



NEWSLETTER

Welcome to the Age UK Sandwell Winter 2019 Newsletter!

On reflection 2019 has been a busy year. Since we joined with Age UK Birmingham in October 2018 we have continued to provide invaluable and much needed local services in Sandwell for the elderly community.

We have also had a new member of staff, Emma Humphries, join us. Emma, has been actively establishing new activities for older people across Sandwell. You can read more about her and her exciting plans for more activities in her interview in “Staff Member Spotlight”.

As well as activities, we have been providing an Information & Advice Service at various locations to help you access important information and make informed decisions.

If you would like to have your say about activities and services or any issues that concern the elderly community, please do join our Older Citizens Panel .

Looking forward to the New Year, we plan to hold more events for you and increase our range of activities. We hope you can come, have fun, socialize and stay active in ways that interest you in 2020!

Wishing you a Merry Christmas & a peaceful New Year!
All the team at Age UK Sandwell!

Warm Homes Discount

The **Warm Homes Discount** is a £140 payment, direct into your electricity account to help with increased costs in winter. You may qualify for the discount in one of two ways.

1. If you receive the Guarantee Element of Pension Credit

You qualify for the discount if on 7 July 2019 :

- * Your energy supplier was part of the scheme &
- * Your name (or partners name) was on the bill &
- * You were getting the Guarantee Credit element of Pension Credit

How to apply:

You should receive a letter between October and December 2019 telling you how to get the discount if you qualify.

If you don't receive it contact the Warm Home Discount Team on Tel: 0800 731 0214.

Your electricity supplier will apply the discount to your bill by the end of March 2020.



2. If you are on low income

If you do not get the Guarantee Credit element of Pension Credit you can apply to your electricity supplier directly if:

- * Your energy supplier is part of the scheme &
- * You're on low income &
- * You get certain means tested benefits

To get the discount you'll need to stay with your supplier until it's paid.

How to apply:

Contact your electricity company to check your eligibility as early as possible—the number of discounts given are limited.

Flu Vaccine
Myths & Facts

Flu Myths vs. Flu Facts

The common myths surrounding the annual flu vaccine.

Myth: Vaccines are not proven to prevent the flu



Fact: You are at least 60% less likely to become infected with the influenza virus

Myth: The flu vaccine can give me the flu



Fact: Flu viruses used in flu shots are inactivated, so they cannot cause infection

Myth: I should wait to get vaccinated so I'm covered until the end of the season



Fact: Get the flu vaccine as soon as possible. It takes 2 weeks for antibodies to develop

Myth: The flu nasal spray is just as effective as the flu shot



Fact: The nasal spray is NOT effective. You should get the flu shot to be properly vaccinated

Myth: The flu shot will protect me from every type of flu virus



Fact: The flu shot is designed yearly to protect against the highest risk/actively circulating strains of influenza

Sandwell Activities Timetable

	MON	TUES	WED	THUR	SUN
9:15 am			Chair Mobility & Movement (Dingle Meadow,		
10:00am	IT Tech & Talk (George Simmonds House Oldbury) Starts 6th Jan	Gentle Fitness (Hope Church Oldbury)			
11:00am		10:30 Chair Mobility & Movement (George Simmonds House Oldbury)	Chair Based Strength & Balance (Jack David House Tipton)	Indoor Bowls (Hope Church Oldbury)	Veterans Breakfast Club (1st Sunday of every month) (Court Of Requests Oldbury)
11:30 am			IT Tech & Talk (Jack David House Tipton)		
12:00 pm			IT Tech & Talk (Albion Football Club)		
2:00pm	Chair Based Strength & Balance (St David's Court Oldbury)		WBA Memories Group (Albion Football Club)		
2:30pm		Gardening Club Malthouse Gardens, Smethwick Starts 7th Jan			

Staff Member Spotlight

Getting to know Emma

Hi, my name is Emma. I am originally from Bath. My partner's name is Elwyn. I have two daughters and 2 grandchildren (soon to be 3!). I studied nutrition at Bath University and have worked for the NHS. There I got involved in well-being, cardiac rehab and falls prevention.

What do you do at Age UK Sandwell ?

I joined Age UK Sandwell in January 2019 as a Community Support Manager. My role involves finding out what community based social activities our older citizens would like. I then try to actively set it up for them or assist new groups to set up the activity. I also do 1 to 1 sessions or initial buddy sessions to take them to the group activity.

What do you like about your role?

I like meeting new people having fun and helping form social networks.

Any interesting facts?

I travelled throughout Europe after University.
I spent a year working in Saudi Arabia.
I have had horses and even worked in a livery!

Any festive jokes to get us into the seasonal spirit?

What do they sing at a snowman's birthday party?
Freeze is a jolly good fellow....Freeze is a jolly good fellow!



