

# ACT Now

## The newsletter of Age Concern Thurrock

**February can be a very cold and wet month with a chance of snow. Here are some tips you may find useful.**

- Wear layers of clothing: cotton and fleece materials are best. These may be removed as you start to feel warmer.
- Invest in some thermal underwear. Long johns keep your legs warm under trousers and a vest is very useful. Remember; when it is cold, fashion takes second place to warmth.



- Make sure you have at least one hot cooked meal each day and get plenty of hot drinks.

Don't sit down all day if you can manage some form of exercise. Try to walk around your home, perhaps all the way round the outside facing walls, looking out through the windows as you pass them. Attempt to get into the fresh air, maybe in your garden if you have one, but if you do go outside be extra careful in the wet and ice, as it can be very slippery.

Spread your daily chores throughout the day as this will help you keep active: these are a form of exercise.

• If you are a wheelchair user or confined to an armchair this does not stop you doing moderate exercises. Gentle movements with your arms and legs, if possible, will help you from getting too stiff, keep you warm and help blood get through your system better. But don't do anything which may cause you pain or risk harm to yourself.

**Cold Weather payments** are made during periods of very cold weather to help towards extra heating costs.

To get a Cold Weather Payment, the average temperature for the area you live in must be recorded as, or forecast to be 0°C or below for seven days in a row.

Specific Met Office weather stations are used to get this information.

To receive this payment you should be already receiving Pension Credit. The payments are made automatically, to those who qualify, in the same way as their pension.

**The Winter Fuel Payment** for help with your heating bills is payable in December to those who are over 60. If you have not received yours please call us on 01375 389872

The Chancellor announced before Christmas that each person who would normally receive the £10 Christmas bonus would receive an extra one off payment of £60 to help towards the extra cost of winter. This is payable automatically during January – March.

The **Warm Front Scheme** will help with grants for heating or insulation improvements to your home if you receive a disability or income related benefit. Please call the Beehive for more details 01375 389872

We have a number of helpful booklets given information and advice on winter related issues please contact us if you would like one or need more information.

