

Dear NHW Area/Street Co-ordinator

The nights are drawing in and the coats and boots are well and truly out of the wardrobes! I sent you a message back in the Spring about the impact that the hot weather can have upon the older members of our communities: well the same is true of the cold weather.

When the sun is shining we tend to get out and about more and as a consequence, we see more of our neighbours. However, the days can be very long for older people especially when it's dark and dismal.

As people get older, it can be harder to stay healthy in winter. There are simple things we can do to look after ourselves and others so we all stay healthy and happy this winter:

- **Get your free flu jab** – even if you're fighting fit. Everyone over 65 is entitled to a free flu jab from the doctor or pharmacist.
- **Wrap up well** when you go out in the cold. Layering's the best way to keep warm in winter. Don't forget a hat, gloves, thick socks and a scarf. Try wrapping a scarf around your face before you go out in the cold. It'll warm up the cold air before you breathe it in, reducing the risk of chest infections.
- **Make sure your home is warm enough.** Ideally your living room should be 21° and your bedroom 18°. If you're having trouble heating your home please get in touch, there's help available.
- **If you can, keep moving.** Try not to sit still for more than one hour at a time. Even if you just move your arms and legs, it'll help keep you toasty.
- **Eat well.** Aim for at least one hot meal every day as well as warm drinks throughout the day. The Age UK national website has lots winter warmer recipes - just Google 'Age UK winter warmer recipes'.

When you're speaking to your older neighbours or on the phone to friends or family check that they are okay, heating their house, eating well, etc. and if there are any issues give them our telephone number - **01403 260560**. When it starts to get icy, we have salt packs available - get in touch to get yours.

Thank you in advance for making a difference and for your support with this.

Best wishes

Nicky Fuller

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