



**Hello and welcome
to our December 2021
Edition of our Falls
Prevention newsletter**

Keeping safe at Christmas



The festive period is a time of celebration but keep safe with these fire safety tips:



Decorations

Nothing feels more Christmassy than lights, baubles and a gorgeous tree. "Deck the halls with boughs of holly" is also one of our favourite carols but when it comes to keeping everyone safe the lyrics need to be reined in a little. Whether it's halls, front doors or communal areas we need to keep them clear which means saving decorations for only inside your homes please. We don't want to be the Grinch that stole Christmas but decorations in communal areas are a major fire hazard and could block fire escape routes. We can't take any chances when it comes to keeping you and your families safe.

Candles

- Never leave burning candles unattended
- Keep candles, lighters and matches out of the reach of children
- Don't place candles near your Christmas tree or materials that can easily catch light
- Consider LED candles which make a great alternative

In the kitchen

The risk of accidents in the kitchen is higher if you've been drinking alcohol so take care if you're having a little Christmas tippie. Most fires start in the kitchen and to prevent a burnt turkey or something more serious make sure you don't leave your Christmas dinner unattended, keep flammable objects such as tea towels clear, and switch off the oven and hob if you leave the house.

Christmas list

It's not your traditional Christmas list but if we were making a list, and checking it twice, this list of safety measures is definitely worth remembering:

- Check Christmas lights are in good working order and conform to the British Standard
- Decorations can burn easily so don't attach them to lights or heaters
- Be careful you don't overload electrical sockets with too many Christmas lights and remember to turn them off before you go to bed.
- Make sure cigarettes are properly extinguished and don't smoke in bed
- Test smoke alarms monthly and if you don't have one, treat yourself to an early Christmas gift as it could be the best present you buy
- Make sure everyone in your household knows how to escape in an emergency

Greater Manchester Fire & Rescue Service offer Safe and Well checks - you can telephone their Contact Centre on freephone 0800 555 815 to request this.

What to do to keep your home safe at Christmas?

Christmas shopping can either be fun or a major stress and for many of us it means getting out of the house to get it done.

Before you make your plans, think how you can make your house and your valuables safe while you are out.

- When you go out remember to lock all the doors and windows and avoid keeping large amounts of cash in the house.
- Considering taking simple measures like not leaving presents on display, marking valuables with your postcode and house number and the best place to store expensive gifts can help prevent a burglary in your home.
- When you're out make sure your bag, purse or wallet are somewhere safe and be careful at cash machines.
- Try not to leave parcels and presents on display in your car and always lock it, even for a two-minute dash to pay for petrol.

Don't get mugged online

There are steps you can take to make sure online shopping is safe:

- Vary your passwords for each shopping site, always make sure you log out each time and use a new tab when you log in as scammers can find ways to divert pages to dodgy sites.
- Only buy from official sources and when using auction websites, use insured payment methods like PayPal and don't do bank transfers to people you don't know.
- At all times of the year there are people trying to con you, so keep aware and if that bargain seems too good to be true the chances are it is.

Put your safety first on your Christmas list

- Never ever drink and drive - simple things like planning journeys home after a night out so driving is not an option and thinking about how to get to where you need to go the next morning if there is a chance you could be over the limit are all things that could prevent an accident or worse.
- Alcohol can sometimes affect people's judgement, vulnerability and people's abilities to make a reasoned decision. One quick reaction can have a massive impact on lives.

It can also make you more vulnerable to making bad decisions so think about who you are heading off to a party with or accepting a lift from.

Always ask – do I feel safe?





Children's
Safety
Education
Foundation

Aware, Alert, Alive!

12 'tips' of Christmas

- 1** Buy a fire resistant tree and keep it secured on a sturdy stand away from fires and heaters.
- 2** Avoid sharp and delicate tree ornaments and decorations that look like sweets.
- 3** Only use non combustible or flame resistant tinsel and other trimmings on the tree.
- 4** Check Christmas lights for cracks, loose wires and faulty connections.
- 5** Do not leave burning candles unattended or placed near evergreens.
- 6** Check smoke detectors before putting up the tree and Christmas decorations.
- 7** Follow all age and ability guidelines on toys and do not digress.
- 8** Beware of choking hazards with common holiday foods such as peanuts and popcorn.
- 9** Remove all empty and partially empty cups of alcohol as soon as possible.
- 10** Watch your children while you bake or cook to avoid any burning or scalding incidents.
- 11** Keep any poisonous plants such as holly and poinsettias out of reach of children.
- 12** Make sure any visitors know how to keep your house safe for your child.

