

Living Longer, Living Better

HELPING OLDER PEOPLE IN MORAY PREPARE FOR WINTER



Don't be floored by flu

If you're over 65 or have underlying health conditions, make sure you get your flu vaccination. It's free, it only takes a few minutes and it could help you keep well over the winter.

Flu (influenza) is a highly infectious and very common viral illness that is spread by coughs and sneezes. It can make even healthy people feel very unwell for a week or more. You can catch flu all year round, but it is especially common in winter which is why it is often known as 'seasonal flu'.

Conditions and diseases which can make flu much more dangerous include asthma, bronchitis, emphysema, chronic heart disease, chronic kidney failure, multiple sclerosis, liver problems and diabetes.

Flu can seriously affect you, so it's worthwhile getting immunised to avoid unnecessary worry for you and those close to you.

Anyone undergoing chemotherapy or radiotherapy treatment should also get vaccinated. Unpaid carers of any age, including young carers, are also eligible for the flu vaccine.

Contact your GP practice to arrange an appointment.

Keep a cosy blanket on the back of your armchair so that it is easy to access if you are feeling a little cold when sitting.

Prepare ahead and enjoy the festivities

NHS Scotland advises people that by re-stocking their medicine cabinet, checking their repeat prescriptions and knowing when their GP surgery is closed, they can ensure they are well prepared for the winter.

At such a busy time of the year, it can be easy to forget things like ordering your repeat prescription.

But just a few simple steps like finding out what services are open and stocking up your medicine cupboard can help prevent winter coughs and colds from spoiling the holiday season. It also helps ensure that emergency lifesaving services are kept free for those who really need them.

Plan ahead to ensure you have adequate medications and get your repeat prescriptions collected before the festive closures.



Banish bin day blues

Did you know that Moray Council offers an assisted collection service for those who are unable to move refuse and recycling containers to their point of collection?

The Council only provide this service for people who genuinely cannot move their bins and containers to the pick-up point and has a form that should be completed in order to assess eligibility. People may be eligible if there is no other resident at the property to assist and they fall into one of the following categories:

- They are not physically able of moving waste containers due to age or frailty
- They have a temporary physical disability or illness that has been diagnosed by a doctor and that prevents them moving the bins and boxes;
- They have a permanent physical disability or illness which means they are unable to move the refuse and recycling receptacles.

For more details and for an application form, please call 01343 557045. A recycling officer can help people complete the form if they require assistance.



The Number to call is 111

The free and easy-to-remember number for NHS 24 in Scotland is 111. People looking for medical help and advice should call this number to access to a high quality service for anyone looking for medical help and advice during the out-of-hours period until their GP surgery reopens. The introduction of the 111 number means callers in Scotland are no longer charged when calling NHS 24 from a landline or mobile.

Dress in light layers and make sure you wear stout shoes or boots with non-slip soles when venturing outdoors.

Eat Well in Winter

A good, hearty plate of soup is a nutritious and healthy winter warmer, and making it yourself not only represents good value for money, but it will taste better too!

During November and December, Community Food Moray (CFM) is offering soup packs for just £1, with free delivers on orders over £5.

CFM attends local markets, offers a delivery service and has pop up shops in halls and venues across Moray. See the timetable opposite. For more details, contact Carl on 01343 208293.



Lentil Soup (Serves 4)

- 1 litre vegetable stock
- 200g red or yellow lentils
- 1 small leek (chopped)
- 2 medium carrots (grated)
- ¼ turnip (grated)
- 1 small onion (chopped)
- ½ tsp black pepper

Method

Bring the vegetable stock to the boil. Add the lentils and cook for 10 minutes, stirring occasionally. Add the vegetables. Bring back to the boil, simmer and cook for 30 minutes. Add the pepper and check seasoning. Serve with crusty bread.

Fuel Bill Worries?

If you, or an older person you know, is struggling with fuel bills, then help is on hand from REAP. REAP is experienced in helping groups and individuals to save energy and its energy advisors work with older people to offer benefits advice, energy guidance and fuel co-operatives, using the purchasing power of bulk buying to deliver significant savings on fuel bills. For more information please call **REAP** on **01542 880200**.

