

calendar

working in partnership
to keep well this winter

LET'S
do it!

2022-2023
september - march

Let's
Stay well
this winter





FLU

Flu is a virus we might have been able to shake off quite easily in our younger days but can now leave us open to serious illness like bronchitis or pneumonia which can sadly lead to loss of life.

FREE vaccination for **over 50s**.

FREE vaccination if **over six months** and **under 50 years old** and have serious health problems, live with someone who has a weakened immune system or are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.

Grandchildren can help protect you from flu by being vaccinated themselves. Vaccinations are offered in school for those in year 9 and below. Children aged 2-4 years old should be offered vaccination by their GP practice. Please wait to be contacted.

Keep Well Flu vaccinations are available at your GP practice and pharmacy.

COVID-19

The Covid-19 vaccine remains our best defence against the continued risk of Covid-19. The vaccine has saved tens of thousands of UK lives since it was introduced. Getting your booster dose (or first vaccination or second vaccination if you still need them) in Bury is easy:

Our four local vaccination clinics in Bury, Radcliffe, Ramsbottom and Prestwich offer first, second and booster vaccinations to eligible people when they are due.

You can book your Covid-19 vaccination at one of the above, or alternative clinics, by visiting rebrand.ly/getvaccinated, calling 119, or by calling our local booking team on 0161 983 2300, Monday to Friday, 9am to 5pm.

Find out about walk-in, no need to book ahead sessions at our local sites at bury.gov.uk/coronavirus-vaccine

SEPTEMBER

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STOP THE SPREAD OF GERMS!

Regularly wash your hands with soap and water

Catch coughs and sneezes in a tissue

Avoid close contact with people who are unwell

Consider wearing a face covering in crowded, enclosed spaces.

REMINDER

Book your vaccinations soon to help protect yourself for winter



COST OF LIVING

Fuel bills and cost of living this year is rising. If you need help, contact the below. Don't miss out on support you may be entitled to.

Citizens Advice Consumer Helpline on 0808 223 1133

Independent Age on Helpline 0800 856 6766 (8.30am – 6.30pm)

Struggling to heat your homes? FREE help is available from the Local Energy Advice Partnership (LEAP) applyforleap.org.uk / 0800 060 7567

Experiencing hardship? FREE, confidential advice and support. Call Bury Council on 0161 253 5858 / bury.gov.uk/adviceandbenefits

You may be able to access support through the Household Support Fund – 0161 253 5858 / bury.gov.uk/householdsupportfund

For Six Town Housing tenants - contact 0161 686 8000 or email enquiries@sixtownhousing.org

For Private Sector Housing for energy advice on 0161 253 7244 or privatesectorhousing@bury.gov.uk

Struggling to pay your energy bills? Contact your supplier ASAP to find a way of settling the amount rather than let the debt mount up.

If you receive benefits or are on a low-income, you may be entitled to the following:

Warm Home Discount - A one off payment to help with cost of energy during winter. Most eligible households will get automatically.

Winter Fuel Payment – Annual tax-free payment to help with heating costs. Make sure registered to get it then you will automatically receive each year. Call the helpline 0800 731 0160 to get started.

Cold Weather Payments - If temperature where you live is an average of 0°C or below over seven consecutive days. Based on the benefits you receive and will also be paid automatically. Applies between 1 Nov – 31st March.

NOTE - All UK households will automatically get £400 energy discount from October paid over 6 months. A £650 payment to low-income households who receive means-tested benefits.

Could you be entitled to a top up? Thousands of older people are missing out on the Pension Credit top up. Find out if you're one of them by calling 0800 99 1234

Money Helper - A government funded service which provides free and impartial money and pensions guidance via an online chat function and telephone helpline. 0800 138 7777 or moneyhelp.org.uk

OCTOBER

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ENERGY SAVING TOP TIPS

1. Do not leave appliances on standby, this costs money.
2. Line-dry clothes if possible, rather than using the tumble dryer.
3. Have a full load in both washing machine and dishwasher and wash clothes at 30 degrees instead of 40 degrees or higher.
4. Check for draughts around windows and doors. Apply draft proofing if necessary.
5. Use energy saving lightbulbs; they last 10 times longer.
6. Only boil as much water as you need.

KEEP MOVING

Moving around generates extra body heat, so any kind of gentle activity will help to keep you warm and improve your circulation.

Reduce long periods of sitting by standing up and marching on the spot for 2 minutes every hour at least to keep warm and improve blood flow to your joints.

It's very cold outside or icy underfoot, keep active indoors.

Have you heard the phrase use it or lose it? This happens when you reduce your daily activity, regular daily exercise like walking, can help you maintain strength and mobility.

