

Melton Seniors Forum Newsletter

Welcome to the Senior's Forum newsletter.
Seniors Day on the 1st September saw the launch of September as Seniors Month. Throughout September a wide range of activities were available across the borough including Introduction to the Internet sessions, French Conversation taster sessions and a tour of Melton Police Station.



Melton's Seniors Day was a huge success. 112 seniors attended the event, double the number from last year's event. A number of new faces were seen, which is an encouraging sign that the work of the senior's forum is reaching new contacts.



A lot of positive feedback was received on the day, with people commenting on new bits of information or services they had found out about, people enjoying the tai chi, chair based exercise, massage and of course the free lunch, slippers and dancing.



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If you would like to know more about the Seniors Forum or about items in this newsletter please contact Lucie Keeley, Neighbourhood Support Officer on 01664 502502. If you would like to receive this newsletter by e-mail please send an e-mail to

lkeeley@melton.gov.uk

If in doubt then keep them out

ELDERLY residents are being warned to be on their guard this winter despite a significant reduction in the number of distraction burglaries in Melton. Statistics show a 78 per cent drop in distraction burglaries, with only four incidents so far this year compared with 18 across Melton last year. Crime analysis shows that distraction burglaries peak during October, November and December.

Officers in Melton hope to prevent this predicted seasonal increase by reminding people not to be tricked into letting people into their homes. Inspector John Gray, head of Melton Police, said; "We'd remind residents not to let anyone into their homes even if the person on the doorstep claims to be from the water board or a utility company. Our key message is if you're not sure, don't open the door.

"A genuine caller won't object if you ask them for identification and check their identity by speaking to a neighbour or calling the company they claim to be from. I'd urge everyone to put their chain on the door before opening it and don't be tricked into letting an unexpected doorstep caller into their home."

Follow our 'Lock, Stop, Chain, Check' advice below and keep yourself safe.



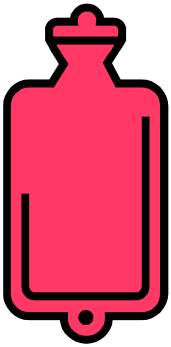
LOCK: Make sure your door is locked when you're at home and don't unlock it until you're sure who is on the other side.

STOP: If someone appears at your door, and you're not expecting any visitors, check that all the doors are locked. Look through the spy-hole or the window to see who it is.

CHAIN: If you decide to open the door, put the door chain or bar on first. Keep the bar or chain on while you are talking.

(Normally, when the door is shut and locked, leave the bar or chain off, in case you need to get out in an emergency)

CHECK: Ask for, and double check, their identity card. And if you're still not sure, ask for a number you can ring to confirm their identity. If they can't show you any identification, don't let them in.



Have a warmer winter

Winter and the cold weather it brings are a source of worry to many older people.

Preparing for winter and then following some simple suggestions can help you stay healthy, safe and as comfortable as possible.

- Make sure you claim all the financial support you can to help with heating bills. Your local Age UK/Age Concern can advise you
- Keep a mixture of salt and sand handy to put on steps or paths in icy weather
- Keeping active generates heat and helps to keep you warm. So when your indoors try not to sit still for more than an hour. Get up and walk around, make yourself a warm drink, and spread any chores throughout the day. Chair based exercises and simply moving your arms and legs and wiggling your toes are helpful if walking is difficult
- If you are sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level
- Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head!
- Use a hot water bottle or an electric blanket to warm the bed, but never use the two together as this can be very dangerous. Check whether your electric blanket can be kept on all night or whether it is only designed to warm the bed before you get in. If you have any continence difficulties, talk to your GP before using one
- The recommended temperature for rooms you use during the day is 21°C (70°F), but you might be more comfortable heating your rooms at a higher temperature. Its so important to keep warm as you are at risk of hypothermia if you're exposed to a cold environment for a long time, or to extreme cold for only a short time
- Draft-proof doors and windows, insulate the loft and lag the hot water tank and pipes. This helps keep your house warm and bills down. You may be able to get financial help to do this. The Energy Saving Trust can advise you call 0800 512 012.