Community Food Moray

Day	Pop up shop	Time
Monday	Lossie deliveries	1-1.30pm
	Forres deliveries	2-2.30pm
Tuesday	Elgin area deliveries	9.30am-12noon
Wednesday	Roths Linnburn Centre	9.45-10.15am
	Aberlour Tea Room and Church	10.30am-12noon
	Dufftown Health Centre	11-11.30am
	Speyside deliveries	12noon-1:30pm
	Tomintoul Tomnabat Court	2-2.30pm
Thursday	Fochabers Institute	9-11am & 5-7pm
	Keith North Church	9.30-10am
	Dr Grays Hospital	11.30am-3.30pm
Friday	Fochabers Institute	9-11am
	Buckie deliveries	9.30am-12.30pm
	Duffus Community Market (1st Friday)	10am-12noon
Saturday	Events and markets	See local press

Stock up the store cupboard staples so that when the weather's bad you don't need to pop out to the shops.



Stay safe in the home

Scottish Fire and Rescue Service carries out free safety visits to help make sure your home is as safe as it can be.

Have a battery operated torch at hand just in case of a power cut.

They can even install smoke alarms for free, if you need them. Home safety visits only take about 20 minutes, and the advice given could save your life.

For more information and to arrange a home safety visit call **0800 0731 999**. Follow fire and rescue service advice to help stay safe at home over winter:

- Keep portable heaters away from curtains and furniture and never use them for drying clothes
- Unplug or switch off portable heaters when you go out or go to bed
- Fit a Carbon Monoxide detector in all rooms containing gas or paraffin heaters
- Never leave an electric blanket switched on when you're in bed unless it's marked 'suitable for all night use'
- Check your electric blanket, plug and flex regularly for damage. If in any doubt, don't use the blanket
- Unplug fairy lights or other electrical Christmas decorations when you leave the house or go to bed
- Extinguish all candles before you go to bed. Never leave a burning candle in a bedroom
- Be especially careful with night lights and tea lights. Always put candles on a heat resistant surface or holder
- Never leave cookers unattended while cooking and don't cook hot food while under the influence of alcohol or drugs
- Don't smoke in your chair if you've been drinking or you're feeling tired
- Check your smoke and heat alarms are working. Replace batteries if necessary

Free Energy Advice in Your Home

As winter approaches and temperatures drop, many householders will find it difficult to heat their home. Rising energy prices could also result in significant increases in fuel bills.

Moray Council is working in partnership with SCARF (Save Cash and Reduce Fuel) to provide free and impartial energy advice to households in their own homes.

Households in Moray can contact SCARF's Home Energy Advice Team (HEAT) for tailored advice suitable to their property and circumstances. An adviser will visit your home to demonstrate how you can get the best out of your heating system by making efficient use of controls, timers and programmers.

Advisors can also help with any fuel bill concerns and provide advice on choosing the best providers and tariffs. Home energy advice visits are available to all households and may be particularly valuable to older people.

Call **0808 129 0888** for more information or to arrange a free home visit.

Moray Care and Repair

Moray Care and Repair is a free service which helps households in the private sector to carry out adaptations to their home to meet disability needs and to keep properties wind and water tight and free from structural instability. Works can include:

- Adaptations to the home, such as the provision of level access showers, to meet the disability needs of older people and those with an ambulant disability
- Roof repairs including replacement gutters and downpipes
- Repairing external walls including pointing, harling and structural repairs
- Electrical re-wiring
- Replacing main access doors and windows
- Eradication of rising or penetrating damp

In order to qualify from the service, you must normally be a home owner and be over 60 years old. Call the Home Improvement Team on **0300 1234566** to apply. An initial assessment will take place over the phone and if it is felt you might qualify a home inspection will be carried out to determine the works required.

If housing grant assistance is available, advice can be offered on the steps involved in applying for funding and assistance to fill out an application form. Help can be provided in obtaining competitive estimates from local contractors and help to obtain plans, building warrant and planning permission if required.

