

Keeping Well in Winter



- 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 support from Act on Energy)
- **Keep active.** Get up & move around regularly, remove hazards that may cause a trip or fall.
- If you have health concerns call your GP or 111.
- **Ensure you are stocked up on medication & food.** Contact the Foodbank on 07542 102649 in an emergency. For prescriptions contact your local pharmacy/GP in advance.
- **Find reliable health info online at NHS Choices.** www.nhs.uk/staywell
- 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, keep it charged & ensure emergency contact numbers are on speed dial.
- Consider the weather when planning outdoor activities. Avoid exposing yourself to cold & icy conditions if you are at high risk of illness or falls.
- Tune into the local weather forecast. www.metoffice.gov.uk/public/weather/forecast/gcq99b7dd
- Check your heating is working & get it serviced annually by a qualified Gas Safe engineer. www.gassaferegister.co.uk
- Hereford & Worcs Fire and Rescue Service offer **FREE** Safe and Well Checks/Home fire safety advice. 0800 032 1155
- 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
- Age UK (brwf) offer services which will help support people to stay safe and independent in their home. For further information & advice: 01527 570490 enquiries@ageukbrwf.org.uk

Little things - big difference



Are you 50+?
Do you need an extra hand to make life easier?
We offer a flexible service working around your needs *
*This is a chargeable (non-profit making) service operating across North Worcestershire

Free Information and Advice At Home with
Call 01527 871840
www.ageuk.org.uk/brwf
ageuk
Bromsgrove, Redditch & Wyre Forest
Registered Charity No. 1165891

What can I do to prevent a fall?

Every year about a third of people aged over 65 slip, trip or fall. To reduce your risk of falling and improve your confidence visit www.nhs.uk/conditions/falls/prevention & follow the tips below:

Keep Active

- Aim to be active for 30 minutes, 5 times a week e.g. brisk walking - 10,000 steps a day.
- Older adults at risk of falling should also do activities to improve balance and coordination on at least two days a week, e.g. Tai Chi/Yoga.

Strength and Balance Classes: Help with falls prevention & keeping yourself active. Please contact Pat on 01527 548203 for details.

Various Health Walks run in the local area. Call 01527 871571 www.walkingforhealth.org.uk/walkfinder

Age UK(brwf) offer a "foot care" service. For further information & advice contact 01527 570490 enquiries@ageukbrwf.org.uk

New Horizons Services for Bromsgrove's over 50s



Be Active
Connect
Give
Healthy & Safe
Learn



Winter Edition 2018

Useful contacts

Act on Energy (Free, impartial advice on affording energy bills & keeping your house warm):
0800 988 2881 www.actonenergy.org.uk

Age UK (BRWF) (Advice/support/info plus a range of services & activities for over 50s, including Bromsgrove Men In Sheds): **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

Bluwave Community Transport
Contact Celia: **01527 759650**

Bromsgrove Carers Group For more details
Contact Maureen Oliver: **01905 751348**

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 Knowledge Bank (Directory of local services) www.bromsgrove.gov.uk/knowledgebank

Bromsgrove Sport & Leisure Centre
01527 916434 www.everysportactive.com

BURT - Bromsgrove's Community Minibus:
01527 585893 www.burtrides.org.uk

CTWF Rural Rides (Community car scheme):
01299 405820 www.ctwyre.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
bromsgrovebefriending@gmail.com

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

Foodbank (Catshill Baptist): **07542 102649**
www.catshillbaptist.org.uk/mission/catshillbaptist-foodbank

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):
Contact **Hayley Gwilliam** above

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

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

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

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

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.reconnectionsservice.org.uk

Redditch and Bromsgrove Dementia Friends Together (Alzheimer's Society community action group):
www.dementiavoices.org.uk/group/redditch-and-bromsgrove-friends-together

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

University of the 3rd Age (Share knowledge, experience, talents): **01527 870449**
<http://u3asites.org.uk/bromsgrove/events>

Walking for Health: **01527 871571**
www.walkingforhealth.org.uk/walkfinder

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