Contact Details:

If you would like to attend any of Emma's Activities please contact her on:

Mobile number: 07426-713-788

Email: emma.humphries@ageuksandwell.org.uk

Festive Fun

Bûche de Noël (Yule Log Cake) Recipe

The Bûche de Noël cake is a French Christmas tradition that dates back to the 19th century. The cake represents the yule log that families would burn starting on Christmas Eve. The burning of the yule log symbolized the new year to come and would bring good luck to the family. We hope you enjoy this recipe!

INGREDIENTS

CAKE

- * Cooking spray
- * 6 medium eggs, separated
- * 2 oz. plain flour
- * 1 oz. unsweetened cocoa powder
- * 6 oz. caster sugar
- * 1/4 tsp. kosher salt
- * Icing sugar, for sprinkling

FILLING

- * 8fl oz. double cream
- * 2 oz. icing sugar
- * 1 tsp. pure vanilla extract
- * Pinch kosher salt

FROSTING

- * 4 oz. butter, softened
- * 8 oz. icing sugar,
- * 1 oz. cocoa powder
- * 1/2 tsp. pure vanilla extract
- * 1 1/2 tbsp. double cream
- * Pinch of kosher salt

GARNISH

- * Icing sugar
- * Chocolate curls
- * Cranberries
- * Rosemary Sprigs

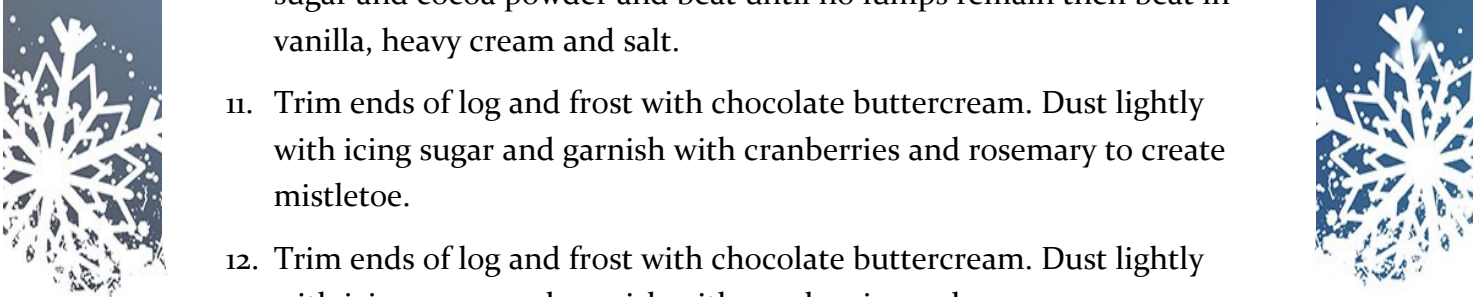




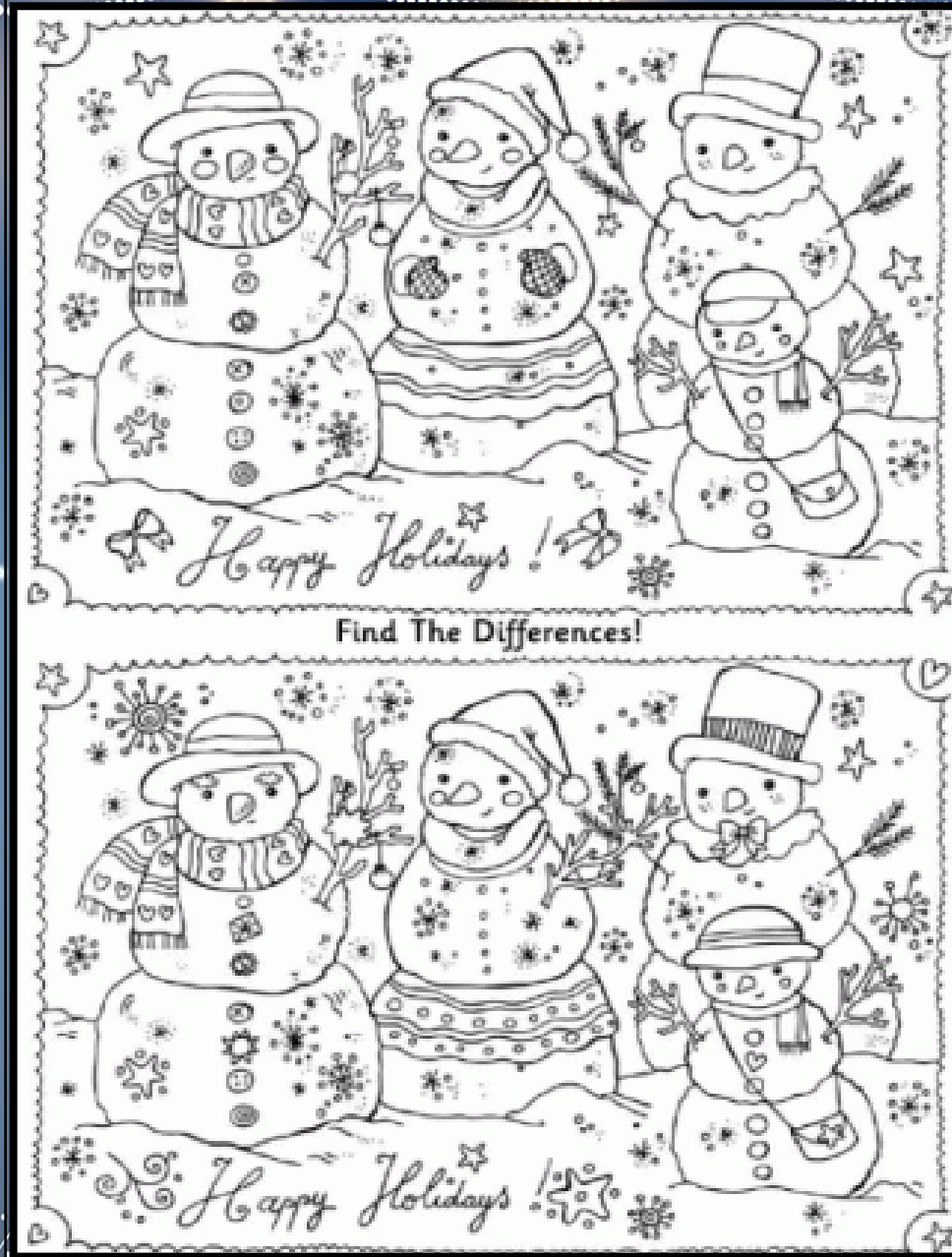
DIRECTIONS:

