

Winter advice from Age UK

Cold temperatures can raise blood pressure and increase the risk of flu and other lung-related problems. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke.

That's why it's so important to look after yourself in the winter.

How can I keep myself warm?

Even if it isn't a severe winter, cold weather makes us more susceptible to certain illnesses. Follow these tips to stay healthy and keep warm indoors and out.

- 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) and your bedroom to 18°C (64°F).



For further information visit www.ageuk.org.uk or call the Age UK Advice Line on 0800 055 6112, open 8am to 7pm, every day of the year.

Note from our Founder

Welcome to our festive newsletter. There's lots to cover in this edition, including reminders of our office opening hours over the holiday period and to let Mark know if your requirements change over Christmas and New Year.

Age UK have lots more helpful advice for the winter months, including financial help with energy bills and how to heat your home efficiently. You can search online or call them on 0800 055 6112.

Some of our team will be taking time off in December to be with their friends and family so we will, of course, endeavour to keep your support as consistent as possible. Thank you in advance for your understanding when we need to manage their holidays and time off.

Please let us know if you're able to join us for Christmas Bingo, it is a good opportunity to get to meet more of the team and other clients too. It's a fun and informal event with prizes and refreshments, if you'd like to come along then please contact the office to let us know.

Wishing you, your family and friends a happy and peaceful Christmas from everyone at alice chilton.

See you in 2019!

Best Wishes
Karen Perry, Founder
karen@alicechilton.com



Christmas BINGO

You're invited to join us for Christmas Bingo on Thursday 13th December, 2pm- 4pm here at our office in Handforth.

There are prizes to win, for a full festive house and afternoon tea will be served to all the players. Come along on your own or with a friend or family member – all welcome!

Please let us know as soon as possible, so we can cater for everyone.

Call the office 01625 526850 or email admin@alicechilton.com.

Alternatively speak with a member of our team when they next visit and they will help you with arrangements.

We look forward to seeing you!

Next edition 1st March 2019

Protect yourself against property fraud

Physical possession of title deeds is no longer required to prove you own a house, which could result in 'home hijacking'. However, there are steps that you take to prevent this. First you must check that the Land Registry has your correct contact address. You can have three such addresses and one of these can be an email address. Secondly, you need to set up a property alert (for up to 10 properties) whereby you receive an email in respect of any activity on your legal title.

To set up an alert go to <https://propertyalert.landregistry.gov.uk>.

For more information on this property topic, wills, trusts, power of attorney and probate contact:

Nicola Briggs LLB Solicitor

Telephone: 01625 539922.

Email: nicola.briggs@hmsolicitors.co.uk

Hilary Meredith Solicitors

25-27 Water Lane Wilmslow SK9 5AR



Christmas Messages

Christmas Scheduling



Mark, our Resource Manager, will soon be working on the rotas and schedules for the Christmas and New Year holiday period.

If there are any changes to your requirements, then please let us know as soon as possible.

Call Mark on 01625 526850 or email mark@alicechilton.com

Christmas and New Year Office Opening Hours

Our office opening hours will vary over the Christmas and New Year period. Out of hours emergency contact numbers are listed in the blue client journal. Alternatively, you can leave a message on our landline number which will be picked up when the office re-opens.

Christmas Eve

Close at 3pm.

Christmas Day & Boxing Day

Closed.

27th & 28th December

Open 10am – 3pm.

New Year's Eve

Open 10am – 3pm.

New Year's Day

Closed.

Designated Holidays

A reminder that designated holidays are charged at double time, this applies to the following days and times over the festive period.

Christmas Eve 24th December
(after 5pm)

Christmas Day & Boxing Day
25th, 26th December

New Year's Eve 31st December
(after 5pm)

New Year's Day 1st January 2019

Santa's little helper!

Let alice chilton help you get your home tip top and ready for Christmas.

4 hours cleaning for £78.

Contact Caroline on

01625 526850

e: info@alicechiltoncleaning.co.uk

www.alicechiltoncleaning.co.uk



Meet the Team

Beverly joined the alice chilton team in May 2018. This is her first role within the health and social care sector. She spent some time caring for her mother-in-law and it was this experience that motivated her to pursue caring as a career change. Of the last 6 months Beverly has said "The role is so varied, and I get to meet so many different people. I find it rewarding, being able to do something positive."

Beverly is kept very busy with her four children, three stepchildren and two grandchildren. She is very family orientated and likes nothing better than spending time together with the family enjoying the outdoors.

She also ensures she makes time for two other special family members, Ernie (French Bulldog) and Penelope (Dogue de Bordeaux), who she has had since they were puppies. Recently Beverly and Ernie visited the popular 'pop up' Frenchie Café. An event for French Bulldogs and their owners to meet lots of fellow furry friends, drink PUPuccino and pose for the PUParazzi!

Given her busy schedule with family and work commitments, Beverly has still found time to fulfil her personal ambitions of becoming a qualified sports massage therapist, which she completed in December last year. She is also qualified in beauty therapy, massage and skin rejuvenation treatments – a multi-talented individual, we're delighted she chose to join our team.



Beverly & Ernie

alice chilton

in-home care services

01625 526850

info@alicechilton.com

www.alicechilton.com

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