

Teddington & Hampton Wick Voluntary Care Group

WINTER 2013

Dear Everyone

Well, we're coming to the end of another year and the evenings are drawing in, but don't despair we've got some tips for you on how to keep warm this winter! It's been such a beautiful autumn with all the colours and sunshine. I've just been rummaging through my wardrobe to find my brightly coloured winter scarf. That's my tip for the winter, if you want to feel cheerful beat the winter blues by wearing something nice and bright such as a red scarf or woolly hat and gloves. Not only will they keep you warm, but the colour will buck you up no end! On a more serious note, make sure you have turned off and drained down any outside taps ready for the winter to avoid any risk of burst pipes.

Please do not hesitate to give us a call if you need some help, we're here to support you and understand that everyday tasks such as shopping can be more difficult in the colder weather.

Welcome to any clients or volunteers who have just joined us and many, many thanks to everyone who has worked so hard throughout the past year to help the group carry out such good work.

Lastly, best wishes for Christmas and the New Year!

Ali

A FEW WORDS FROM MIRANDA ON BEFRIENDING

We have been running a befriending service for over a year now and we have had many successful friendships formed as a result. The whole idea is for those who are feeling isolated and lonely to be introduced to a volunteer who equally would enjoy popping around to visit and have a friendly chat. I think this has given a great deal of pleasure to those who have taken part and look forward to anyone contacting the office if you feel you would enjoy the benefits from this scheme.

This also applies to volunteers that would like to get involved!

I look forward to hearing from you.

Miranda

Ellery Hall Saturday Club

Ellery Hall runs a Saturday Club on the first Saturday of every month, with the exception of August and January.

It commences at 2.30pm and finishes at 4.30pm and costs £3.00 which includes a cup of tea, sandwich and a piece of cake, not to mention a raffle ticket! There is also entertainment. Everyone is welcome so do come along and enjoy the fun.

Transport can be arranged by contacting Ellery Hall on **8977 0549** or our office.

Hampton Wick & South Teddington Good Fellowship Club

This club is for men and women over sixty years of age providing a friendly and supportive environment to play cards, scrabble, board games, knit, read or just chat. Refreshments are available.

It takes place on Wednesdays from 2:00 p.m. – 4:00 p.m. in Bullen Hall, Hampton Wick (next to the library).

Just come along or call **020 8977 5176** This is a not-for-profit organisation run by volunteers – donations are always welcome.

Tips on keeping warm this Winter

Flu is much more serious than a cold and having your flu jab could stop you from being seriously ill this winter. If you are over 65 years old or have a long term health condition, you can get the jab free from your GP. Make sure that you also stay healthy and well by having enough of your medicines to tide you over periods of bad weather when you may not be able to leave the house. To keep you and your home warm this winter arrange for a free home visit for advice and information on heating, insulation, benefits and health. Contact LiveWell Richmond on **020 8487 1745**

Here are a few tips to help to keep you warm, snug and well this winter:

1. Have plenty of hot drinks such as tea, coffee or hot water as this will help to keep you warm. Just boil the amount of water you need each time and this will save you money too!
2. Wear a few layers of thin clothing rather than one thick layer; this will trap the heat better to keep you warm. Socks and hats are great too and are a good idea to keep you warm in bed.
3. Cover yourself with a blanket or shawl if you are sitting for long periods, this will help keep you warm and put your feet up if you can; the air is colder near the floor.
4. Tuck curtains behind radiators, this will keep the heat in the room.
5. Keep moving if you can, this will help keep you warm. Try not to sit for more than 1 hour – get up and walk around, make a hot drink and spread chores and housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.



CRANBERRIES

In the last newsletter we talked about how blueberries can be beneficial for your health. Now that we are approaching the festive season, let's check out cranberries!

Cranberries have vitamin C and fibre, and are only 45 calories per cup. In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable--including strawberries, spinach, broccoli, red grapes, apples, raspberries, and cherries.

One cup of whole cranberries has 8,983 total antioxidant capacity, only blueberries can top that.

While they are available dried and frozen all the year, coming up to Christmas you can buy fresh cranberries. They are delicious in crumbles or pies or try sprinkling the dried variety on your breakfast cereal for extra zing!



Richmond Talking Newspaper

'Richmond Talking Newspaper' provides local news in audio form for people with visual impairment and/or other physical disabilities throughout the Borough of Richmond. This service is completely free to users, who receive an hour and a half's recording of local news and views, 50 weeks of the year, with a special supplement at Christmas. If you or someone you know would like to receive the Talking Newspaper please call **020 8890 8260**



LOOK AFTER YOUR MICROWAVE.....

