

Keeping safe and warm at home

Telecare and the Community Alarm

An important part of maintaining independence during winter is making sure you feel safe and secure in your own home. A Community Alarm system can provide this, as it is a way of getting help, through a wearable pendant, in the event of an emergency.

Depending on your needs, the Community Alarm system may have additional devices linked to it known as Telecare, these can include for example a pill dispenser, to deliver and remind you to take your medication. Another example would be smoke alarms which raise an alert at our Monitoring Centre in the event of a fire, protecting you and your property. Our new Telecare brochure can be found online elmbridge.gov.uk/css/community-alarm-and-telecare/ or pick up a copy at your local Centre for the Community.

Anyone of any age can use a Community Alarm and Telecare system, especially if you live alone, feel vulnerable or have been a victim of crime in the past. At the touch of a button you can receive assistance in an emergency, 24 hours a day.

Heating and keeping warm

- It is important to keep your home warm during the winter months, set your thermostat to at least 18°C (65°F).
- As you get older, it can take longer for your body to warm up, make sure you wear plenty of layers when going out in cold weather.
- Seasonal coughs and colds increase over the winter months, do get these checked out by your GP if the symptoms get worse or do not ease after a few days.
- Get your seasonal flu jab. Anyone aged 65 and over can have a flu jab, free of charge.
- Eat hot meals and drinks to keep warm.
- Keep moving and stay active.
- Keep your bedroom window closed on a winter's night as breathing cold air can increase the risk of chest infections.
- Further advice can be found at: elmbridge.gov.uk/news/stay-warm-and-well/



Get financial support

There are grants, benefits and advice available to make your home more energy efficient and improve your heating bills. There is a government booklet online to help you at:

gov.uk/phe/keep-warm or contact Action Surrey for further information about insulating your home for free: **0800 783 2503** or online: actionsurrey.org

With rising heating costs, we know winter can be an expensive time of year. Free benefit and financial advice is available from:

East Elmbridge
Esher and District CAB: 01372 464770
CHEER: 01372 879321

West Elmbridge
Walton CAB: 0300 330 1179

Kindly supported by our partners:



A guide to feeling good this winter

Eating a healthy diet and staying physically active are important factors for feeling good this winter. These positive lifestyle habits will help keep you independent, energetic and happy into older age.

If you are over the age of 65 you are more likely to be affected by cold weather over the winter months. It is important to keep warm and well if you want to stay healthy and maintain your independence.

Simple pleasures you might take for granted, such as spending time with your family, walking to the shops and playing with grandchildren can become harder when you are feeling unwell. There are changes you can make today, that will help you tomorrow.

Remember the acronym, **HEALTH** and you will be on the way to a happier, healthier, you.

H is for keeping **hydrated**

E is for **eating well**

A is for keeping **active**

L is for **laughter** and social activities

T is for **Telecare** and staying independent

H is for **heating** and keeping warm

Find out inside how you can stay fit and healthy this winter.



Elmbridge
Borough Council

... bridging the communities ...



Volunteer for Wellbeing

Do you have a spare few hours in the week?

Did you know volunteering can help you stay healthy and support the local community?

Some of the benefits of volunteering are:

- Gaining confidence
- Meeting new people
- Learning new skills
- Improved quality of life
- Having fun!

Volunteering opportunities are flexible and we have a role for everyone.

For further information:

01372 474 552
elmbridge.gov.uk/css/volunteer

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Eating well and hydration

Eating well

As you move into older age it is important to eat well over the cold winter months. In the UK, it is estimated that around 10% of older people are malnourished. Reasons for this include health problems or a lack of access to healthy meals. The problem is, as we age we are less likely to feel hungry.

The good news is that it is never too late to start eating healthily. Eating regular meals full of essential vitamins and minerals will help keep your body fit and well this winter. Use the guide below to help you make better decisions about the food you eat.

What should you be eating?

- FV** • Eat at least 5 portions of fruit and vegetables every day.
- C** • Base meals on starchy carbohydrates; choosing wholegrain versions where possible.
- D** • Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and sugar options.
- P** • Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).

Use unsaturated oils and spreads in small amounts, and try to limit the consumption of foods/drinks high in fat, salt and sugar.

Your ideal daily plate should consist of:

Breakfast	P	D	C	FV
Snack		D		FV
Lunch	P		C	FV
Snack		D		FV
Dinner	P		C	FV

Hydration

Water is essential for life and it accounts for about 60% of our body weight.

When it is cold it is easy to forget to drink enough water. To maintain a healthy level of hydration we need to make sure we drink at least 8 drinks a day.

Drinking water is the best way to stay 'topped up' and hydrated, but you can also include hot drinks and soft refreshments.

You may find that as you age the thirst sensation lessens. This puts you at a higher risk of dehydration. Early signs of dehydration include dizziness, tiredness and headaches with persistent dehydration resulting in confusion and even hospitalisation.

Did you know?

Nearly 2500 of older hospital patients admitted in 2013/14 were suffering from dehydration in Surrey.



Are you finding it more difficult to go shopping or prepare your own meals? Our Meals on Wheels service can provide up to 3 meals a day, along with a vital daily check.

Meals can be delivered up to 7 days a week for as long or short time as required. Our flexible service can provide, breakfast, lunch and dinner.

For further information call: 01372 474552

Wellbeing

Keep active

Nearly half of Elmbridge residents do less than 30 minutes of moderate intensity activity per week which is classed as physically inactive. Being unfit can have long term effects on your health. We should all aim to build up to a minimum of 150 minutes of moderate exercise per week.

Keep moving throughout autumn and winter to overcome those winter blues. Physical activity is anything that gets your body moving and can include anything from gardening to exercise classes.

To ensure you 'move to improve' we run over 20 different types of exercise classes throughout our Centres for the Community. Staying fit and healthy has never been more convenient or fun.

Exercise shouldn't be a chore or something we don't look forward to doing. Find your perfect exercise with us and enjoy the scientifically proven benefits that it will have on your health and wellbeing.

Ask about strength and balance classes to help you feel more steady on your feet, improve your balance and increase your confidence for everyday activities.

Contact: fpaterson@elmbridge.gov.uk or call: 01372 474574

Stay active with the GP referral Exercise Scheme and Healthy Walks. More info at: elmbridge.gov.uk/sports-and-health/

Laughter and new friends

We can all feel lonely if we don't have strong relationships or friendships to provide laughter and support. For many older people though, socialising can be a bit of a struggle, especially during the winter season. Across the UK, around 1.4 million older people feel isolated, so if you are feeling this way, you are not alone.

There are lots of ways you can meet people in your community. You will always receive a warm welcome at any of our 7 Centres for the Community. So, why not join in with one of our many classes and activities - from art classes to Zumba dancing, there is an activity for everyone. We even offer a Community Transport service to help get you out and about this winter. We provide a transport service to our Centres for the Community and a shopping trip service across the Borough.



"The Centres are a lifeline for company and friendship."

Centres for the Community

Cobham Centre	Oakdene Road, Cobham, KT11 2LY	01932 596030
Claygate Centre	Elm Road, Claygate, KT10 0EH	01372 463476
Hersham Centre	Queens Road, Hersham, KT12 5LU	01932 246267
Molesey Centre	Bishop's Fox Way, West Molesey, KT8 2RH	020 8979 5773
Thames Ditton	Mercer Close, Thames Ditton, KT7 0BS	020 8398 5921
Walton Centre	Manor Road, Walton, KT12 2PB	01932 247549
Weybridge Centre	Churchfield Place, Weybridge KT13 8DB	01932 844391