Information and advice can be provided on matters such as:

- How to reduce condensation in the home
- Creating a programme of works to tackle the most urgent work first and help manage your budget effectively
- Tips on how to make your home more energy efficient
- Advice on boiler control settings to save money on heating costs
- Referring vulnerable clients for a benefits check where appropriate
- Signposting to other agencies that may be able to offer assistance or funding



What's on at your local healthpoint this season?

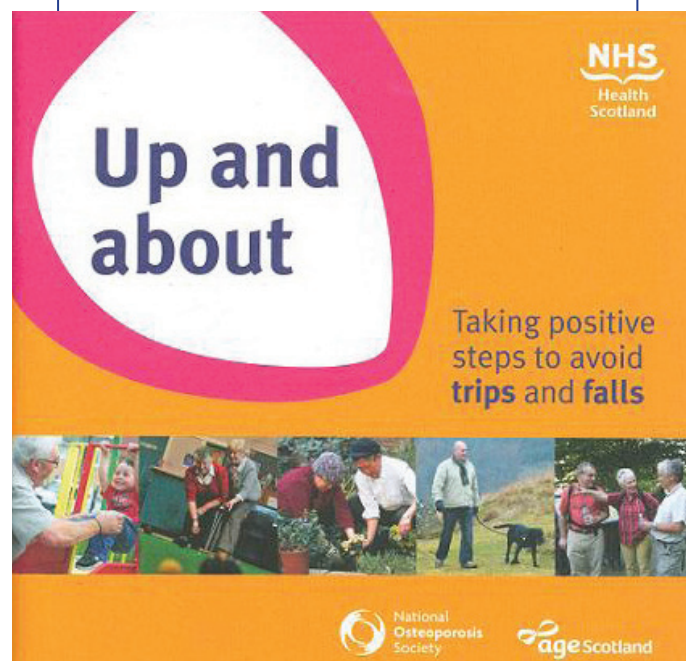
Throughout the winter, healthpoint will have trained advisors on hand to help the public be more prepared for the season whilst looking after their health.

During the winter a number of problems can arise that can affect health, from having the 'winter blues', flu, colder weather, and gaining extra winter weight. There are a number of things you can do to avoid these seasonal risks and healthpoint staff will be able to provide you with the information you need to stay healthy.

So be ready for winter and visit the Moray healthpoint at the foyer of Dr Gray's Hospital, Elgin, open Monday to Friday 9am to 5pm. For more information call the free healthline on **0500 20 20 30**.

*Keep emergency numbers,
like your plumber and utility
companies, somewhere
easy to find.*

Whatever your age, there are many things that you can do to reduce the risk of falling – visit healthpoint for more information.



Useful websites

The handy booklet 'Know Who To Turn To' can be downloaded from the website www.know-who-to-turn-to.com/ or pick one up from your local GP surgery, pharmacy or hospital. The publication helps you get the right medical assistance when you're ill, injured or have a long term condition.



Making Changes

The Older People's Reference Group (OPRG) has kept a close eye on Moray's spending on the Change Fund, monies made available to Health and Social Care Partnerships across Scotland to support them in reshaping care for older people by shifting care towards anticipatory care and prevention.

OPRG members recently joined a range of health and social care professionals at a workshop looking at what had been achieved in the three years of the Change Fund, what lessons have been learnt and how to draw on these lessons and plan for the future.

Groups discussed a range of successful initiatives and identified key characteristics of success such as a culture change in moving away from service interests to working together towards a shared aim; multi-disciplinary and multi-agency approaches and meetings; collaborative working; drawing on community assets and building on volunteering capacity and having the willingness and resources to test approaches and learn from them.

Challenges included building sustainability and having robust exit strategies; the importance of listening to what individual people say they want or need, and not making assumptions or generalisations; and having measures which reflect local priorities and issues, and are meaningful.

Drawing on what has been learned, there was a strong feeling that by continuing to work together, co-production will become a core business activity, with a desire that technology is used to improve communication and free up time, bringing about shared information systems and a one-patient record. Work around promoting independence must continue, delegates said, with a strengthening of health improvement and preventative approaches.