



# Newsletter

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## Winter 2018/19



### Welcome to our Winter Edition of our newsletter

We hope that this finds you our Clients safe and well. We would like to thank you all for your continued use of our service. For some Clients, this may be your first newsletter and we would like to take this opportunity to welcome you and your families to *Forever Loving Care*.



### Christmas

The first recorded date of Christmas being celebrated on December 25th was in 336, during the time of the Roman Emperor Constantine (he was the first Christian Roman Emperor). A few years later, Pope Julius I officially declared that the birth of Jesus would be celebrated on the 25th December.



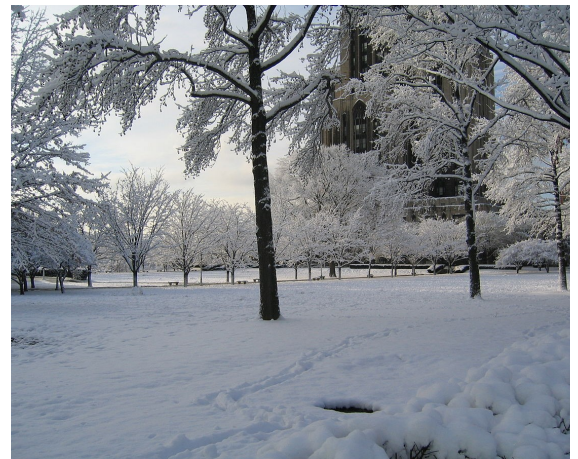
Please remember to cancel any services that you do not require over the festive period. Please feel free to contact us 01588 673 733 and will be happy to assist you with any queries that you may have.

### Adverse Weather Conditions

Can we please ask all Clients to allow a little extra time for our staff to arrive in adverse weather conditions before contacting the office.

It can become difficult for our staff to get around in the Winter weather.

Your understanding and patience is appreciated, we thank you all in advance for your support and apologise for any inconvenience this may cause over the Winter months.



### Be on your Guard—Bogus officials claim to be police

Police are reminding people to be on their guard to bogus officials claiming to be police officers

Police will never ask someone to withdraw money from their bank account, and anyone receiving a call like this, or a call from the bank itself asking for money to be withdrawn, should be aware of this scam and report immediately to 101



## Stay safe in Winter

### Take care when driving

- Tell someone where you're going and when you expect to arrive.
- Always charge your mobile phone fully before you set off on a journey
- If you have to drive in bad weather, make sure you allow extra time for your journey. Make sure you have warm clothes, boots, food, water, a torch and a spade in the car.

### Be careful of slippery or wet surfaces

- Wear boots, shoes and slippers with non-slip soles.
- Keep a mixture of salt and sand handy to put on steps or paths in icy weather.
- Consider fitting a grab rail if you have steps at your front or back door.

### Safety around the house

- Get your heating system serviced every year by a qualified professional to ensure it's running safely.
  - Make sure your smoke alarm is working. Change the batteries every 12 months.
  - You can ask your local fire service for a free safety check of your home. You may be eligible to get free smoke alarms installed.
  - Put guards on open fires, and be careful not to hang washing too close to the fire.
  - Don't block up air vents. Fires and heaters need ventilation.
  - Test your carbon monoxide alarms. If don't have any alarms, you need to get one fitted in each room that has a gas appliance, as there's a risk of carbon monoxide poisoning if air vents become blocked.
  - Keep a torch handy in case you lose power.
  - Keep your radio, mobile phone, laptop or tablet charged, so you can use the battery power if there's no electricity.
- Keep a list of emergency numbers, such as your utility companies, by your phone. If there is a power cut, call the 105 electricity helpline.

### How can I keep myself warm?

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
  - Use a hot-water bottle, wheat bag or an electric blanket to warm the bed.
  - Check whether your electric blanket can be kept on all night. Some blankets should only be used to warm the bed before you get in. If you have continence difficulties, talk to your doctor before using one.
  - Never use a hot-water bottle and an electric blanket together as this can be dangerous and get your electric blanket checked every three years by an expert.
- Check local news and weather forecasts for advice when cold weather is predicted.

### How can I keep my home warm?

- Close the curtains in the evenings and fit thermal linings if you can. This will keep the heat in.
  - Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn and breathing in cold air increases the risk of chest infections.
  - Draught-proof doors and windows, insulate the loft, lag the hot-water tank and pipes, and consider getting cavity-wall insulation. These measures will help to keep your home warm and your energy bills down – and you may be able to get financial help to set these up.
  - Keep your main living room heated to 21°C (70°F).
- Heat your bedroom to 18°C (64°F).

*Source: AgeUK*