

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 your 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
- **Check if you are entitled to the Winter Fuel Payment.** www.gov.uk/cold-weather-payment
- **Is your home secure?** For crime prevention advice contact Community Safety on 01527 534187



New Horizons

Services for Bromsgrove's over 50s



Connect

Give

Healthy & Safe

Be Active

Learn



Winter Edition 2017



Useful contacts

Act on Energy (Free, impartial advice on lowering household energy bills): **0800 988 2881**

www.actonenergy.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](http://www.bromsgrove.gov.uk/contacts/community-safety)

BURT - Bromsgrove's Community Minibus:

01527 585893 www.burtrides.org.uk

Rural Rides (Community car scheme): **01527 879290**

www.royalvoluntaryservice.org.uk

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 on Wednesdays at Shenstone Court): **0800 0850 160** www.bdht.co.uk

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

Dementia Café (St John Ambulance Station, B61 0EX. 3rd Thursday of the month, 2 - 3.30pm. We also offer carers info, support & programmes): **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

BDHT Community I.T Classes: 0800 0850 160

drivingfuture@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):

Hayley Gwilliam 01527 881404

hayley.gwilliam@bromsgroveandredditch.gov.uk

www.bromsgrove.gov.uk/things-to-do

Tai Chi for Dementia (Amphlett Hall, Fridays 10am. £3pp, carers free): **Contact Hayley Gwilliam above**

Libraries and Learning: 01905 822722

www.worcestershire.gov.uk/libraries

Life After Stroke Centre: 01527 903903

www.stroke.org.uk/finding-support/life-after-stroke-centre-bromsgrove

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

Non-emergency: NHS 111 Police 101

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

Reconnections (Tackling loneliness & isolation): **01905 740594** www.reconnections-service.org.uk

Redditch and Bromsgrove Dementia Friends Together (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 info, befriending calls & advice): **0800 470 8090**

www.thesilverline.org.uk

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

Talking Newspaper: 01527 451292

mmountford@blueyonder.co.uk

Trussell Trust Foodbank

(Emergency food supplies): **07542 102649**

www.catshillmarlbrook.foodbank.org.uk

University of the 3rd Age (Share knowledge, experience, talents): **01527 870449**

<http://u3asites.org.uk/bromsgrove/events>

Walking for Health: 01527 871571

[https://www.walkingforhealth.org.uk/walk/
search/Bromsgrove%2CWorcestershire](https://www.walkingforhealth.org.uk/walk/search/Bromsgrove%2CWorcestershire)

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

Bromsgrove Carers Group (Crabtree Court, Parkwood Rd, B61 8UA. Last Wednesday of each month, 2 - 3.30pm): **0300 012 4272**

Your Life, Your Choice (Info & advice about adult social care & health services in Worcestershire):

<https://ylyc.worcestershire.gov.uk>