

Other useful contact numbers

Gateway to care

- Kirklees — 01484 414933
- Calderdale— 01422 393000

Police contact numbers:

- Non Emergency - call 101
- Emergency - call 999

Write down the number of your GP and a pharmacy that can deliver prescriptions:

GP tel: Pharmacist tel:

Write down contacts that are unique to you:

- **Next of Kin:**
- **A friend or neighbour:**
- **Plumber:**
- **Electrician:**
- **Support Worker:**
- **Local shop for home delivery:**
- **Other:**

Age UK Calderdale & Kirklees

For more information

4-6 Woolshops

call: **01422 252 040**

Halifax

email: enquiry@ageukck.org.uk

HX 1 1RJ

or visit: www.ageuk.org.uk/

calderdaleandkirklees/



Winter Support

In periods of winter weather here at Age UK Calderdale & Kirklees, our advisors will be able to guide older people and their carers to:

- Shopping and prescription deliveries
- Warm homes, benefits and environment checks
- Handyperson service
- Helping you settle back in at home after being admitted to hospital
- Furniture moving and Key Safe fitting
- Light housework
- Welfare calls
- Mobility aid recommendations
- Information and advice

Monday to Friday 9am-5pm

Please call 01422 252 040

Preparing Before Winter

Stock up your cupboards with food and essential household items

- stock up on nutritional foods that keep, e.g. tins of fruit, fish, vegetables, soups, stews, pasta, rice, cereals, long-life milk/juice. If you have a pet— don't forget essentials for them too.

Stock up on your medicines - When you are down to the last seven days supply of your regular prescribed medication, order a new supply from your GP. Most pharmacies can collect your prescription from your GP and deliver to your own home.

Wear suitable footwear - wear well-fitting shoes or boots with non-slip / non-skid soles and good ankle support to prevent a sprain if you slip.

Check your walking aids - if you use a cane or a walker, make sure the rubber tips (ferrules) are intact. If your stick/walker was supplied by the Community Equipment Service they will replace ferrules for free or alternatively call our mobility shop on [01422 252040](tel:01422252040) and we will be happy to help.

Top up your credits and payment cards - you will use more energy in winter, so make sure you have credit on your payment cards or tokens in case weather turns bad. Top up your mobile phone credit.

Keep warm - several thin layers of clothing will keep you warmer than one thick layer. Always wear a coat, gloves, a hat and scarf when you go out. Shawls or blankets will provide warmth when sitting. Wear warm clothes in bed. Try to heat your main living room to around 18-21°C (64-70°F). Make sure you keep your living room warm throughout the day and heat your bedroom before going to bed. For advice about heating your home contact us: [01422 252 040](tel:01422252040)



Avoid unnecessary journeys - plan ahead and follow the weather forecasts. If extreme weather is expected, avoid going out. Avoid risking your health and well-being for unnecessary travelling.

If you usually clear your path of snow be very careful to avoid falling - remember snow is hazardous. If you can't do it yourself ask a friend, neighbour or a family member and request they use salt or sand NOT water.

In Case of Emergency and pendants - add useful contact numbers to your mobile phone in case of emergencies. Add your next of kin's number to your mobile phone under the heading 'ICE' – In Case of Emergency. If you are involved in an accident, emergency services will use it to contact your relative. If you have an emergency pendant remember to wear it. For more information about personal alarms contact: [01422 252 040](tel:01422252040)

Age UK has 6 top tips to stay warm this winter:

- 1) Move more** - Moving more helps people to keep warm, keeps circulation going, and helps to improve muscle movement.
- 2) Eat well** - Eating well helps to strengthen an individual's immune system which can help fight winter infections.
- 3) Get Vaccinated** - It is important to take up winter vaccinations offered to you by the NHS. If you are unsure about any of these vaccines, please contact your GP for a chat.
- 4) Keep your home warm** - Try to heat your main living room to around 18-21°C (64-70°F). Make sure you keep your living room warm throughout the day and heat your bedroom before going to bed.
- 5) Stop the spread of germs**
- 6) Wrap up warm**



For more information and advice, please visit our winter support page on our website: www.ageuk.org.uk/calderdaleandkirklees/our-services/winter-support