

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

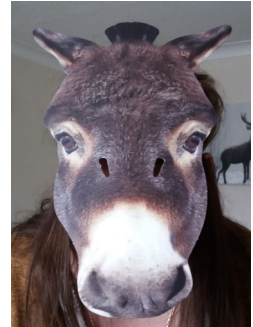
Home Safety

Goodbye



As you may be aware, our lovely Julie McBride has moved on to pastures new. We said 'goodbye' to her on Friday 19th March 2021 and to comply with current Covid -19 guidelines we held her 'leaving do' via Zoom wearing Donkey masks and cocktails to hand!

We wish Julie all the best in her new role and Nicola Shore and Teresa Griffiths will do their best to fill Julie's 'big boots' on the Falls Prevention project, working alongside Anne Madden.



Who are we?



Nicola Shore - Engagement & Wellbeing manager

I've worked at Age UK Oldham since November 2001 - I don't really know how it happened, I was only meant to be opening the post and answering the phone for a fortnight! I have worked on a few different wellbeing projects over the years.

I have a cat called Walnut and I love arts and crafts and running.



Teresa Griffiths - Engagement & Wellbeing coordinator

I have worked at Age UK Oldham for 7 years on various projects including Get Going Together, Ambition for Ageing and Nutrition and Hydration. I have also helped out at the Falls classes a couple of times and during the pandemic I have been working on the Meals delivery service and Emergency shopping service. Now, with support from Nicola, I am looking forward to working on the Falls Prevention project and meeting you all when it is safe to do so.

Keeping safe at home



Any of us can be targeted by scams. Scams are increasingly common and many people are caught out.

The good news is that there are ways to avoid being taken in by scams if you know what to look for.



Don't FALL for it!

Phishing emails

If you have any doubts about a link that's been sent to you, it's best not to click it. Do not click on links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

Even if you know the sender, don't reply if an email looks odd with spelling mistakes and a messy layout.

If in doubt, do nowt!

LLOYDS: You have successfully set up a new payee 'MRS A JOHNSON' on 16/03 at 19:15 PM. If this was NOT you, please visit:

<https://mobile-removepayee.com/>

Bank scams

People are using the coronavirus outbreak as an opportunity to try to scam others by claiming to be their bank.

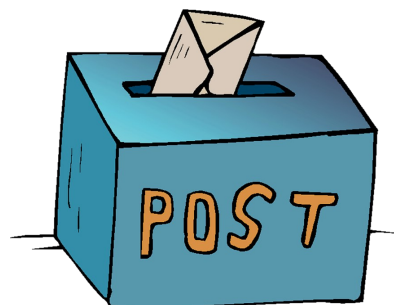
Banks will **never** ask you for your full PIN or password, or request you move money from your accounts.

Mail scams

Mail scams are sent by post and may be addressed to you directly by name.




They contain fake claims or offers that are designed to con you out of your money.

- **Reject:** If you receive a letter you think is a scam, ignore it and throw it away. Never reply.
- **Ignore:** Don't call any premium-rate phone lines mentioned in these letters. These numbers start with 09 and can cost up to £4 per minute to call.



Text messages



< +447538399258   

Add to contacts

Block number

Monday, 22 March 2021



RoyalMail: We are sorry we missed you on 22/03/2021, your parcel has a £2 unpaid fee, visit: <https://royalmail-trackntrace.me> for more information.

20:57

Royal Mail: Your Royal Mail parcel (XH545654533UK) is waiting for redelivery. Please proceed to: <https://royalmail-redelivery.com> to confirm redelivery fees.

Royal Mail: Your package has a £2.99 unpaid postage fee. To pay this visit: <https://rm-redelivery-fee.com> or your package will be returned to the sender.

HMRC fake emails



Taxpayers have been targeted by a HM Revenue & Customs coronavirus scam.

People are being sent messages from scammers promising a tax refund.

The texts or emails contain a link directing recipients to a fake website bearing an HMRC logo.

