

GREY MATTERS

Warm homes healthy people edition

Welcome to the first full colour edition of Grey Matters. This issue is sponsored by the Warm Homes Healthy People Project and as well as news about our Forum is packed with information on how to stay warm and healthy this winter

The Winter Home Check Service includes full assessment of the home to identify how to keep it warm, and can provide help with small works such as reducing draughts, improving insulation, clearing gutters, lagging pipes, clearing chimneys, providing additional temporary heating. To find out if you qualify for this service contact Social Care Direct by telephone on 0345 60 80 191 or email: socialcaredirect@eastsussex.gov.uk

Wealden District Council may be able to help with costs for insulation or boiler repairs, contact: Downs Insulation – 01444 460119.

The council also provides grants for emergency repairs such as boiler breakdowns. To apply you must meet their eligible criteria and be over 60 and on an income related benefit. For more information call Wealden District Council's Home Repairs Assistance Grant line on 01323 443322.

SPRING ONLINE: BEST EVENT AWARD FOR SILVER SURFERS DAY 2012

For the second year we took part in Spring Online by holding an event for Silver Surfers Day. We asked Heathfield Community College if they would help with our event this year, and host an afternoon event aimed at helping people to use Skype, Facebook and Twitter.

20 participants turned up on the day – the rest probably having been put off by the foul weather! All were welcomed by the College staff, and students were allocated to them according to which subject they were particularly interested in learning about. There

was a real buzz for the whole duration, and the participants said that they would have liked to be able to spend a lot more time with the students. Information Packs were prepared by WSCP and given to all participants to take home. These contained guides to Skype, Facebook and Twitter which had formed the basis of what the students taught in the sessions. Thus there would be no “Now what was it I had to do?” moments when participants got home.

The intergenerational nature of the event worked really well, with a lot of mutual respect between participants and students and some really positive feedback at the end of the sessions, and a hope that there would be similar sessions in the future. One lady told us her grandchildren had set up both Skype and Facebook on her computer, but she didn't have a clue how to use them. By the end she could use both! Several people told us they desperately wanted to use Skype to keep in contact with family living a long way away, but had not been able to pluck up the courage to download and use it. They all went away with big smiles on their faces and were anxious to get home to try out their new skills. The Librarian at the college said “It's been a brilliant afternoon – both the students and the older people seem to have really enjoyed themselves.”

A few weeks later we heard that our event had been selected as one of the six finalists for the Spring Online Best Event Award.

In September our Events Organiser, Carol Hodge, (pictured above in the centre) together with Committee Member Jackie Jackson (left), attended the Awards Ceremony at the BT Tower in London and were presented with a Highly Commended certificate by the Guest of Honour, Esther Rantzen.



Visit our website: www.wealden-scp.org

Keeping warm keeps you well, but being cold in your home can make you ill



Being snug and cosy in your home will help protect your health. Being cold is not just uncomfortable: did you know that sitting or sleeping in cold rooms increases the chances of you becoming ill and needing to go into hospital?

Being too cold can cause serious problems for your breathing and lead to bad chests.

Sitting for long periods of time in a cold home puts pressure on your heart and blood circulation. This can lead to very serious problems such heart attacks and strokes. Make sure you keep warm and cosy in your home and protect your health this winter.

A cosy cuppa will help keep you warm



Having plenty of hot drinks like tea, coffee or hot water will help to keep you warm.

Only boil as much water as you need and this will save you money too!

Don't let cold catch you out – have some food in the house

Eating properly plays a really big part in keeping warm and well in winter. Hot meals and drinks will give you extra warmth and energy that will help protect you against the harm to health caused by being cold.

So, check the weather forecast and don't be caught out by the cold. Stock up on frozen, tinned or dried foods to ensure you can always make a hot meal if the weather turns bad.

A hot meal a day helps to keep the cold away

Eating properly plays a really big part in keeping warm and well in winter.

It is really important to have at least one hot meal per day and plenty of hot drinks like tea, coffee or even hot water.

Hot meals and drinks will give you extra warmth and energy that will help protect you against the harm to health caused by being cold.



Sleeping in a cold room can be bad for your health

Keeping snug and cosy while you sleep will protect you from becoming ill due to the cold.

Being cold is not just uncomfortable, did you know that sleeping in cold rooms increases the chances of you becoming ill and needing to go into hospital?