☎ 0161 477 5122 📠 0161 480 4504 ✉ info@csef.net 🌐 www.csef.net

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CSEF Registered Charity Numbers: 1103344 and SC037714

Chairman: Lord Wade of Chonson; Trustees: Liam McGarrin, Terry Spurr MBE and Ann Alexander; Patron: Alison O'Brien

Age UK Oldham Warm Homes

Looking for help to stay warm this winter?

Age UK Oldham are providing service users the measures to stay warm this winter, by providing home energy checks to maximise energy efficiency.

Home Energy Checks

A home energy check is completed by a trusted handyperson, who will visit your home to check how they can improve your energy efficiency.

The Handyperson can also offer practical tips to help keep your fuel bill down and set you heating clocks and radiator thermostats.

A handyperson can fit a range of equipment to improve energy efficiency, such as:

- energy saving lightbulbs
- draught excluders
- reflective radiator panels
- timers and nightlights

To arrange a home energy check, please call us on
0161 622 9277.

Prepare for freezing temperatures.

The weather over winter can be unpredictable and can sometimes stop us getting out and about.

Keep some extra food in the cupboard or freezer just in case you can't get out to the shops. Also, if you'd rather stay indoors, you could do your food shopping online and get it delivered to your doorstep. If you need extra help, Age UK Oldham has a Shopping service (0161 665 0283) and meals service (0161 633 0213).

Water pipes can freeze and burst, so it's important to know where your main stopcock is and check that it's easy to turn in case you have to turn the water off. If it's jammed, you may need to replace it.

To avoid a slip or a fall, keep a mixture of salt and sand handy to put on steps or paths when it's icy out. You could try a local DIY shop, or you can buy loose grit salt from Oldham Council but you must be able to collect it.

If you're worried about walking your dog in icy weather, contact the Cinnamon Trust on 01736 757900. They may be able to match you with a dog walking volunteer in your area.

Think about your health and do what you can to be prepared. Make sure you have your yearly flu jab. It's free if you're 65 and over or you're a carer or have certain long-term conditions. Just ask your doctor or your local pharmacy.

Order repeat prescriptions in plenty of time, particularly if the weather might stop you getting out to pick them up. Ask your local pharmacy if it offers a prescription delivery service.

Keep simple cold, flu and sore throat remedies at home. Your pharmacist can make suggestions and advise you on how to manage minor illnesses.

Check smoke alarms are working.

Consider fitting a grab rail if you have steps at your front or back door. Our Age UK Oldham Handyvan service can help with small jobs like this - ring 0161 622 9277 for more information.

Keep a torch handy in case there's a power cut. You could also keep things like the radio, mobile phone, laptop or tablet charged up, just in case.



Finding a gas or electricity supplier

Contact details for your current energy supplier will be on a recent energy bill.

Log in to your online account if you don't get paper bills.

You can also use the services below:

Who is my gas supplier?

Talk to the Meter Point Administration Service.

You can:

Use their online 'Find My Supplier search tool'.

Call them on 0870 608 1524.

They can also give you your Meter Point Reference Number (MPRN). This tells your energy supplier where your meter is and your gas supply number.



Who is my electricity supplier?

Energy network operators can tell you who your electricity supplier is.

Use the 'Energy Network Association searchtool' to find your network operator by postcode.

Call them on 0800 195 4141.



They can also give you your electricity Meter Point Administration Number (MPAN). This tells your energy supplier where your meter is and your electricity supply number.

You might want to make a note of your suppliers numbers on the next page!



Help

Who to contact in a power cut:

Call [105](tel:105) free. You will be connected to your local electricity network operator's emergency line.

Who to contact if you smell gas:

Call the free National Gas Emergency Service immediately on [0800 111 999](tel:0800111999).



Write down important numbers and keep them to hand

Gas supplier.....

Electric supplier.....

Water supplier.....

Plumber.....

Doctor.....

Pharmacy.....

Other.....

Priority Services Register for Utilities

The Priority Services Register (PSR) is a free service provided by suppliers and network operators to customers in need. Here we explain the help available to you if you sign up.

Who can sign up to the Priority Services Register?

You can receive the services available if you are of pensionable age

Each energy supplier and network operator maintains its own register.

Help you can get through the Priority Services Register

If you register as a priority services customer you may be eligible for free services including some of which are:

Advance notice of planned power cuts. If you are medically reliant on your supply you can arrange for the company that runs your local network (the network operator) to give you advance notice of planned power cuts (for example, where they plan to carry out engineering work).

Priority support in an emergency. This could involve your local network operator providing alternative heating and cooking facilities in the event of supply interruption.

Password protection. Network operators must offer to agree a password with you (or your representative) that can be used by any representative of the company to enable you to identify them.