The website encourages victims to share their name, address, phone number, mother's maiden name and bank card number — details that would equip a fraudster with enough information to access a victim's bank account or purchase a financial product in their name.

“If someone emails or calls you claiming to be from HMRC saying that you are owed a tax refund, and asks you to click on a link or to give information such as your name, credit card or bank details, it’s a scam,” said HMRC.



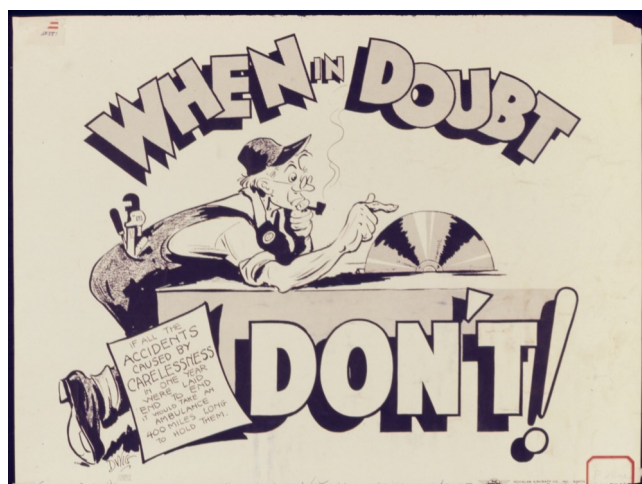
Phone calls

Scammers have been phoning taxpayers and offering a bogus tax refund, or threatening them with arrest if they don't immediately pay tax owed.”

There is more information in our booklet 'Avoiding scams'

Remember

If in doubt, do nowt!



Fire safety at home

Remember! If there is a fire in your home - Get out, Stay out and call 999 - don't try to tackle the fire yourself, and never go back into a burning building.



As more of us self-isolate and spend an increased amount of time at home, it is important to look after your fire safety. You may be spending more time cooking, heating your home, using electrical appliances and lighting candles. There are plenty of ways to keep you and your family safe from the risk of fire at home.

Did you know...

- a smoke alarm could save you in a fire
- 90 people die each year because their smoke alarm is not working
- most fires start when people are cooking
- every 3 days someone dies from a fire started by a cigarette
- broken electrics start about 7,000 fires a year

Fit a smoke alarm and test it regularly

- fit smoke alarms on each level of your home - it's the simplest, single step you can take to cut the risk of dying from fire in your home
- test the batteries in your smoke alarm every week and change them every year - **never** remove them

Smoke alarm maintenance

You should have at least one working smoke alarm on every level of your home.

To keep your smoke alarm in good working order, you should:

- Test it once a week, by pressing the test button until the alarm sounds
- Vacuum the alarm twice a year and wipe over with a damp cloth to remove any dust
- Change the battery once a year (unless it's a ten-year alarm)
- Replace the whole unit every ten years



Take care when cooking

- more than half of accidental fires in the home start because of something to do with cooking
- take extra care when cooking with hot oil and don't leave children alone in the kitchen when the hob or oven is on

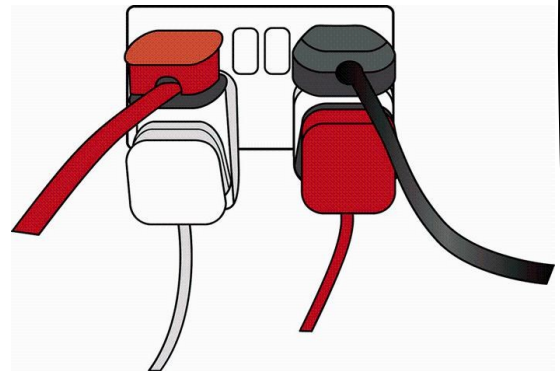


Cigarettes - Put them out, Right out...

