

# Keeping in Touch

The newsletter of Age UK Wigan Borough - a local charity for local people



## 100 Christmas Hampers Distributed

Thanks to funding from Age UK, we have distributed 100 Christmas Hampers to older people across Wigan Borough.

Thank you to staff, volunteers and partners for enabling this to happen.

Doreen (85) from Atherton said:  
'That's really cheered me up. I was not feeling too good today. Thank you.'

## Keep Warm this Winter



Don't go cold this winter. We can help with:

- Benefits checks, to ensure that you are getting the money you need for everyday costs;
- A warm homes check to identify further support needs;
- Installation of simple energy saving equipment such as draught excluders around doors and windows;
- Emergency radiators.

You can also get help from the Council's AWARD team on 01942 404261.

## Contact Us

Phone: 01942 615880

Email: [enquiries@](mailto:enquiries@ageukwiganborough.org.uk)

[ageukwiganborough.org.uk](http://ageukwiganborough.org.uk)

Facebook: [/Ageukwiganborough](https://www.facebook.com/ageukwiganborough)

Web: [www.ageuk.org.uk/  
wiganborough](http://www.ageuk.org.uk/wiganborough)



## Bright Days

Join our lively Bright Days team for sessions on Zoom and by phone.

Quizzes - Bingo - Singalongs - Blankety Blank  
Ring 01942 615883 for a programme or find it on our website.

## Handyperson Service

Meet Ian, Ray and Jimmy, the faces behind our Handyperson service.

If you need help with:

- √ Fitting a key safe
- √ Making or adjusting steps
- √ Assembling flat packs
- ... and much more.
- √ Fitting stair rails or grabrails
- √ Hanging curtain poles, blinds
- √ Shed repairs or refelting

Ring us on 01942 615880 for more details and a quote.



## Eating Well On a Budget

We now have a resource page for our Food Action Together project on our website where you can pick up lots of tips, recipes and information.

Here are some tips for eating well on a budget:

- Stick to simpler recipes with just a few ingredients.
- Take your time in the shop, checking out 'special offers', which may not be the best value.
- Plan ahead - make a list and keep to it!
- Freeze food in batches, taking it out when you need it.
- Try using a slow cooker - they use less energy than an oven.
- Try to cut down on food waste.
- Bulk meals up with ingredients such as chickpeas, fresh vegetables or beans.

Copies of the Eating Well on a Budget leaflet, packed with interesting recipes are available by ringing us on 01942 615880.

