

Capel St Mary Parish Nursing Team

Serving the Community of Capel St Mary

Stay Well – Stay Warm

Cold homes have a significant impact on a person's health. Keeping warm helps reduce the chances of a cold, flu or more serious health issues including pneumonia and depression. If you are vulnerable you are more likely to get a cold-related illness. For example, if you:

- Are over 65 years' old
- Are on a low income so cannot afford adequate heating
- Are Disabled
- Have a long-term health issue

The NHS recommends that if you have a long-term health condition, reduced mobility or are over 65 then you should heat your home to at least 18C. This also includes your bedroom temperature overnight. If you are healthy and under 65 years old, then a cooler house is fine if you are comfortable. Remember your pharmacist is a great first point of call for advice if you become unwell with a winter illness such as a cold or sore throat. Keeping active also helps you keep warm and it is good for your health so every hour or so, get up and walk around to get your blood flowing.

The energy saving trust has advice on how to reduce energy bills and about whether there are any grants or schemes available around the UK. Contact EST on 0300 1231234.

If you are concerned about a relative or elderly neighbour, then contact Age UK helpline 0800 009966.

Although Christmas can be a happy time of year for many families, it can be an incredibly difficult time for others. Maybe you could use this as an opportunity to reach out to your neighbours and offer them a hot meal, or invite them over for a cup of coffee or just stop by to see how they are. If you are feeling depressed or are struggling to cope and need someone to talk to, please do contact Samaritans on 116 123.

Wishing you a Blessed Christmas from the Parish Nurse Team

Margaret and Caroline

If you would like a visit from the Parish Nurse or Parish OT please contact us. See below.

Website: www.CapelParishNurses.org.uk

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