

Last winter the UK saw extreme weather that left many people confined to their homes by snow and ice. With a more severe weather forecast for this year, Bournemouth householders are being urged to prepare early so they are ready to keep warm and well. Read on to find out about the help you can get to . . .

BEAT THE COLD

Keep Warm in Bournemouth

'On the Home Front'

Hurry! **Last chance to get a grant!**

In the same way that wearing several layers keeps your body warm, having several layers can keep your house warm too!

By adding cavity wall insulation to your walls and putting insulation in your loft you can stop heat escaping and save money on your fuel bills. If you receive benefits or are over 60 years of age, this need not cost you any money as there are many grants available for insulation.

But hurry, these grants come to an end in 2013 – or sooner!

We recommend you

don't delay, call today

for FREE advice.

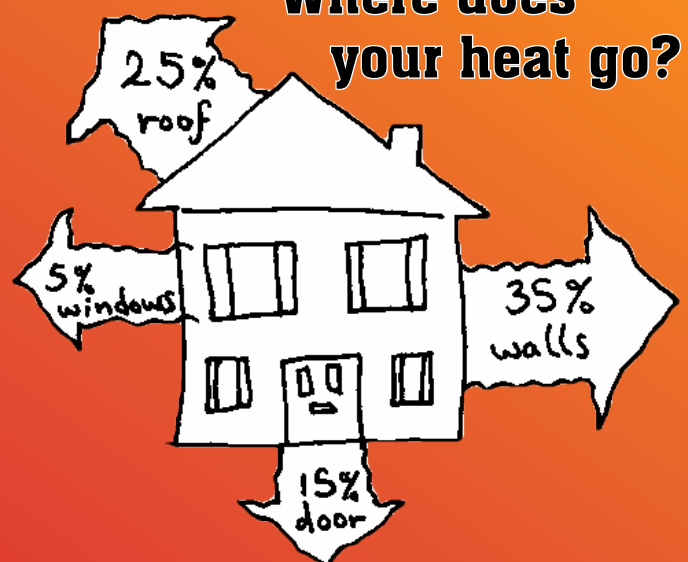
Contact the Dorset Energy Advice Centre on **0800 975 0166**.

www.deac.co.uk

Get a Free Smoke Alarm

If you don't own a working smoke alarm you are twice as likely to die in a fire. Dorset Fire & Rescue Service offer free home safety checks to identify fire risks and can even fit a smoke alarm for free. Please call Dorset Fire & Rescue on: **(01305) 252600**.

Where does your heat go?



So get insulated NOW!

Take care of yourself

Don't forget your flu jab

Flu is a particular winter problem and is a serious health hazard for older people and anyone in an 'at risk' group. Flu immunisation is strongly recommended and is free. Call your GP to find out when your flu clinics are being held. Jabs are available for everyone aged 65 or over and for younger people with certain serious medical conditions. If you feel unwell, call NHS Direct for health advice on **0845 4647**.

Check your room temperature

During winter 2011, your GP will be giving out free thermometer cards to help you make sure your home is warm enough, courtesy of Bournemouth & Poole Primary Care Trust.

Get your medicine

Make sure you get your prescription medicines in good time for the Christmas break. Ask about your pharmacy's free delivery service to save you going out.

Warming Tomato Pasta

You will need

- 1 teaspoon of oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tin of chopped tomatoes
- 2 tablespoons of tomato purée
- a pinch of mixed dried herbs
- pepper to taste
- 210g uncooked pasta

What to do

1. Heat the oil in a saucepan or frying pan. Cook the onion on a medium heat until it's soft.
2. Add the garlic and cook for another minute.
3. Add the chopped tomatoes, tomato purée and mixed herbs.
4. Simmer gently for 15 minutes until the sauce is thick and rich.
5. Add pepper to taste.
6. Cook the pasta according to packet instructions and serve.

Eat well to stay well

Food is fuel, it helps keep you warm.

Try to have plenty of hot food and drinks when the weather is cold. Be prepared and keep a stock of food in case you can't get out to the shops in very cold weather. Keep some bread and milk in the freezer and stock up on tinned, dried, bottled and frozen foods, especially fruit and vegetables, which are just as nutritious as fresh produce.

