

## 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](http://www.nhs.uk/staywell)



### Going outdoors:

- **Tune into the local weather forecast.** [www.metoffice.gov.uk/public/weather/forecast/gcq99p7dd](http://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](http://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](http://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](http://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](mailto:enquiries@ageukbrwf.org.uk)  
[www.ageuk.org.uk/brwf/](http://www.ageuk.org.uk/brwf/)

**Alzheimers Society:**

**01905 621868** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Artrix** (Theatre, cinema, music & comedy):

**01527 577330** [www.artrix.co.uk](http://www.artrix.co.uk)

**Arts Development Service** (What's going on in your local area): **Huw Moseley 01527 881381**

[h.moseley@bromsgroveandredditch.gov.uk](mailto:h.moseley@bromsgroveandredditch.gov.uk)

**Avoncroft Arts Society**

(Painting, drawing, pottery & textile classes):

**01527 833829** [www.avoncroftarts.org.uk](http://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](http://www.barn.org.uk/volunteer)

**Bromsgrove Churches Together (CiTB)**

(Activities, info & spiritual support):

[www.churchestogetherinbromsgrove.org.uk](http://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](http://www.burtrides.org.uk)

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

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

**Citizens Advice: 0344 411 1303 (Local rate)**

**0300 330 0650 (Mobiles)**

[enquiries@bromsgrovecab.cabnet.org.uk](mailto:enquiries@bromsgrovecab.cabnet.org.uk)

**Crosslinks** (Befriending):

[www.bromsgrovemethodist.org.uk/crosslinks](http://www.bromsgrovemethodist.org.uk/crosslinks)

**Dayplus** (Daytime activities on Wednesdays at Shenstone Court): **0800 0850 160** [www.bdht.co.uk](http://www.bdht.co.uk)

**Deaf Direct: 01905 746301** [www.deafdirect.org.uk](http://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](http://www.hwfire.org.uk/safety-and-advice)

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

**BDHT Community I.T Classes: 0800 0850 160**

[drivingfuture@bdht.co.uk](mailto:drivingfuture@bdht.co.uk)

**Healthwatch** (Independent consumer champion, giving public & patients a voice): **01386 550264**

[www.healthwatchworcestershireshire.co.uk](http://www.healthwatchworcestershireshire.co.uk)

**HOW College** (Courses & activities):

**0844 880 2500** [www.howcollege.ac.uk](http://www.howcollege.ac.uk)

**Keep Active** (Support, advice & signposting to appropriate local activities/exercises):

**Hayley Gwilliam 01527 881404**

[hayley.gwilliam@bromsgroveandredditch.gov.uk](mailto:hayley.gwilliam@bromsgroveandredditch.gov.uk)

[www.bromsgrove.gov.uk/things-to-do](http://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](http://www.worcestershire.gov.uk/libraries)

**Life After Stroke Centre: 01527 903903**

[www.stroke.org.uk/finding-support/life-after-stroke-centre-bromsgrove](http://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](http://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](http://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](mailto:mary@hedgehog-art.co.uk)

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

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

**Redditch and Bromsgrove Dementia Friends Together** (Alzheimer's Society community action group): [www.redditchandbromsgrovefriends.org.uk](http://www.redditchandbromsgrovefriends.org.uk)

**Shopmobility: 01527 837736**

[www.bromsgrove.gov.uk/contacts/shopmobility](http://www.bromsgrove.gov.uk/contacts/shopmobility)

**Sight Concern: 01905 723245**

[www.sightconcern.co.uk](http://www.sightconcern.co.uk)

**Silver Line** (24hr confidential helpline offering info, befriending calls & advice): **0800 470 8090**

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Stroke Helpline: 0303 3033 100** [www.stroke.org.uk](http://www.stroke.org.uk)

**Talking Newspaper: 01527 451292**

[mmountford@blueyonder.co.uk](mailto:mmountford@blueyonder.co.uk)

**Trussell Trust Foodbank**

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

[www.catshillmarlbrook.foodbank.org.uk](http://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>

**Wellbeing Hub** (Info/signposting service for anyone experiencing low mood, anxiety or stress):

**01905 766124** [www.hacw.nhs.uk/wellbeinghub](http://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](http://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>