Did you know that your immune system is linked to how much muscle mass you have? By getting stronger, you will improve your ability to fight infection. . If you need help with exercises to keep you strong and mobile, contact Live Well Service exercise referral team - beats@bury.gov.uk / 0161 253 6668.

If not sure where to start or have a long-term condition contact **Live Well Service** on 0161 253 7575 / livewell@bury.gcsx.gov.uk

LOOK AFTER YOUR HOME / KEEP WARM

It's important to keep warm in winter – indoors and outdoors. Try to heat your home to a steady and comfortable temperature throughout the day.

Keep living room at 21°C. If below this there could be a risk to health. Bedroom should be a slightly cooler at 18°C.

Set the heating to come on earlier, rather than turning the thermostat up.

Keep windows closed and close curtains at dusk to help keep heat in.

A hot water bottle or electric blanket will warm up your bed. NEVER use the two together as this can be dangerous.

Having hot meals every day and hot drinks will give you warmth & energy.

Wear several layers of light clothes rather than one thick layer.

Wear a hat and gloves when outside.

Avoid having bare feet when indoors. Wear socks, slippers or shoes.

If sitting down, a shawl or blanket will provide a lot of warmth.



NOVEMBER

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FIRE SAFETY

Cooking, smoking materials and candles should never be left unattended. Check all electrical items, fire & heaters are in full working order and regularly safety checked/serviced.

Smoke alarms are essential – You are 4 times more likely to die in a fire if you don't have a smoke alarm that works. Fit at least one on every level of your home and test weekly. Linked alarms can be installed, so that when one alarm detects a fire they all go off together. Strobe light and vibrating-pad alarms are available for those who are deaf or hard of hearing.

Know your escape routes in the event of a fire and ensure your house keys and phone are on this route. Get out, stay out and call 999 - don't try to tackle the fire yourself, and never go back into a burning building.

Home Fire Safety Assessment? A free visit to your home by the Fire and Rescue Service providing fire safety advice and equipment depending on risk. See if you are eligible by checking out safelincs.co.uk/hfsc/



5 WAYS TO WELLBEING

Connect Winter can be lonely for many people. Stay connected with family, friends, and neighbours. Find out about local groups to join, support, and services by visiting theburydirectory.co.uk

Be Active Go for a walk, cycle, do some gardening, or maybe even have a dance! It doesn't matter if you only do a bit, just choose something you enjoy!

Take Notice Become more aware of the world around you; think about what's important to you and why; and look at how you could make more room for it in your life.

Keep Learning New things can make you feel more confident as well as being fun. Take on goal you'll enjoy achieving.

Give Seeing yourself as part of the wider community can be very rewarding. Do something nice for a friend, or a stranger. Volunteer your time or help out at a local community group.

DECEMBER

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BURY COUNCIL COMMUNITY HUBS

Each locality has a hub that can support you with life's essentials and help with any worries or concerns about money or your wellbeing. Call 0161 253 5353 (9am to 5pm, Monday to Friday) or email one of the below contacts.

Northcommunityhub@bury.gov.uk

Eastcommunityhub@bury.gov.uk

Westcommunityhub@bury.gov.uk

Whitefieldcommunityhub@bury.gov.uk

Prestwichcommunityhub@bury.gov.uk

BE WINTER PREPARED

Keep an eye on the weather forecast. Plan ahead if driving and make sure your vehicle is serviced/passed it's MOT. Keep an Emergency Bag in your car. Contents could include items such as an ice scraper, de-icer, a torch, warm clothes and blankets, a high visibility jacket, boots, a first aid kit, food and drink and a shovel.

Make sure you have everything you need and identify a friend, relative or neighbour who would be able to pick up essential shopping or medication so that you can stay safe and reduce the risk of you falling.

Have torches handy around the home in case of power cut.

Have emergency numbers nearby.



SELF CARE

Self-care is always important. It includes all the things we do to maintain or improve our wellbeing. Winter months can be tough on us both physically and mentally. Visit The Bury Directory's Health and Wellbeing Hub for access to information and services theburydirectory.co.uk/wellbeinghub

Keep up with medical checks Go for regular eyesight and hearing tests as well as other medical checks when they are due.

Nutrition and Hydration Ageing puts us at risk of becoming malnourished. Losing weight, having a reduced appetite, or being dehydrated can make you poorly. It's important to eat nutritious foods regularly to keep your energy up, and to boost your immune system and general mood.

- Keep motivated to prepare meals.
- Eat foods that you enjoy and ask a friend or relative to join you
- Eat small portions – little and often
- Keep your cupboards stocked with basics in case you can't get out to the shops
- Join a local lunch club
- Keep a record of your weight
- Keep hydrated

Worried about your weight loss, find it difficult to chew or swallow food? Talk to your GP or Practice Nurse.

