

Hello and welcome to our October 2021 edition of our Falls Prevention newsletter

## The Fall and Winter



With the warm sunshine becoming a distant memory, when the temperature drops, **older** adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and **falls** in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take during the **winter**...



It is easy to slip and fall in the winter, especially on leaves and in icy and snowy conditions. Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.

Clear away snow and salt your walkways at home, or hire someone to do it.



Wear boots with non-skid soles – this will prevent you from slipping.

If you use a walking stick, replace the rubber tip (ferrule) before it is worn smooth.



Consider an ice pick-like attachment that fits onto the end of the walking stick for additional traction.



# Keep warm



Here are some basic benchmarks for indoor temperatures:

- 24°C – very warm, could be unsafe for heart conditions
- 18-21°C – comfortable temperature
- 18°C – minimum for being comfortable
- 12-16°C – fairly cold, could be unsafe for respiratory conditions
- 12°C – cold, could be unsafe for heart conditions
- 9°C – very cold, could be a risk for hypothermia

Older people have a tough time maintaining body heat, which makes contracting hypothermia much easier. When a person's body temperature drops below 95°F, the result can be kidney problems, liver damage, or even a heart attack. The ideal room temperature varies slightly from one person to the next.

With many reports of potential energy shortages and price rises currently circulating in the press, Age UK's Charity Director Caroline Abrahams has released a statement which can be read in full below.

“Lots of older people will have seen the reports about the possibility of energy shortages & price hikes coming soon and will be extremely anxious as a result. It's hard enough for many to keep warm through the winter as it is, but now it seems this annual challenge could become tougher still.

“We urge older people not to be overly concerned at this stage, pending more information from Government, which we hope will be published very soon. In the meantime, if you are having problems paying your energy bills, or repaying a debt, it is the duty of your energy company to help you so it's worth getting in touch with them, though at present their phone lines are likely to be busy. Any older person is also welcome to call the Age UK advice line. Hopefully we can assist you, for example by checking you are receiving all the financial help to which you are entitled.

“If these reports about soaring energy bills turn out to be true Age UK will certainly be calling on the Government to take action so that a problem in the energy sector doesn't translate into a tragedy for millions of older people who can't keep their homes adequately warm.”

*Caroline Abrahams, Charity Director, Age UK*

**Older people and their families looking for advice can call Age UK's free national advice line on 0800 169 65 65 (lines are open every day, 8am – 7pm).**

# Keep well nourished

## Malnutrition Awareness Week 11<sup>th</sup> – 17<sup>th</sup> of October 2021

Malnutrition Awareness Week 2021 - There has never been a more important time to think about the importance of eating and drinking well!

Malnutrition Awareness Week is celebrated nationally to raise awareness on the prevalence, signs, symptoms and consequences of malnutrition in older age. Hundreds of organisations, services and teams across the UK are taking part to create energy and focus, to highlight and educate people on the implications of malnutrition in older age and the simple first line advice to prevent malnutrition.

Have you or someone you look after recently lost weight without planning to? Has your appetite changed and is now lower than it used to be? Do your clothes, jewellery and shoes feel or look loose? If you answer yes to any of these questions you may not be eating enough.

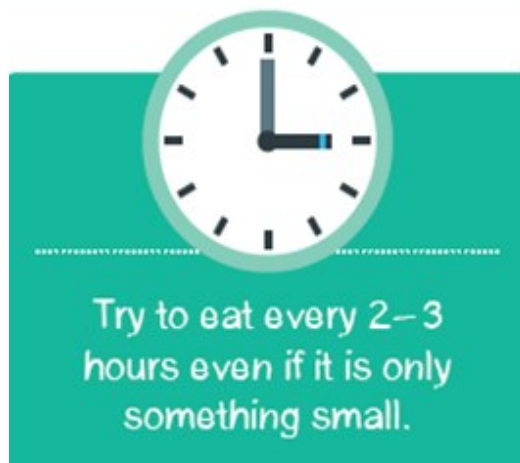
Eating enough and having a balanced diet can protect you and your loved ones from ill health and if an illness strikes, your body is more equipped to deal with it if you are well nourished and hydrated.