Microwaves are great for the convenience of heating ready meals quickly, but please be careful when using them. Always follow the heating instructions carefully and if you should accidentally overheat some food or liquid, make sure you have wiped around the whole of the inside area of the microwave including the roof as if any spillage is left it will continue to burn each time you use the microwave and this will result in corrosion of the inside which will be dangerous.



SCAMS!

Please be aware of this scam - a phone call is received from someone very plausible stating they are a police officer and they are investigating a fraud and have arrested someone with a cash card in their possession - in order to progress this investigation the person receiving the call is asked to give their bank details and /or pin number over the phone or a courier will attend their address and collect the card from them.

Sometimes the person is invited to put the phone down and ring back a number they are given so they can check for themselves that it is legitimate - it is not - the person at the other end of the phone does not put the phone down so the person is still talking to the suspects.

Police would never ring up and advise you to give your bank details or any personal information over the phone - this is a scam and it is on the increase - do not give any personal details over the phone to anyone no matter how plausible they may seem.

AgeUK Premier Housekeeping Service

The range of housekeeping services offered are:

Housework (dusting, hoovering, cleaning, bed making, kitchen and bathrooms), Laundry, Shopping, Prescription collection, Preparing light snacks, Other assistance may be possible

If you are interested in this service the Premier Housekeeping Co-ordinator will carry out a home visit assessment to discuss the service and to work out a suitable plan to meet your housekeeping needs. You will then be allotted a suitable housekeeper who has been reference checked and has a DBS clearance. The service costs £15 per hour with a minimum requirement of 2 hours per appointment. A registration fee will also apply. Call **020 8878 3569**

OUTING TO THE MUSICAL MUSEUM

On Tuesday, 12th November we visited the Musical Museum at Kew Bridge. The Musical Museum contains one of the world's foremost collections of self-playing instruments. From the tiniest of musical boxes to the Mighty Wurlitzer! We were given a very interesting and informative tour, followed by tea/coffee and biscuits whilst we listened to music being played on the Wurlitzer, a trip down memory lane for some of us!

OUTINGS

NEW YEAR LUNCH – Once again, we have been invited by Hampton and Hampton Hill Voluntary Care Group to join them for lunch at the Fulwell Golf Club to celebrate the New Year. This enjoyable event will take place on Sat 11th January. Numbers are limited so book early to avoid disappointment. See Booking Form for details.

THE SWAN LUNCH – During the cold month of February it's lovely to wrap up warm and go for a pub lunch! We will be doing this on Tues 4th February. See Booking Form for details.

COFFEE MORNING – There will be a coffee morning and book sale on Sat 15th March 2014. from 10:30 a.m. till 12:00 noon

BUSHY PARK VISITOR'S CENTRE – We're hoping that Spring will be in the air as we will be visiting Bushy Park Visitor's Centre on Tues 8th April 2014 See Booking Form for details.

EVENTS please contact the office if you would like to come to any of our events **0208 943 3112**

USEFUL TELEPHONE NUMBERS

Safer Neighbourhoods Policing Teams:

The Metropolitan Police are changing their Safer Neighbourhoods teams to provide a better service. They're putting 2,600 more police officers onto the streets of London to fight crime in the heart of the community. Local contact numbers are:

Teddington – 020 8247 5847

Hampton Wick – 020 8247 5847

For emergencies always call 999

Handyman Service

Enhanced CRB checked

Call **07547 106847** or the office

- Shelving Curtain Rails and Blinds
- Light fittings Replacement locks
- Grab rails Key safes
- Spy Holes Glazing
- Small plumbing and electrical jobs and much more.....

Small jobs (i.e. no more than half an hour) carried out for clients as 'fee waived' (any materials which have to be purchased will be charged for). For larger jobs competitive quotes will be given.

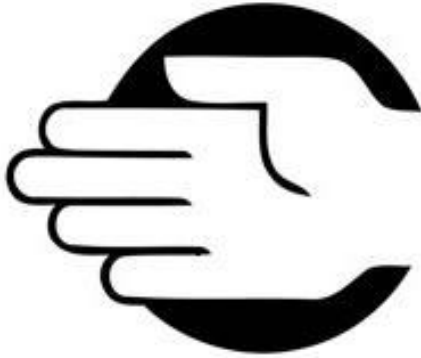
The Silver Line

A helpline for older people (Founder and Chair – Ester Rantzen)

This service offers 3 main functions to support older people –

- sign posting service to link them to the many services that exist
- A befriending service to combat loneliness
- A means of empowering those who may be suffering from abuse or neglect

'At The Silver Line we believe older people have a great deal to offer, and deserve respect and we have proved that by offering information and friendship, we can support older people, and lift their confidence and self esteem..... Call **0800328888**



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