

Stay safe, warm and healthy.

If you would like a large print version of this newsletter please contact Karen on 07781 467316 or Ben at info@disabilityalliance.org.gg

Age Concern: Winter Fuel Fund now open

Deputy Lester Queripel (Chair, Age Concern) says: “Age Concern are now operating their Fuel Fund for pensioners who struggle to pay their fuel bills. We will be running the scheme from now until the end of April 2016. Any pensioner in the island can apply and we can contribute anything from £125 to £250 towards a pensioners fuel costs. All applications will be treated in the strictest confidence and we are 100% Data Protection compliant. All applicants need to apply in the first instance to Deputy Lester Queripel. Age Concern Chairman. 729399”

Staying Warm, Staying Well this Winter

HSSD are promoting five top tips for keeping warm and well – for people of all ages – during the winter. These are:

- Get the Flu Vaccine – speak to your GP surgery or pharmacy now for more information.
- Keep Warm Indoors – keep your home well-heated, day and night.
- Keep Warm Outside – lots of thin layers tend to be more effective than one or two thick ones.
- Be Healthy – eat healthily, with plenty of hot food and drinks; and stay active in a way that suits you.
- Look Out for Your Neighbours – stay in touch with each other: good company will help brighten the dark days.

You can download a leaflet from HSSD focusing on these five messages, and providing links to some of the public services and voluntary organisations that can offer social activities, financial assistance and/or practical help.

The leaflet can be downloaded at the following link:

www.nhs.uk/livewell/winterhealth/Pages/Winterhealthhome.aspx

For more information on living well this winter, the NHS Winter Health pages visit their website at the following link

They have some great tips on a wide range of issues – including some simple recipes for healthy hot meals.

www.nhs.uk/Livewell/healthy-recipes/Pages/Healthy-recipes.aspx

Guernsey Electricity Services for Senior and Disabled Customers

Did you know? Guernsey Electricity provide a range of free services for customers who are older people or who have a disability or long-term health condition. These include accessible bills and forms, and advice on energy efficiency at home. You can find out more on their website www.electricity.gg/customer-information/senior-disabled-services/

If you fit into this customer group, you can register on Guernsey Electricity's Priority Register – to do so, drop them an email on customer.accounts@electricity.gg or call them on 200700 (choose Option 4 on the phone menu, or wait for an operator). It might be helpful to register with Guernsey Electricity if, for example, you have medical equipment that needs a constant power supply – if they are aware of your needs, they can make alternative arrangements for you in the event of a power outage.

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