Here are our top tips for eating and drinking well in older age:

If your appetite is low:

## Eat little and often

If you find it hard to eat a big meal that's ok, just eat little and often. 6 small meals are as good as 3 big meals!



If you want variety try meals from different cuisines to add excitement to your meals:



Aim for 6–8 drinks  
per day (200ml each –  
a normal cup or glass size).



iced coffee



hot chocolate



ice cream milkshakes

## What we know

1 in 10 older people are at risk of malnutrition.

Covid -19 has increased the risk

Long Covid has also had an impact on eating and drinking

If you feel too tired to cook use ready meals and cook in bulk:



"When I'm too tired to cook in the evening, I pop a creamy curry in the microwave, it's quick and easy."

Margaret, Oldham

If you need to put weight on and increase your protein intake try swapping low fat foods to high fat, high protein ones:

"I've switched to using full-fat milk, which I prefer anyway, and always add cream to sauces, soup and puddings."



Ali, Rochdale



Buy a tub of skimmed milk powder to use for fortified milk and in sauces or soup.

## 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=VEpiT1lvVlV3SXdJeGltYTJtdUYwZz09](https://us02web.zoom.us/j/87641888939?pwd=VEpiT1lvVlV3SXdJeGltYTJtdUYwZz09)

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**

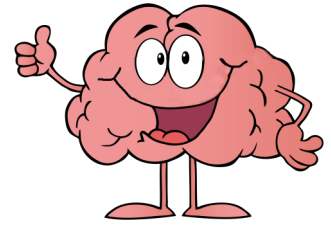
Join Zoom Meeting

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

Meeting ID: 893 3952 5396

Passcode: fallfricwc

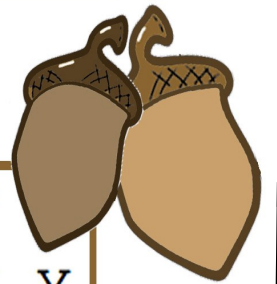
Challenge the grey matter



# Autumn



WORD SEARCH



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



SCARF  
TREE  
ACORN  
HAY

APPLE  
FALL  
PUMPKIN  
SWEATER

BOOTS  
RAKE  
PIE  
LEAF

Find and circle the fall words from the word list.



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

Word List

AUTUMN  
COLORFUL  
FARMERS  
FIELDS

GOURDS  
HALLOWEEN  
HARVEST  
HAYRIDE

LEAVES  
NOVEMBER  
OCTOBER  
OUTDOORS

PUMPKINS  
SCARECROW  
THANKSGIVING



## 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 guidance from Oldham Council

We are following the Government's plans to relax some COVID-19 restrictions but it's still important to follow the rules to keep your family and friends safe.

Thank you for everything you have done to keep one another safe over the last year and a half.

None of this work could have been done without you.

While cases are high and rising, everybody needs to continue to act carefully and remain cautious.

You should:

- Minimise the number of people you meet and the amount of time you spend with them
- Maintain a reasonable distance when you do meet people
- Spend time outside and make sure rooms are well ventilated

Get tested regularly and isolate if you are positive

Get vaccinated when you are offered it, and encourage others to do so as well

- If you have had your first vaccine make sure you get your second

Wear a face covering or mask in busy indoor settings, crowded areas and public transport to protect yourself and others

### Advice for people at highest risk of coronavirus

If you have been identified as clinically extremely vulnerable you are no longer advised to shield.

However, you should continue to take extra precautions to protect yourself.



Tell us your stories  
and we will create your

# *Life Story Book*



Age UK Oldham's Life Story Project has a team of trained volunteers who visit people aged 50+ to record their memories in a life story book.

Life Story Books help people to reminisce and can be shared with family, friends and staff.

There is no charge for this service.

We are also looking for friendly, enthusiastic volunteers to join our team.

For more information please call Sophie Smith

**on 0161 622 9272**

Once upon a time...



Contact Numbers:

Teresa Griffiths 07841 344194

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

Neil Wise                      07720 613920

Nicola Shore                07859 355954

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