Accessible information. Account and bill information in an accessible format, for example in larger print or braille.

How to sign up to the Priority Services Register

To be added to the Priority Services Register, you simply need to contact your energy supplier. You can find their contact details on your energy bill. If you have a different supplier for your gas and electricity, you need to contact them both. If you switch supplier, you'll need to register for the service again with them.

United Utilities

<https://www.unitedutilities.com/priorityservices>

If you would like to register for Priority Services, please:

fill in our secure online form; or call us on 0345 072 6093. We're available to speak to you 8am-8pm Mon to Fri, 8am-4pm Sat.

Even if you don't need these services yourself, if you have a family member, friend or neighbour who might benefit from a little extra support, please let them know about Priority Services. It is completely free to United Utilities customers in the North West - and you don't have to be the named bill payer to benefit from Priority Services.

Christmas Word Search

I X H P S I K S A T M I S T L E T O E T
R Q F V C K V S X X X N U T I N O G Q Y
B I M O F I S L E I G H D C V K J S B W
F B F P C J N A T I V I T Y T B R T N Z
T F O J C O H L K A S A R Z N D J O Q Q
S I D L H F O K F O X U E W F R X C F A
T A N C G R G K O Y F G E T X L T K Y I
H N N N C D E V I Z R V Z M K N S I D J
G J J T I X L S Q E X L L H X N F N N I
X F A B A L F H G B X S L H W H L G L G
F C T F R O K N R A O W N E X P H S C Q
G I V N E N O T E C O I L O Z S H R S A
K N F O I M P I W O K I L G W K K B T C
T A P R N A R N Z R T W Z I Z F D G A H
O P R N D J Y S Q A T A X S G T L J R U
V O E A E L C E E N G W U L S H E A G R
S A S M E H D L R G X B E T O L T E K C
Y Y E E R B R L F E P Q E X Y Y F S T E
K F N N E F D H Z L L L O D N S Z P G Z
J L T T B L M Q L O M Q O E J J A W N T

ORNAMENT

ELF

LIGHTS

TINSEL

TREE

SNOWFLAKE

STOCKINGS

STAR

SANTA

COOKIE

MISTLETOE

ANGEL

REINDEER

PRESENT

SLEIGH

NATIVITY

MERRY CHRISTMAS

Wordsearch

Search for the words going up, down, left and right.

T	U	K	E	B	S	N	Y	Y	V	G	I	I	O	X
L	D	P	Y	O	O	V	F	Q	S	N	O	G	N	U
U	S	G	N	I	T	E	E	R	G	I	W	Q	Z	B
J	D	X	D	E	J	O	W	E	I	L	L	T	K	R
J	J	O	B	E	K	T	O	D	N	O	W	N	E	Q
Q	U	S	R	R	N	E	B	D	G	R	R	E	C	K
Q	S	A	N	T	A	L	R	M	E	A	E	M	X	V
P	R	E	S	E	N	T	S	X	R	C	A	A	I	Y
I	Z	M	J	X	F	S	F	U	B	M	T	N	Y	U
J	E	D	Q	T	E	I	Z	B	R	C	H	R	M	L
X	B	D	N	R	L	M	M	C	E	K	V	O	K	E
M	L	M	X	S	T	R	M	F	A	X	N	I	Q	T
M	S	Z	Z	E	Q	S	W	U	D	N	D	L	Q	I
H	I	H	A	N	U	T	C	R	A	C	K	E	R	D
V	R	F	A	B	K	W	T	S	E	V	L	E	N	E

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES



womanofmanyroles.com

Christmas Quiz

1. What bird, usually served with cranberry sauce, is a favourite for Christmas dinner?
2. In the Christmas carol, how many ships came sailing in?
3. In the book "A Christmas Carol" what is Scrooge's first name?
4. Which animal joined the snowman in the 2012 sequel to "The Snowman"?
5. In the song "The 12 Days of Christmas" what bird is found in a pear tree?
6. What sweet foodstuff would you find in the middle of a German stollen cake?
7. What colour are the berries on a holly bush?
8. The song "Let It Go" comes from which animated movie?
9. At what time on Christmas Day is the Queen's Christmas message usually broadcast?
10. What vegetables that resemble little cabbages are often served with a Christmas dinner?
11. What three things would you expect to find inside a Christmas cracker?
12. Which Saint's Day is celebrated the day after Christmas Day?
13. Who wrote the story "How the Grinch Stole Christmas"?
14. In which traditional pantomime does Wishee Washee appear?
15. According to the song, how many times is Santa checking his list?
16. In what land is it, "Always Winter but never Christmas"?
17. Who had the Christmas number one in 2018, 2019 and 2020?
18. Which two of Santa's reindeers have names beginning with 'C'?
19. In the song "Rudolf the Red Nose Reindeer", what was the weather like on Christmas Eve?
20. What is traditionally hidden inside a Christmas pudding?



