



**Keeping you
and your loved
ones safe.**

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Shorter days and colder nights are just some of the signs, that Winter is here. However, there are a few things that you can do, to protect yourself and your loved ones.

Get the Flu Jab

The flu is very much in season and is more than just a bad cold; it can increase the risk of developing a serious illness. It's not too late to protect yourself, everyone over the age of 65 is entitled to a free a free flu jab.

Please contact your local GP to arrange your jab.

Exercise regularly

The Coronavirus pandemic has forced many of us to find alternative ways of keeping fit and exercising. From online fitness classes to socially distanced walks, there are many ways to keep moving this winter.

For more information on health and wellbeing activities and groups, please call 0121 437 0033.

Talk to someone

Your mental health is just as important as your physical health; and we want to make sure that you are fully supported. Our telephone befriending service aims to combat loneliness and isolation in older people. We offer a weekly call from a volunteer and the option to be connected with a "buddy".

To speak to one of our friendly volunteers, please call 0121 437 0033.

Maintain good hygiene

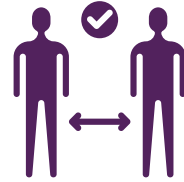
Due to the current Coronavirus pandemic, it is important to maintain good personal hygiene. You can do this by remembering to:



Wash your hands



Cover your face



Maintain space

More information about COVID-19

The Coronavirus (COVID-19) is a virus that affects your lungs and airways. For many people, it causes mild symptoms while for others it can be much more serious.

The main symptoms of coronavirus are:

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

No one in your household should leave home if any one person has symptoms. Visit www.nhs.uk/coronavirus

COVID-19 Vaccine

It is great news that a vaccine has now been developed and more than one vaccine has been approved for use in the UK and the NHS is currently rolling this out.

To find out more information about the Coronavirus visit www.nhs.uk/coronavirus.



If you're feeling worried, scared, lonely or unsure about the Coronavirus, it's perfectly natural and if you need support, advice or information, then we're here to help.

Please give us a call on 0121 437 0033 or visit www.gov.uk/coronavirus for up-to-date information.

Useful Numbers

If you or your loved ones are in need of support, information or advice this Christmas, here is a list of useful numbers for you to call:

Ambulance, Fire and Police	999 or 112
NHS Direct (24 hour helpline)	111
Prescription/Shopping Support (NHS)	0808 196 3646



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