Bread and milk can be frozen for when you need them and there are many 'long life' products that could see you through the winter. If you enjoy cooking, be creative and follow our recipe tips for hot nutritious meals that are quick and easy to make . . .

This recipe is for two people – halve ingredients to serve one.

Beans on toast with a twist

You will need

- tin of baked beans
- 2 slices of wholemeal bread
- 1 tin of tuna (in spring water)
- 2 tablespoons of low fat mayonnaise
- cheddar cheese, grated

What to do

1. On the hob, gently heat baked beans in a small pan.
2. Drain the tin of tuna then mix with the mayonnaise.
3. Under the grill, toast bread lightly on both sides. Spread tuna mixture on both slices.
4. Pour the baked beans over the tuna, sprinkle cheese on top and put under grill until cheese is melted and lightly browned.

Why not invite a neighbour for a meal and share your recipes?



Or find more recipe ideas at your local library or www.nhs.uk/livewell/healthy-recipes

Look after the pennies!

Fuel bills are on the rise and paying them will be a headache for many people this winter. Follow the advice on the front page and get a grant to pay for insulation to help make the bills smaller. Then make sure you are getting all the money you are entitled to. This is how . . .

Check your benefits

If you are of pensionable age, get a 'benefits check' from the Pension Service. Telephone **0845 60 60 265** or textphone **0845 60 60 285**.

To find out about Housing and Council Tax benefits, telephone the Council's Benefits Team on **(01202) 451592**.

Winter Fuel Payment

People over 60 who live in the UK receive the Winter Fuel Payment of up to £300. If you qualify but haven't had yours by Christmas telephone **08459 151515**.

What to do if you fall behind with bills

The Bournemouth Citizens Advice Bureau provides free confidential and impartial debt advice and has staff in locations around Bournemouth. If you are experiencing debt problems or need advice on any money matter, CAB wants to hear from you. Telephone **08444 111 444**.

If you have gas or electricity bills that you can't pay, let your supplier know. They will want to help you find away of settling the amount, perhaps by spreading out repayment over a longer period. It is best to contact them quickly rather than let the debt mount up. Phone the Home Heat Helpline number – **0800 336699**.

Keep in touch

Advice for older people and their carers

There are services to help anyone over the age of 55 and their carers to live a more active life. To find out about lunch clubs, trips and activities to enjoy, contact Age UK Bournemouth on telephone **(01202) 530530** from 9.30am to 4pm, Monday to Friday, or Help & Care on telephone **0300 111 3303**.

Stay Switched On

Many people keep up with the news, weather and local events by watching their TV. You have probably heard that TV is going to 'digital' and soon the traditional TV signal will be switched off in our area. If you don't have digital TV by March 2012, you will lose your TV channels. But don't worry – help is at hand. For older and disabled viewers who may find making the switch difficult, the BBC-run Switchover Help Scheme will provide everything you need to turn one TV set to digital. If you're eligible, the BBC will write to you in plenty of time to ask if you want help. For information on the Switchover Help Scheme call **0800 40 85 900**. Textphone users can call **0800 40 85 936**.



Be a good neighbour

If you are an older person, make sure your younger neighbours have your phone number. If you have an older neighbour or relative, get their phone number so you can look out for them in the winter months. If a neighbour's curtains aren't opened during the day, or there are no lights on in the evening and you know they are home, there may be something wrong. Give them a call, or knock on the door if there is no snow or ice on the ground. If there is no answer, contact a relative or friend who you think may have a key. If you have grounds for concern, telephone the Police on **101**.

Help with repairs and security

The East Boro Handy Van Repair Service provides a friendly, professional repair service, providing practical, useful help around the home.

There is no charge for labour, no membership fees and no hidden costs. All you pay for is the cost of materials.

If you live in Bournemouth or Poole and are aged 60 or over and receive benefit support (e.g. pension credit, attendance allowance) you qualify for the Handy Van Repair Service. Bournemouth and Poole's over 60s may also qualify for free materials for home security works too!

Telephone **(01202) 883503** and ask for the Handy Van Service.

This leaflet has been produced jointly by the Adult & Community and Health Overview & Scrutiny Panels of Bournemouth Borough Council to assist residents prepare for the winter.