove/events>

Walking for Health: **01527 871571**
www.walkingforhealth.org.uk/walkfinder/west-midlands/bromsgrove-walks-for-health

Wellbeing Hub (Info/signposting service for anyone experiencing low mood, anxiety or stress):
01905 766124 www.hacw.nhs.uk/wellbeinghub

Worcestershire Integrated Carers Hub (Do you look after a family member or friend that needs help?):
0300 012 4272 www.carersworcs.org.uk

Your Life, Your Choice (Info & advice about adult social care & health services in Worcestershire):
<https://ylc.worcestershire.gov.uk>