Your GP will tell you that being too cold can cause serious problems for your breathing and may lead to bad chests. It also puts pressure on your heart and blood circulation. This can lead to very serious problems such heart attacks and strokes.



Protect yourself this winter – have your flu jab



Having your flu jab could stop you being seriously ill this winter. Flu is much more serious than a cold; it often leads to a hospital stay and can be fatal!

Protect yourself by making sure that you get your flu jab. If you are over 65 years old or have a long term health condition, this is FREE. Call your Doctor today or ask a carer to ensure you get yours!

Make sure you can get your medicines if the weather turns cold

Your medicines help to keep you well and you don't want to run out if the weather is bad.

If bad weather is forecast, make sure you have the medicines you need in case you cannot go out of the house or check with the people who normally get them for you.

Do you know the room temperature for good health?

Keeping snug and cosy will protect you from becoming ill due to the cold. Your GP will tell you that being too cold can cause serious problems for your breathing and may lead to bad chests. It also puts pressure on your heart and blood circulation. This can lead to very serious problems such heart attacks and strokes. To keep warm and well your living room or where you sit should be 21 degrees and your bedroom or where you sleep should be 18 degrees.



Struggling to keep warm ? – you may be able to get some help

Keeping snug and warm in your home is vital to protect your health.

Did you know you may be entitled to free or discounted schemes to improve heating, insulation or help with checking you are getting the lowest charges for gas and electric? You may even be entitled to extra benefits.

Anyone needing advice on energy efficient schemes, debt or benefits should call 01825 764940 or visit www.bigenergyweek.co.uk

Are you getting all you are entitled to?

Keep warm and cosy this winter by checking if you can get extra benefits or help to insulate your home from the cold.

For details of schemes where financial help is available to all irrespective of income call the Energy Efficiency Hotline on 01323 443321. Grants of up to 100% of the cost of works may be available to qualifying households.



Get free advice on saving energy at home

For FREE independent help and advice on how to save energy in your home, call **0300 123 1234**

Monday to Friday 9am to 8pm; Saturday 10am to 2pm

Top Tips for keeping warm this winter

- Check you are up-to-date with any recommended immunisations, for example a seasonal flu jab. Speak to your GP for further information
- Keep smoke alarms in working order
- Ensure you have an adequate supply of any essential prescriptions and order them in good time
- Stock up with a few non-perishable items of food so you don't need to go out if it becomes icy. You can freeze semi-skimmed milk in plastic bottles
- Keep some salt or sand gritting mixture for sprinkling on pathways and door steps in case it becomes icy outside
- Shut curtains at dusk to help to keep as much warmth inside the home as possible
- Wear several thin layers rather than one chunky layer as it should keep you warmer
- Keep warmer at night by wearing warm clothing in bed
- Use a hot water bottle or an electric blanket at night in bed but never at the same time
- Drink warm drinks regularly
- Eat at least one warm meal a day. This will help provide energy as well as warmth
- Keep as active as possible. If it is difficult to move around, move your arms and wiggle fingers and toes to help get circulation going
- Wear thermals to trap as much warmth as possible
- Aim to keep occupied rooms heated at around 18-21C (64-70F). Ideally keep the main living room you use heated at 21C
- Use the timer and thermostat on the heating system
- Keep doors closed to help reduce draughts, and use a door draught excluder (sausage) along the bottom of the door
- Wear a coat, hat, gloves, scarf and wear shoes or boots with a non-slip sole when you go outside

The Wealden Senior Citizens' Partnership is a member of ESSA - The East Sussex Seniors' Association - "The Voice of Older People"



PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW IF YOU WOULD LIKE TO RECEIVE OUR NEWSLETTER ON A REGULAR BASIS OR TO REMOVE YOUR NAME FROM OUR CIRCULATION LIST

YOUR NAME.....TELEPHONE/EMAIL.....

YOUR ADDRESS.....POSTCODE.....

PLEASE ADD MY NAME TO/REMOVE MY NAME FROM THE MAILING LIST (delete as appropriate)

Detach and return this slip to the Secretary, Linda Graham, Wealden Senior Citizens' Partnership, 5 Rectory Field, Hartfield, TN7 4JE. Tel: 01892 770487, email: lindagraham@wealden-scp.org