Sunlight Make sure you get outside and get some sunlight. You may need to take Vitamin D supplements in winter. Ask your pharmacists for advice.

Medicine Cabinet Keep a small stock of over-the-counter basics such as paracetamol and plasters at home, just in case. Do not over order and hoard medication as your prescription may change.

Socialising Consider ways you can maintain your social life in bad weather. Check in with WhatsApp groups, or start a weekly call with a friend.

Indulge Your Creative Side Did you know that arts and crafts are good for your mental health? Benefits such as reduced stress, depression, and anxiety, a sense of accomplishment, increased confidence and self-esteem have been reported.

Sleep To avoid feeling tired and sleepy throughout the winter, ensure that get 7-8 hours of sleep every day. Avoid oversleeping, as this can also have negative effects on your mood and health.

Feel worried, stressed, anxious, lonely or frustrated? For most of us, these difficult feelings will pass. Contact The Bury Getting Helpline 0161 464 3679 Mon-Sat 8am-8pm if experiencing difficulties. Talk to people about how you feel and find time to do things you enjoy.

JANUARY

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The Eat Drink Live Well Booklet gives you tips on how to eat well and stay hydrated as you get older: rebrand.ly/ageuk

VCFA Social Prescribing Beacon Service – Helps improve your wellbeing by connecting you to community non-medical organisations and activities in your local area. For more information and support Tel 0161 518 5550 or email beaconservice@buryvcfa.org.uk

NEED HELP WITH FOOD?

Find out about foodbanks/pantries near you at theburydirectory.co.uk/bury-food-banks

The Eat Drink Live Well Booklet gives you tips on how to eat well and stay hydrated as you get older. rebrand.ly/eatlivedrinkwell



KEEP SAFE

Slips, Trips & Falls

Keep Active: You are more likely to fall if you have weak muscles and poor balance. If you are outside, to avoid slipping or falling wear nonslip shoes and well fitting slippers whilst indoors.

Hear/See clearly: Eye tests are free if you are over 60 or on eligible benefits. Get your eyes checked regularly.

Manage and review your medicines: Some medicines can make you dizzy and increase your risk of a fall. If this is the case or you take more than four different medicines, ask your GP or pharmacist for a free medicines review.

Look after yourself: Take your time getting out of bed or up from a chair. If you stand too quickly your blood pressure may drop suddenly making you lightheaded.

Make your home safer: Remove clutter from stairs or places where you walk. Have handrails by the toilet and bath and on the stairs. Store things you use a lot in places you can get to easily. Make sure there are no frayed edges on carpets.

If you feel you are at risk of falling speak to your GP.

IF YOU FALL... Don't panic!

If you are unhurt and able to get up, do not get up quickly. Roll onto your hands and knees, crawl to a stable piece of furniture and use the furniture to raise yourself up slowly. Sit down and rest for a while.

If you are unable to get up call for help, put something warm over you and stay as comfortable as possible until you get help.

FEBRUARY

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Bury Council, Staying Well Team will be able to provide you with advice, support and assistance to enable you to remain healthy, happy and independent for longer.

You can also refer yourself to the service by simply ringing 0161 253 5151 or emailing stayingwellteam@bury.gov.uk

TOP TIP

Keep a mobile phone in your pocket so you can phone for help.



SCAMS AND FRAUD

Fraud is when a person lies to you, or 'scams' you, to gain an advantage, such as taking your money or learning private information about you. This could be via email, text, phone or in person, either on the street or on your doorstep.

Ten golden rules to prevent fraud

1. **Be** suspicious of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
2. **Don't** agree to offers or deals immediately. Insist on time to get independent or legal advice before deciding.
3. **Don't** hand over money or sign anything until you've checked someone's credentials and their company's.
4. **Never** send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with.
5. **Never** give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it.
6. **Always** log on to a website directly rather than clicking on links in an email.
7. **Don't** just rely on glowing testimonials. Find solid, independent evidence of a company's success.
8. **Always** get independent or legal advice if an offer involves money, time, or commitment.
9. If you spot a scam or have been scammed, **report it** and get help.
10. **Don't** be embarrassed about reporting a scam. Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.

MARCH

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GET HELP OR REPORT A SCAM

If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040 or at [actionfraud.police.uk](https://www.actionfraud.police.uk)

Call the police on 101 if you know the suspect or they're still in the area.

KEY SERVICES THAT CAN HELP

The Bury Directory

THOUSANDS OF ACTIVITIES, SERVICES AND EVENTS ACROSS THE BOROUGH OF BURY

theburydirectory.co.uk

Age UK Bury

FREE INFORMATION AND ADVICE SERVICE AVAILABLE FOR OLDER PEOPLE IN BURY AND THEIR CARERS.