ANSWERS



1. What bird, usually served with cranberry sauce, is a favourite for Christmas dinner? **Turkey.**
2. In the Christmas carol, how many ships came sailing in? **Three.**
3. In the book "A Christmas Carol" what is Scrooge's first name? **Ebenezer.**
4. Which animal joined the snowman in the 2012 sequel to "The Snowman"? **The Snowdog.**
5. In the song "The 12 Days of Christmas" what bird is found in a pear tree? **Partridge.**
6. What sweet foodstuff would you find in the middle of a German stollen cake? **Marzipan.**
7. What colour are the berries on a holly bush? **Red.**
8. The song "Let It Go" comes from which animated movie? **"Frozen".**
9. At what time on Christmas Day is the Queen's Christmas message usually broadcast? **3.00pm.**
10. What vegetables that resemble little cabbages are often served with a Christmas dinner? **Brussels Sprouts.**
11. What three things would you expect to find inside a Christmas cracker? **A joke, a hat and a small gift,**
12. Which Saint's Day is celebrated the day after Christmas Day? **St Stephen.**
13. Who wrote the story "How the Grinch Stole Christmas"? **Dr Seuss.**
14. In which traditional pantomime does Wishee Washee appear? **Aladdin.**
15. According to the song, how many times is Santa checking his list? **Twice.**
16. In what land is it, "Always Winter but never Christmas"? **Narnia.**
17. Who had the Christmas number one in 2018, 2019 and 2020? **LadBaby.**
18. Which two of Santa's reindeers have names beginning with 'C'? **Comet and Cupid.**
19. In the song "Rudolf the Red Nose Reindeer", what was the weather like on Christmas Eve? **Foggy.**
20. What is traditionally hidden inside a Christmas pudding? **A coin.**

Christmas Quiz

1. What gifts were brought by wise men?



2. Can you name the angel who told them the good news?

3. Can you name Jesus' parents?

4. Which hugely popular actor was born on Christmas day 1899?

5. Marzipan is made mainly from sugar and the flour or meal of which nut?

6. Peter Dinklage sang Walking in the Air in what film?

7. What date is St Stephen's Day?



8. The song White Christmas was first performed in which 1942 film?

9. In the song The Twelve Days of Christmas, '...my true love brought to me nine...' what?



10. Name the original eight reindeer from the 'Twas the night Before Christmas' poem?

11. What does Donner and Blitzen mean in German?



12. What colour are the berries of the mistletoe plant?

13. In the inspirational 1946 film, It's a Wonderful Life, what's the name of George Bailey's guardian angel?

14. What is New Year's Eve called in Scotland?





Continued...

15. What Christmas item was invented by London baker and wedding-cake specialist Tom Smith in 1847?
16. From which country does the poinsettia plant originate?
17. Who is officially credited as the author of Auld Lang Syne?
18. How many points does a snowflake have?
19. What is the name of the cake traditionally eaten in Italy at Christmas?
20. In Mexico, it is said that wearing what colour underwear on New Year's Eve ensures finding new love the following year: Yellow; Green; Red; or Brown?



ANSWERS



1. Gold Frankincense and Myrrh
2. Angel Gabriel
3. Joseph and Mary
4. Humphrey Bogart
5. Almond
6. The snowman
7. 26th December
8. Holiday Inn
9. Ladies dancing
10. Comet, Cupid, Dasher, Dancer, Prancer, Vixen, Donner, Blitzen
11. Thunder and Lightning
12. White
13. Clarence (Oddbody)
14. Hogmanay
15. Christmas cracker
16. Mexico
17. Robert Burns
18. Six
19. Panettone
20. Red



The Twelve Days of Christmas (Or the Everlasting Turkey)

On the first day of Christmas my true love said to me:

I've bought a big, fresh turkey and a proper Christmas tree.

On the second day of Christmas much laughter could be heard
as we tucked into our turkey- a most delicious bird.

On the third day of Christmas came the people from next door.
The turkey tasted just as good as it had done before.

On the fourth day of Christmas came relations, young and old.
We finished up the Christmas pud and had the turkey cold.

On the fifth day of Christmas, outside the snowflakes scurried
But we were nice warm inside – we had the turkey curried.

On the sixth day of Christmas, the Christmas spirit died
As the children fought and bickered – we had the turkey fried.