- more people die in fires caused by smoking than in fires caused by anything else
- always stub cigarettes out properly and dispose of them carefully see 'Smoking safety' for tips to avoid causing a fire if you smoke

Don't overload sockets

- try to keep to one plug per socket - too many electrical appliances plugged into one socket can overload it, which can lead to overheating
- electrical appliances, plugs and cables that are old or poorly wired can also be a real danger



Use candles carefully

- candles, decorative lights and decorations are a growing cause of fires make sure candles are secured in a stable holder and kept away from curtains, fabrics and paper
- always put candles out when you are leaving the room or going to bed

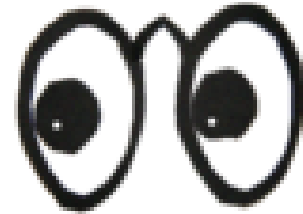
Plan an escape route and make a bedtime check

- plan a route to escape your home if there is a fire and make sure everyone in the house knows the plan
- if there's a fire, don't tackle it yourself - get out, stay out and call 999
- check for fire hazards in your home before you go to bed - it takes longer to become aware of a fire when you are asleep.

Fall-proof your home

Six out of ten falls happen in the home or garden. Not surprisingly, as homes get old too, carpets get worn, clutter builds up and we may not stay on top of maintenance as we once did.

Often we don't notice problems because we've lived with them so long. But clutter can present a very real risk for falls. So take a few minutes to look round your home with a critical eye,



Lighting

- Did you know that 60 year old eyes need three times more light than 20 year old eyes?
- Consult a trusted, professional electrician about your lighting options, such as branched lighting to replace single bulbs, to increase light without glare.
- Avoid trailing cables from lamps that could trip you.
- Consider installing two-way switches on the landing/hall and/or extra stair lighting. Wire in a smoke alarm at the same time. One more hazard sorted!
- Always use your bedside light when getting up at night; if the switch is not easily accessible keep a good torch by the bed.
- Never walk about in the dark: if you regularly get up for the loo, keep a landing light on.



Kitchen & bathroom

- Continually reaching up for things? Rearrange cupboards so frequently used items are within easy reach.
- Clear up spills straight away.
- Always use a non-slip mat in the bath/shower.
- Consider installing grab rails in the bathroom.



Living areas

- Check all rugs have a non-slip underlay and replace worn ones. Consider replacing frayed carpets, or ask someone to tack them down.
- Cable tidies and/or boxes will organise jumbled wires by the TV, computer or music centre. Tape any trailing extension leads to skirting boards.



Garden

- Keep paths free of moss and leaves. Repair any cracks in paving.
- Ensure your back/front doors and garage are well-lit.
- Consider installing safety rails on your steps.



Have we got all your details?

Teresa, Anne and Nicola will be contacting you all 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





Home Safety wordsearch



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

APPLIANCES
AUTOMAINTENANCE
BREAKERBOX
CHAINSAW
CHEMICALSTORAGE
COOKING
DECKS
DRIVEWAY
EMERGENCYNUMBERS
EVACUATION

EXTENSIONCORD
EYEPROTECTION
FIREARMS
FIREEXTINGUISHERS
FIREPLACE
FIRSTAIDKITS
GARDENTOOLS
HANDRAILS
LADDERS
LOGSPLITTING

MEDICINES
OUTLETS
POWERTOOLS
RECREATION
SHARPOBJECTS
SLIPPERYSURFACES
SMOKEALARMS
SNOWSHOVELING
STAIRS
TOOLUSE



Contact Numbers

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Notes

As lockdown eases remember

- Continue to maintain strict social distancing, wash your hands regularly and avoid touching your face.
- The fewer social interactions you have, the lower your risk of catching COVID-19.
- If the rules allow you to meet with others outside your household, your risk of catching COVID-19 is lower if you meet them outdoors.
- If you meet indoors, keep the area well ventilated with fresh air, for example by opening the window. You should always stay at least 2 metres away from other people visiting your home. Remember to wipe door handles and frequently touched surfaces.

Keep Safe