Tel: 0161 763 9030

Email: admin@ageukbury.org.uk

Bury Council Housing Benefits

FINANCIAL HELP FOR PEOPLE WHO RENT THEIR HOMES

rebrand.ly/housingbenefit

Citizens Advice Bureau (CAB)

CAN HELP YOU SOLVE YOUR LEGAL, MONEY AND OTHER PROBLEMS BY PROVIDING FREE, INDEPENDENT AND CONFIDENTIAL ADVICE.

Tel: 0808 278 7804

Email: officerteam@cabb.org.uk

The Getting Help Line

A FREE TELEPHONE SERVICE FOR RESIDENTS OF ALL AGES IN BURY WHO ARE EXPERIENCING DIFFICULTIES WITH THEIR EMOTIONAL WELLBEING.

Tel: 0161 464 3679

Web: gettinghelpline@earlybreak.co.uk

Six Town Housing

TENANTS CAN SEEK INFORMATION AND ADVICE ABOUT ANY LANDLORD SERVICES OFFERED, INCLUDING RENT ENQUIRIES, ANTI-SOCIAL BEHAVIOUR, REPAIRS, NEIGHBOURHOOD ENQUIRIES, SUPPORT NEEDS AND ADAPTATION SERVICES FOR OLDER AND DISABLED TENANTS.

Helpline: 0161 686 8000

9am – 5pm Mon to Wed, 9am – 3pm on Thurs and 9am – 4pm on Fridays.

Repairs: – 0808 144 5368 or 0161 686 8368.

Email: enquiries@sixtownhousing.org

The Staying Well Team

ABLE TO PROVIDE YOU WITH ADVICE, SUPPORT AND ASSISTANCE TO ENABLE YOU TO REMAIN HEALTHY, HAPPY AND INDEPENDENT FOR LONGER.

Tel: 0161 253 5151

Email: stayingwellteam@bury.gov.uk

Alzheimers Society

A NATIONAL BASED CHARITY PROVIDING ADVICE AND SUPPORT FOR PEOPLE AFFECTED BY DEMENTIA.

Tel: 0845 300 0336

Web: www.alzheimers.org.uk

Bury VCFA

FOR ADVICE ON VOLUNTEERING OR JOINING A LOCAL GROUP/ORGANISATION PROVIDING ACTIVITIES ACROSS BURY.

Tel: 0161 518 5550

Email: admin@buryvcfa.org.uk

Bury Adult Connect & Direct Hub

IF ANYONE WOULD LIKE ADVICE OR INFORMATION FROM ADULT CARE SERVICES YOU CAN CONTACT US MONDAY TO FRIDAY, 9AM-5PM, ON 0161 253 5151.

Tel: 0161 253 5151

rebrand.ly/cadhub

Financial Services Authority

(FSA) PROVIDES INFORMATION ON HOW TO FIND AND CHOOSE A FINANCIAL ADVISOR AND CAN CONFIRM WHETHER YOUR ADVISOR IS AUTHORISED. IT ALSO PRODUCES A WIDE RANGE OF MATERIALS ON FINANCE-RELATED MATTERS.

Consumer Helpline: 0845 606 1234

Web: www.fsa.gov.uk

Bury Live Well Service

A FRIENDLY TEAM PROVIDING FREE PERSONALISED SUPPORT, PROMOTING HEALTHY AND ACTIVE LIVING, AND HELPING PEOPLE TO MAKE POSITIVE CHANGES TO THEIR LIFESTYLE

Tel: 0161 253 7575

Email: livewell@bury.gcsx.gov.uk

Action on Elder

A NATIONAL BASED CHARITY (AEA) WORKING TO PROTECT, AND PREVENT THE ABUSE OF, VULNERABLE OLDER ADULTS.

Tel: 020 8835 9280

Helpline: 0808 808 8141 (Mon to Fri)

Web: www.elderabuse.org.uk



FOR FURTHER SERVICES, INFORMATION, ADVICE, EVENTS, ACTIVITIES, AND SUPPORT THAT IS AVAILABLE TO BURY RESIDENTS VISIT

THE BURY DIRECTORY
WWW.THEBURYDIRECTORY.CO.UK

A BIG THANK YOU TO OUR WONDERFUL RESIDENTS FOR SHARING THEIR FANTASTIC PHOTOGRAPHS WITH US

WORKING IN PARTNERSHIP TO KEEP BURY WELL THIS WINTER



**GREATER MANCHESTER
FIRE AND RESCUE SERVICE**



**SIX TOWN
HOUSING**



**BURY
VOLUNTARY,
COMMUNITY
& FAITH
ALLIANCE**

**GREATER MANCHESTER
POLICE**



**THE BURY
DIRECTORY**

Bury
COUNCIL