

## IN THE LOOP

### DECEMBER 2019 NEWSLETTER

#### CAROL SINGING AT WETHERSPOONS

**TUESDAY 3<sup>RD</sup> DECEMBER**

Children from Selby Abbey Primary School will be Carol Singing in support of Age UK Selby District at Wetherspoons on Tuesday 3<sup>rd</sup> December at 11.00am. Everyone welcome.



#### AGE UK SELBY DISTRICT

Providing support to older people in the Selby District

If you are interested in any of our services or events, or if you need help with a problem please give us a call on 01757 704115

#### CASH BINGO

We are planning a new project early in the new year. We will be running Cash Bingo sessions each Monday afternoon from 2.00pm to 4.00pm in Selby Working Men's Club. Refreshments are available.

If you are interested please give us a call on 01757 704115

#### ANNUAL CHRISTMAS SHOPPING TRIP

There are still places available on our shopping trip to The White Rose Centre, Leeds on Thursday, 28<sup>th</sup> November. The trip costs £5 per person and is partly funded by Selby Rotary.

**Please call 01757 704115 for further details.**





## THANK YOU



**To** Richard Schofield, the owner of Heaven and Home in Gowthorpe, Selby. Richard always has an Age UK Selby District collecting tin in his shop and has already raised over £100.

**To** the employees at Greencore in Barlby who have chosen Age UK Selby District as one of two charities, who will be the focus of the Selby company's fundraising efforts.

## VOLUNTEERS REQUIRED

Work experience is vital in today's job market and will look great on your CV, so why not volunteer for 2 or 3 hours per week? You will have the opportunity to learn new skills and meet new people.

We would also like to hear from people who have time on their hands, who would like to use their skills to help maintain vital services for people over 50 in Selby and surrounding districts.

Give us a call on **01757 704115** or call into our charity shop to pick up an application form.

## BOXING DAY LUNCH

Do you know anyone who is in need of festive cheer this Christmas? Drax Sports and Social Club has gifted 20 places to Age UK Selby District for a free Boxing Day lunch and we would like you to decide who should benefit from this very generous offer. **Own transport required.**

Maybe you have an elderly neighbour who can't get out much, or you know someone who has recently lost a partner. Perhaps there is someone who doesn't have family living nearby and for whom Christmas is just like any other day because they will



spend it alone.

We would love to have your nominations for anyone age 50 plus. Just give us a call on **01757 704115** and tell us why you are making the nomination. Alternatively, you can fill in a nomination form in our charity shop at 50 Micklegate or there are nomination forms and a nomination box at the Selby Times offices in Selby.

**Closing date 5<sup>th</sup> December 2019.**

## DONATE WITH AMAZON SMILE

Would you like to help somebody aged 50 plus in Selby District who is feeling lonely and isolated? Well with the help of **Amazon Smile** you can and it won't cost you a penny!

All you have to do to support **Age UK Selby District** is go into your Amazon account and choose our charity, then every time you make a purchase Amazon will make a donation to us.

## INFORMATION AND ADVICE

Age UK Selby District has trained advisers who can offer help and advice on:-

- Support at home or finding a care home and how it's all funded
- Advice on eligibility and applying for benefits and pension advice
- Advice on making a will or Power of Attorney or how to deal with an estate
- We can offer advice on a wide range of subjects.

**Please give us a ring on 01757**

**704115 or Email**

**[linda@ageukselby.co.uk](mailto:linda@ageukselby.co.uk)**

## HEALTH AND WELLBEING

### TIPS FOR LOOKING AFTER YOURSELF IN LATER LIFE

#### DEHYDRATION

It is very important to keep well hydrated. Dehydration occurs when your body loses more fluid than you take in.

#### Look out for the early warning signs:-

- Feeling thirsty, lightheaded, tired or confused which could lead to becoming unsteady on your feet.
- Dry mouth, lips and tongue leading to crusty and cracked mouth.
- Passing urine less often than usual which can lead to a urinary infection and incontinence.
- Constipation.

