



December 2009 Issue

FORUM MEETINGS IN DECEMBER



Preparing for winter

Twelve things you can do to prepare

- ❖ Have your heating system serviced and chimney swept.
- ❖ If you have wood-burning, coal or gas heaters – make sure you have adequate ventilation.
- ❖ Have your electric blanket serviced at least every three years.
- ❖ Make sure your smoke alarm is working.
- ❖ Make sure you claim all the financial support you can to help with heating bills. Age Concern Sunderland can help, telephone the Information and Advice Team on 5674649 to make an appointment with one of our advisors.
- ❖ Be sure you have some warm shoes or boots with non-slip soles.
- ❖ Keep a mixture of salt and sand handy to put on steps or paths in icy weather.
- ❖ Keep simple cold, flu and sore-throat remedies in the house. Your pharmacist can make suggestions and can also advise on how to manage minor illnesses.
- ❖ Make sure you follow up your GP's invitation to have a flu jab.
- ❖ Order repeat prescriptions in plenty of time, particularly if bad weather is forecast.
- ❖ Keep basic food items in the cupboard or freezer in case it's too cold to go shopping.
- ❖ If you smoke, think about trying to stop. It will reduce the possibility of a chest infection and make breathing easier.

As usual, there are no forum meetings in December, due to the high number of social events and people going away to visit family etc.

Thank you again for all your returned questionnaires, I was surprised that a few members were not aware that there were Forum meetings or that they could attend any of the meetings listed.

Each month I print a list of the meeting venues, times, dates and the topic to be discussed in this newsletter. They are held at various venues around the city and everyone is welcome to attend one or more of them.



I am endeavouring to arrange the meetings for the coming months using the information you sent me on the returned questionnaires.

The possible topics for the coming months are:

- ❖ Personal Safety
- ❖ Age Concern's Information & Advice Service
- ❖ Dealing with Depression
- ❖ Alcohol Health Education Service

I hope to get a regular meeting arranged in Washington early in the New Year, so look out for that information in future letters.



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You can contact me at the Bradbury Centre on Stockton Road, Sunderland SR2 7AQ or Telephone 0191 514 1131 if you have any comments or article you would like to see in the next newsletter.

Adrienne Rowly

50+ Forums and Good Neighbour Co-ordinator

Bishopwearmouth Young Singers

with
Bishopwearmouth Choral Society

Christmas Concert

St Chad's Church
East Herrington

Wednesday 16th December 2009

7.30 pm

Seasonal refreshments included in ticket price

tickets available from
Age Concern Sunderland,
Bradbury Centre,
Stockton Road,
(just up from Park Lane Interchange)
or any Choral Society member

All profits from this
concert will go to

AGE Sunderland
Concern
Please make cheques
payable to :
Age Concern Sunderland

Tickets **£10**

www.bishopwearmouth.co.uk

Holiday Information**Coffee Morning**

Café No. 26, Stockton Road, Sunderland

Thursday 21st January
10am – 12 noon



Come along and find out about the different types of holidays available through Age Concern and get away from the cold after Xmas blues.

Holidays range from luxury cruises, flights abroad and UK coach trips to name but a few. Every one who attends will receive a free homemade scone or cake with the purchase of a cup of tea or coffee. (More information attached in press release form).

**Age Concern Sunderland's Energy****Event**

Bradbury Centre

Friday 22nd January 2010
9am – 12 noon



You can receive a free quote over a complimentary cup of tea or coffee.

Also at the event they will be able to receive energy efficiency information, speak to Tyne & Wear Fire & Rescue Team about the importance of Home Safety Checks and a representative from Warm Front will also be available to offer information and advice.

Every one who attends on the day will also be entered into a Free Prize Draw to win a Winter Goodies Hamper. For further information contact Carly on 0191 514 8324.



Can I take this opportunity
to wish everyone
a very happy and healthy
Christmas
and
a peaceful and prosperous
New Year.