To ensure your home is warm enough you can pick up a **free thermometer** from Age Concern, 3 Norman Way, Melton Mowbray, LE13 1JE. Telephone 01664 410253



Season flu sessions at Latham House medical practice



Appointments are now being booked for Flu vaccination. Please call into the practice, where we have a dedicated member of staff, booking appointments each morning until 12.00noon. Or you can telephone the main switchboard for an appointment on 01664 503000.

We recommend that all patients over 65 get immunised and also those patients with chronic diseases such as Asthma, Diabetes or Coronary Heart Disease.

We would like to inform patients that this year, one of the strains in the vaccine, also protects against Swine flu. Every year there is a different mix of the strains used in the vaccination programme. Please remember you cannot catch flu from the seasonal Flu vaccination

Community health and wellbeing services at Melton Library

Did you know that Melton Library offers a wide range of services to help you with your health and general wellbeing?

The services on offer from the library on Wilton Road include:

- A really good range of books, information and dvds on all aspects of health and wellbeing. These are all free to borrow
- Free computer use so that you can search the internet for information about health and wellbeing as well as use the NHS Choose and Book service
- Health checks run by the Active Together Team at the library on Wilton Road on Tuesday November 16th, January 11th, March 8th and May 10th.
- Access to information about all kinds of healthy and wellbeing activities, groups and classes in the area
- Fiction, cds and dvds to help you feel good
- Special events where you can find out more about health and wellbeing, or even join in with some taster activity sessions

The library is free to join and use and staff are always happy to help you, so why not call in and see what is available?

More information is available on the county council website at www.leics.gov.uk/healthandwellbeing or phone the library on 0116 3053646

Activities in Melton



Melton Evening Knitting Group

1st Wednesday of the month from 7:30-9:30pm – The Crown, Burton Road
3rd Wednesday of the month from 6:30 – 8pm – Melton Library, Wilton Road

3 November Melton WE Knit at the Crown 7:30-9:30pm
17 November Melton WE Knit at the Library 6:30-8pm
1 December Melton WE Knit at the Crown 7:30-9:30pm
15 December Melton WE Knit at the Crown 6:30-8pm

Singalong on Sunday

Every second Sunday of every month (14th Nov, 12th Dec, 9th Jan, 13th Feb, 13th March, 10th April, 8th May and 12th June)

3.00 to 4:30 pm at Melton Mowbray Baptist Church, Leicester Road

Come along and join in with old songs from the past. With a live musician this is a time of fun and friendship - take a trip down memory lane!

Tea and cakes available for a small charge.

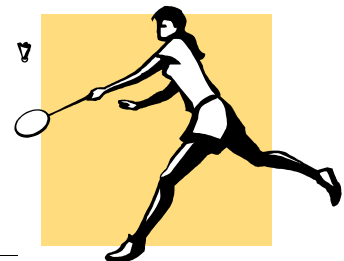
For further information please contact

Janet Gilchrist on 01664 560961 or email janetmgil@yahoo.co.uk

Senior's badminton group

Tuesdays 12pm - 1pm at King Edward School

Contact Liz Wilson for more information on 01664 562011



Whist Drive Club



Starting Wednesday 3rd November
2 - 4.30pm
Every other week

At the Edge Community Centre
Dalby Road, Melton Mowbray

**£1 per game. Tea, Coffee,
Juice & Biscuits served at half time**

**Please contact Anita Hennells at Voluntary Action Melton on
01664 485307 or 483043 for more details**

ACTIVITY FRIENDS WANTED!



We are looking for people to come forward and make a real difference by encouraging older people to do a series of gentle exercises to increase their mobility and reduce their number of falls.

If you can share a couple of hours a week with an older person to keep them motivated and want to get involved please call Catherine Hallinan, Activity Friend Co-ordinator on 01664 485302 to have a chat and find out some further information.



www.voluntaryactionmelton.org.uk