

With the cold weather approaching it can be difficult for older people to keep warm and heat their home.

Age UK tells us that each winter one older person dies every seven minutes from the cold weather. Many older people become seriously ill due to living in a cold home.

It is because of this that Age Concern Thurrock has decided to support the Age UK Warm Home campaign by encouraging groups and clubs to knit or crochet a warm home (as pictured). We will use these to mount an exhibition in February to highlight the plight of older people in our borough and nationally.



If you or your group are interested in knitting a warm home please phone (01375 389872) or call in at the Beehive and we can supply a pattern. Alongside this we have our Winter Packs of useful information available to those who would like them and help and support to enable you to claim the benefits that you are entitled to if you do not already receive them. Please call us to discuss issues which may concern you and we will do our best to help.

Some tips to help you to keep healthy this winter:

1. Have your flu jab every year.

If you are over 65 or have certain health conditions you can get the jab for free. The vaccine takes up to ten days to take effect, so have it early on in the winter. Many doctors in Thurrock have already sent out invitations to their patients. If you qualify for the flu jab and have not received an invitation then contact your GP.

2. Check that you've had a 'pneumo' jab

This is a one-off jab that helps protect you against pneumonia. If you're over 65 and haven't had one, ask your GP about it.

3. Wash your hands

Good hand hygiene is a simple way to prevent the spread of flu. Wash your hands regularly and clean surfaces like your keyboard, telephone and door handles regularly to get rid of germs.

4. Get Active

Staying active is not only essential for your wellbeing and fitness, it also generates heat and helps to keep you warm. When you're indoors, try not to sit still for more than an hour.

5. Be prepared

Order repeat prescriptions in plenty of time, especially if bad weather is forecast and ask your local pharmacy if they offer a prescription pick-up and delivery service.

6. Keep in touch with people

It's not unusual to feel a bit down in the winter, if you are finding it difficult to get out and see friends make sure you phone or Skype them for a chat.

7. Clear the air

If you use gas central heating ensure that your boiler has recently been serviced and is burning efficiently. Consider buying a carbon monoxide detector.

Age Concern Thurrock is a registered charity no 1000274

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