

Winter and the cold weather it brings are a source of worry for many older people.

Preparing for winter and then following some simple suggestions can go a long way to making sure you are as safe and comfortable as possible.

- **Stay Active** – as the weather gets colder it can be tempting to spend a lot of time sitting down but physical activity generates heat so stay as active as possible. This can include routine tasks like housework as well as outdoor exercise, but be careful outside if conditions are wet or icy.
- **Have a flu jab** – Flu can be a serious health risk particularly for older people and those who have serious health conditions. Contact your GP about a flu jab if you have not already done so.
- **Eat properly** - have at least one hot meal a day and have hot drinks throughout the day – and one before bedtime. Keep a flask with a hot drink in it by your bed in case you feel cold at night.
- **Wear suitable clothing** – several thin layers of clothing will keep you warmer than one thick layer. When you are sitting down indoors, a shawl or blanket can be a useful extra layer.
- **Wear warm clothes to bed** – as well as pyjamas or nightdress wear thermal underwear and if it is very cold a hat. Use a hot water bottle or electric blanket to warm your bed (but not both at the same time, as this is unsafe.)
- **Keep your home warm** - In winter 21°C is recommended during the day and 18°C during the night. Try to maintain the recommended temperature in all the rooms you use. Keep your bedroom window closed at night and draw the curtains.



Are you getting Pension

Credit? If you are 60 or over and single with a weekly income below £124.05 or have a partner and a weekly income below £189.35 then you may be entitled to claim. Please contact us at the Beehive (01375 389872) to find out more.

If you would like to more about getting a grant towards insulation or heating please contact us at the Beehive.

If you are over 60 ask your energy supplier to put you on its Priority Service Register. This will entitle you to various services.

The Beehive is closed for Christmas from Friday 19th December 2008 until Monday 5th January 2009



Age Concern Thurrock wishes you a very warm and Happy Christmas and a healthy and prosperous New Year