

## Safe and Independent Living (SAIL)

Offers access to a wide range of services for people over the age of 50, including: handyman service, support to find new activities, exercise classes, clubs and day care, free home fire safety checks, benefits advice, shopping, housework and toe nail cutting, support for carers and much more.

**For more information**

**Call us on:** 020 7358 4077

**Email us on:** [sail@ageuklands.org.uk](mailto:sail@ageuklands.org.uk)

**visit our website:**

[www.ageuk.org.uk/lewishamandsouthwark](http://www.ageuk.org.uk/lewishamandsouthwark)



**You can also follow us on Social media**

**Twitter:** @Ageukls

**Facebook:** [facebook.com/AUKLS](https://facebook.com/AUKLS)

**Blog:** [communitieslivingwell.wordpress.com](http://communitieslivingwell.wordpress.com)

Age UK Lewisham and Southwark is a registered charity, number 296862

## SERVICES IN SOUTHWARK THAT CAN HELP

### INFORMATION & ADVICE

We offer free, confidential impartial advice to older people aged 50+ who live in Southwark. Our popular benefits check service ensures that you are receiving all the benefits you are entitled to. For appointments, drop in sessions or home visits call SAIL on 020 7358 4077

Out office hours, you can call the Information and Advice line on 020 8690 9050

### CITIZEN ADVICE SOUTHWARK

Citizens Advice Southwark may be able to help older Southwark residents save money on their gas & electricity bills by ensuring that you get the best fuel deal available.

Call: 020 7231 3379 asking for Energy Advice

Keeping warm over the winter months can help prevent colds, flu or more serious health problems like pneumonia.



## SOUTHWARK

# Warm & Well in Winter

Information and advice for older people to keep warm and well



## IF YOU FEEL UNWELL

Your pharmacist is able to advise on certain common health problems including sore throat, diarrhoea and a headache.

You should visit your GP for injuries and on-going illness. They will be able to assess your needs and refer you to a specialist if needed. When your GP surgery is closed, call SELDOC on 020 8693 9066 from 6.30pm to 8am weekdays and all Saturday, Sunday and Bank Holidays.

## STAY SAFE AT HOME

Always check who is at the door before letting them in.

Look through the peephole to see who is there and use your door chain. Ask to see their identification.

Keep a list of emergency numbers handy and write this big enough that you could read it easily if you were in a hurry or frightened.

Install a smoke detector and replace the battery twice a year.

If you have gas appliances make sure you have a CO (carbon monoxide) monitor and that the batteries are working.

Remember always get light bulbs that are no longer working replaced.

Age UK Lewisham and Southwark can help you with smoke alarms, Carbon Monoxide monitors, and replacing light bulbs.

Give you local Age UK a call asking for the SAIL team on 020 7358 4077.

# TOP TIPS FOR KEEPING WARM AND WELL THIS WINTER



### STAY WARM IN YOUR HOME

By setting your heating to the right temperature (18 - 21°C or 64 - 70°F), you can keep your home warm and your bills as low as possible. Wear plenty of thin layers, rather than one thick one. Wear bed socks, thermal underwear and a nightcap or head scarf at night.



### GET FINANCIAL SUPPORT

There are grants, benefits and advice available to make your home energy efficient, improve your heating and help to reduce your fuel bills. It's worthwhile claiming all the benefits you are entitled to.



### EAT WELL AND DRINK REGULARLY

Food is a vital source of energy, which helps to keep your body warm so try to make sure that you have regular hot meals throughout the day. Drinking hot drinks can help with staying warm. Drinking water frequently will help your body stay healthy. Keep a flask of your favourite hot drink or soup near your bed to drink when you wake up.



### GET A FLU JAB

You can get a free jab from your doctor (GP) and pharmacists to protect against seasonal flu if you are over 65 or have a long-term health condition. If you have a cold or flu it is better to stay in bed and rest. And remember to drink plenty of fluids.



### LOOK AFTER YOURSELF AND OTHERS

On cold days try to avoid going outside; however, if you do need to, remember to wrap up warm, put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside. If you have an older neighbour or relative, look out for them during winter to make sure that they are safe and well.



### HAVE YOUR HEATING AND COOKING APPLIANCES CHECKED

Have your heating and cooking appliances checked – carbon monoxide is a killer.