On the seventh day of Christmas my true love he did wince
When he sat down at the table and was offered turkey mince.

On the eighth day of Christmas the dog had run for shelter
He'd seen our turkey pancakes and the glass of Alka Seltzer.

On the ninth day of Christmas by lunchtime Dad was blotto
He knew that bird was back again, this time as a risotto.

On the tenth day of Christmas we were drinking home-made brew
As if that wasn't bad enough, we were eating turkey stew.

On the eleventh day of Christmas the Christmas tree was moulting.
Mince pies were as hard as rock and the turkey quite revolting.

On the twelfth day of Christmas we had smiles upon our lips.
The guests had gone, the turkey too – we dined on fish chips



Keep warm, keep moving

Try our online Zoom exercise sessions



New Tues Zoom session added

Monday 12.15pm at Failsworth

Join Zoom Meeting

[https://us02web.zoom.us/j/86322072313?
pwd=b09JOTThNall5VWY2WnhFdUk3UU1SZz09](https://us02web.zoom.us/j/86322072313?pwd=b09JOTThNall5VWY2WnhFdUk3UU1SZz09)

Meeting ID: 863 2207 2313

Passcode: fallmon

Tuesday 1.00pm at Royton

Join Zoom Meeting

[https://us02web.zoom.us/j/87641888939?
pwd=VEpiT1lvVIV3SXdJeGltYTJtdUYwZz09](https://us02web.zoom.us/j/87641888939?pwd=VEpiT1lvVIV3SXdJeGltYTJtdUYwZz09)

Meeting ID: 876 4188 8939

Passcode: trin1130

Wednesday 12.45pm at Chadderton

Join Zoom Meeting

[https://us02web.zoom.us/j/82117485719?
pwd=d2FYTIMxR05xYVlldThndzN0UIJwQT09](https://us02web.zoom.us/j/82117485719?pwd=d2FYTIMxR05xYVlldThndzN0UIJwQT09)

Meeting ID: 821 1748 5719

Passcode: fallwed

Friday 12.30pm at CWC

Join Zoom Meeting

[https://us02web.zoom.us/j/89339525396?
pwd=bXlvMXQ2NzI4bzFDdlRiczEyT1AxZz09](https://us02web.zoom.us/j/89339525396?pwd=bXlvMXQ2NzI4bzFDdlRiczEyT1AxZz09)

Meeting ID: 893 3952 5396

Passcode: fallfricwc

**Would you like to try
Zoom but need some
help or need some
equipment?**

**Let us know and
Mark can help to get
you set up using
your own equipment
or we can loan you a
Samsung tablet.**

**If you're not sure
what Zoom is like,
Mark can show you
how it works.**

**Why not have a go?
You've nothing to
lose!**

Have we got all your details?

If we haven't already done so, Teresa, Anne and Nicola will be contacting you over the next few weeks and making sure that we have all your correct details, next of kin, emergency contact, mobile number, and email (if you have them), etc. so you might want to jot them down on a piece of paper and keep it handy for when we ring you!



Mobile telephone number

Email address

Next of kin/Emergency contact name

Emergency telephone number

Permission to share data in emergency

Thank you



Coronavirus remains a serious health risk. You should stay cautious to help protect yourself and others.

- Let fresh air in if you meet indoors. Meeting outdoors is safer
- Wear a face covering in crowded and enclosed spaces where you come into contact with people you do not normally meet
- If you are coming to a falls class, take a lateral flow test before you come. We have some supplies, let us know if you need some more.

[Get tested](#) and self-isolate if required

If you haven't already, get vaccinated and remember to get your booster.

Get tested and self-isolate if required

If you have symptoms or test positive:

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. This is because many people experience mild symptoms from COVID-19, but may still pass on the virus to others.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

You should self-isolate at home while you [get a PCR test](#) and wait for the results. You must self-isolate if you test positive. You must self-isolate from the day your symptoms started and the next 10 full days, or from the day your test was taken if you do not have symptoms and the next 10 full days. This is the law, regardless of whether you have been vaccinated. Self-isolating is important because you could pass the infection on to others, even if you do not have symptoms. You must stay at home for the full amount of time you are told to, because this is the period when the virus is most likely to be passed on to others.



Contact Numbers:

Teresa Griffiths 07841 344 194

(Please note my new working hours are
Wednesday, Thursday & Friday
9.00am - 4.30pm)

Neil Wise 07720 613 920

Nicola Shore 07859 355 954

If you can't get hold of any of us, you
can ring our head office on 0161 633
0213.

Is there anything you might want to
ask us next time we contact you?





See you next year!

Nicola, Teresa, Anne, Stewart, Neil,
Russell & Mark