1. Preheat oven to 180 degrees Celsius. Line jelly roll pan with parchment paper and cooking spray.
2. In medium bowl mix flour, cocoa powder and salt.
3. In large bowl beat egg yolks until thick. Slowly add 1/2 sugar and beat until pale then beat in flour mixture.
4. In another large bowl beat egg whites until stiff peaks form. Add remaining 1/2 sugar a little at a time and continue to beat until stiff peaks form. Gently fold egg whites into batter in two batches.
5. Pour batter into pan and spread into even layer. Bake for 10-12 minutes until top springs back when lightly pressed.
6. Dust a clean kitchen towel with icing sugar and invert warm cake onto towel. Peel off parchment paper.
7. Starting at short end, use towel to tightly roll cake into a log. Let it cool completely.
8. **Make filling:** In a large bowl beat together heavy cream, icing sugar, vanilla extract and salt, until stiff peaks form. Refrigerate until ready to use.
9. Unroll cool cake and spread filling evenly over cake then roll it back into a log. Place seam side down on baking sheet and refrigerate for an hour.
10. **Make frosting:** In large bowl, beat butter until smooth. Add icing sugar and cocoa powder and beat until no lumps remain then beat in vanilla, heavy cream and salt.
11. Trim ends of log and frost with chocolate buttercream. Dust lightly with icing sugar and garnish with cranberries and rosemary to create mistletoe.
12. Trim ends of log and frost with chocolate buttercream. Dust lightly with icing sugar and garnish with cranberries and rosemary.

We welcome pictures of your yule log cakes and any reviews of this recipe!



Festive Fun
Spot The Difference



Can you spot the 10 differences between the two pictures?

Festive Fun
Winter Word Search



Winter
Wordsearch



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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS

Complete the word search then post or email your answer to:

Winter Word Search, Age UK Sandwell, Stratford House, Stratford Place, Highgate, Birmingham. B12 0HT.

Email: info@ageuksandwell.org.uk

Emergency Contact Details

Age UK National Advice Line

Tel: 0800 678 1602
8am to 7pm, 365 days a year

Samaritans

Tel: 116 123 (Free to Call)

Electricity Emergency - Power Cuts

(Western Power Distribution)
Tel: 105

Silverline

(24hr Confidential Helpline)
Tel: 0800 470 8090

Gas Emergency

(National Grid)
Tel: 0800 111 999

Sandwell Council

(General Enquiries)
Tel: 0212 569 2200

Healthwatch Sandwell

Tel: 0121 569 7210

TrustMark (Find a Tradesman)

Tel: 0333 555 1234

Ring & Ride

Tel: 0121 505 7857

Water Emergency

(Severn Trent)
Tel: 0800 783 4444

Social Services

Tel: 0212 569 2266

West Midlands Fire Service

(Non-emergency)
Tel: 0845 5000 900

West Midlands Police Service

Tel: 999 (Emergency)
Tel: 101 (Non-emergency)



**Wishing you a Merry Christmas
&
A Happy Healthy Prosperous New Year.**

We look forward to seeing you in 2020!

**Best Wishes
All the Team at Age UK Sandwell**

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