

Welcome

Older People's Assembly

6 December 2016



HILLINGDON
LONDON

Agenda

1:30pm: Registration and refreshments

2:00pm: Welcome

2:05pm: Update from the Older People's Champion

2:20pm: Presentations: 'Staying Warm, Safe and Healthy this Winter

3:05pm: Q&A and Discussions

3:20pm: Feedback and Close



HILLINGDON
LONDON

Reporting issues and service requests

Council Main Switchboard and out-of-hours service: 01895 250111

Key Contact Numbers - inside back cover of Hillingdon People

Do it online 24/7 at www.hillingdon.gov.uk



HILLINGDON
LONDON

Feedback from last Assembly

- Wood End Green Road: kerbs too low following resurfacing - *noted and being monitored.*
- St Andrews Subway (Uxbridge High St): flooding and not maintained - *gullies have been cleaned.*
- Long Lane (opposite Oak Farm School): Flooding - *all gullies have been cleaned.*



Feedback from last Assembly

- Bosanquet Close: Flytipping - *Antisocial Behaviour Team are calling for witnesses.*
- Uxbridge Road between Kingston Lane and Shops - *cleaned.*



Updates

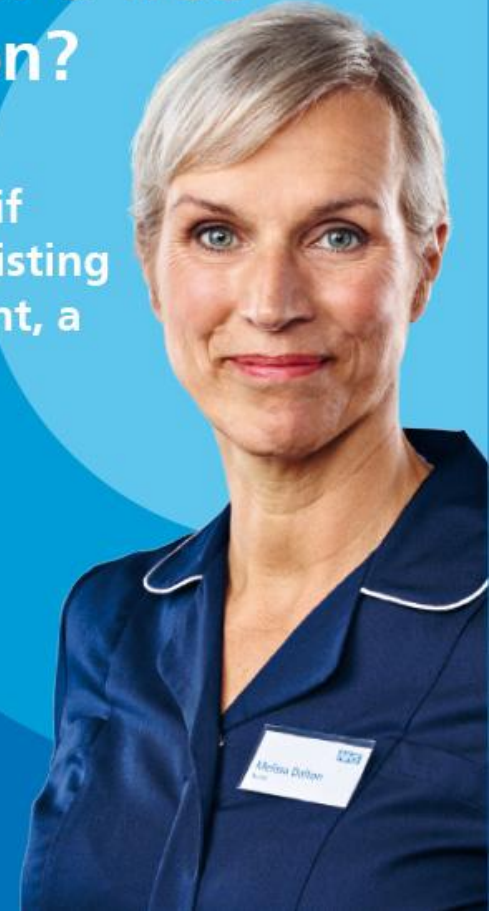
Free flu jabs for carers

Are you eligible for a free
NHS flu vaccination?

Flu can be more dangerous if
you are over 65, have an existing
health problem, are pregnant, a
carer, or children under 4.

Don't put it off. Get your flu
vaccination straight away.
Ask at your GP Practice.

**STAYWELL
THISWINTER**



HILLINGDON
LONDON

Cllr Ray Puddifoot

Older People's Champion



HILLINGDON
LONDON



Keeping Warm and Healthy this winter

Sharon Trimby
Deputy Chief Executive



HILLINGDON
LONDON

WINTER WARMTH GET READY FOR WINTER

- Reduce hospital admissions
- Attendance at Accident and Emergency
- GP Appointments
- Reduce winter deaths
- Reduce number of people having problems meeting fuel bills
- Provide information, support and practical assistance to stay warm and well.



WINTER WARMTH MYTH BUSTING

- I don't qualify for any help with heating costs
- I only need to have my heating on for couple of hours a day
- I keep my bedroom window open at night as it is good for my health
- A warm bedroom is bad for my health



WINTER WARMTH

INFORMATION & SIMPLE PRECAUTIONS TO STAY WARM AND WELL

- Eating well
- Staying healthy
- Help and Advice
- Energy helpline
- Information booklets



WINTER WARMTH

- 70°F (21°C) is the ideal temperature for your living room
- 65°F (18°C) is the ideal temperature for your bedroom
- Keep your bedroom window closed at night when the weather is cold.
- Keep supply of simple cold, flu and sore throat remedies.
- Order repeat prescription in plenty of time



WINTER WARMTH

SUPPORT FOR VULNERABLE CLIENTS

- Blankets, throws, draught excluders
- Electric blankets exchange scheme
- Benefits check



WINTER WARMTH

OTHER AUKH SERVICES

- Help at home
- Internet shopping
- Home from hospital
- Handyperson

WINTER WARMTH



020 8756 3040

enquiries@ageukhillington.org.uk

www.ageukhillington.org.uk





Any Questions?



HILLINGDON
LONDON



**METROPOLITAN
POLICE**

“Staying Safe”

**PC Edward Blake
Uxbridge South**



HILLINGDON
LONDON



Bumblebee's **11 Top tips** for securing your home

Burglary is a serious issue that's why Operation Bumblebee is tackling burglars in London. Help us keep your home and property secure by following our 10 top tips.

1. Mark or etch your property with your post code, house or flat number or the first 3 letters of your house name.
2. Register items with a serial number at www.immobilise.com
3. Do not leave your car keys or ID documents near doors, letterbox or windows.
4. Always check who's at the door and don't open if you feel anxious.



HILLINGDON
LONDON



5. Close and lock all your doors and windows even if you are only going out for a few minutes.
6. Keep your valuables out of sight.
7. Leave some lights on if it will be dark before you get home.
8. Install a visible burglar alarm.
9. Always keep sheds and outbuilding locked.
10. Cancel milk or other deliveries if you will be away for weeks or days at a time.
11. Beware of bogus callers - if no appointment, don't let them in. Ask for their ID.





For more information, help and advice,
Go to www.metbumblebee.org or your local police station.
If you need Police after a burglary, call 101



HILLINGDON
LONDON



Any Questions?



HILLINGDON
LONDON

L F B

LONDON FIRE BRIGADE

Staying fire safe over the festive period

Usha Parmar
Hillingdon Fire Station



HILLINGDON
LONDON



LONDON FIRE BRIGADE

Any Questions?



HILLINGDON
LONDON



Discussion

What other things would help older people stay warm, safe and healthy during winter?



HILLINGDON
LONDON

Heater Lone Scheme

Provides short-term loan of electric heaters.

- To the over 65 residents including homeowners
- Where heating is broken or waiting to be fixed, e.g. plumber or contractor due in a few days.
- Emergency heater loans are usually available for up to 2weeks.
- Eligible residents can call Social Care Direct on **01895 556633** from Monday to Friday between 8am and 6pm
or
the Emergency Duty team on **01895 250111** on evenings and weekends to request a heater.

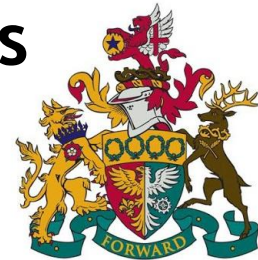


HILLINGDON
LONDON

Next Assembly

Tuesday 28 March 2017

**Registration and refreshments
at 1:30 to 2:00pm**



HILLINGDON
LONDON

**Thank you
for attending today**



HILLINGDON
LONDON