#### Practical steps to keep hydrated:-

- Drink 6-8 cups of fluid daily (about 1.5 litres or 2.5 pints). All drinks count towards hydration.
- Have drinks available that you enjoy.
- Have prompts to drink throughout the day e.g. with a favourite TV programme.
- Drink little and often.
- Make sure you are in the correct position to drink.
- Make sure you have the right cups and accessories that you need to drink i.e. straws.
- If you are worried about getting up for the loo in the night, don't drink alcohol or caffeine close to bedtime. If you think it may be your medication, have a word with the pharmacist.
- If you cough and splutter when you drink, have a word with your health care professional.
- Try to eat foods with a highwater content e.g. fruit and veg, stews, milk puddings, jelly, ice cream etc

# HEALTH AND WELLBEING

## TIPS FOR LOOKING AFTER YOURSELF IN LATER LIFE

### IS THIS ME?

Whether you are slim or bigger, you can still become malnourished. Whilst some signs may be obvious, others may not be as noticeable.

Ask yourself the following questions:-

- Have you lost weight, your clothes are feeling looser and your jewellery is slipping off?
- Have you dropped a dress size or had to tighten your belt buckle an extra notch?
- Do you feel lethargic or more tired? Is planning, cooking and shopping more of an effort?
- Are you finding it difficult to manage on a tight budget?
- Have your dentures become loose?
- Has your appetite got smaller. Is chewing or swallowing difficult?
- Do you cough and splutter when eating?
- Are you catching more colds or infections and find it takes longer than usual to feel better?
- Do you feel cold and can't get warm?
- Do you feel dizzy sometimes?
- Have you noticed changes in your mood. Are you feeling down?
- Have you changed or been prescribed new medicines?

**If you recognise these signs, it is time to take action. These can all be signs of unhealthy weight loss and that we might be at risk of becoming undernourished.**

### WHAT CAN WE DO?

- Eating anything is better than eating nothing. Try having protein at every meal to keep nourished.
- Eat food that you enjoy.
- Try eating small meals and snacks six times a day rather than three bigger meals.
- Eat small portions – little and often.
- Move to full-fat foods like milk, yogurt and cheese.
- Have milky drinks with full-fat milk and a biscuit between meals.
- If you have difficulty chewing, try eating soft foods such as scrambled eggs or yogurt.
- If your teeth or dentures are a problem, make an appointment with your dentist.
- If you are having trouble cooking or cutting up food, speak to your GP or local council. They may be able to arrange an occupational therapy assessment.
- If you have trouble shopping or cooking, contact your local Age UK, Selby District.
- Ordering home delivery foods can be helpful, contact your local Age UK, Selby District for advice.
- Try not to eat alone, invite a friend or join a lunch club.

**AGE UK SELBY DISTRICT 01757 704115**

The above tips have been taken from the booklet 'Eating Well in Later Life' produced by the Malnutrition Task Force and a full copy of the booklet can be obtained by Emailing [enquiries@malnutritiontaskforce.org.uk](mailto:enquiries@malnutritiontaskforce.org.uk)

**If you suffer from a medical condition consult with your health professional before changing your diet.**

## KEEP YOURSELF WARM AND SAFE THIS WINTER

### MYTH BUSTING

- *Wearing a hat is enough to keep me warm on a winter's day* – **REALITY** A hat is all well and good, but in reality it won't keep you warm enough. A scarf is also a good idea.
- *I had my flu jab last year, I'll be fine* – **REALITY** The flu virus changes each year so it is very important to get your flu jab each year.
- *A warm bedroom is bad for my health* – **REALITY** 18 degrees C/64 degrees F is the ideal temperature for your bedroom to make sure you are warm and well in winter.
- *I only need to put the heating on for a couple of hours a day to keep warm* – **REALITY** It is best to keep your house at a stable temperature rather than turning the heating up and down. Sudden changes in temperature can cause health problems.
- *I only get the benefits of insulation in winter* – **REALITY** Insulation is a bit like a Thermos – it keeps warm things warm and cool things cool. You will feel the benefits all year round.
- *I don't qualify for any help with my heating costs* – **REALITY** Contact Age UK Selby District for a benefits check to find out what financial support is available and see if you are eligible for any help.
- *I can't see why keeping my bedroom window open is bad for my health* – **REALITY** If you leave your bedroom window open when it's cold, breathing in cold air lowers body temperature and raises the risk of chest infections, heart attacks and strokes.



A VERY MERRY CHRISTMAS AND



A HAPPY NEW YEAR



FROM EVERYONE AT AGE UK SELBY DISTRICT