



Happy New year

**With our Best Wishes to all
staff and volunteers**

NEWSLETTER JANUARY 2010

Age Concern and Help the Aged

Urge people to be good neighbours during cold snap

Age Concern and Help the Aged is calling on people to keep an eye out for older family, friends and neighbours during the cold weather. The charity is concerned that the extreme temperatures will leave some older people facing difficulties getting out to buy food and essentials, while others will struggle to stay warm.

Andrew Harrop, Head of Policy at Age Concern and Help the Aged, said:

“We urge people to keep the festive spirit alive a little longer by making an extra effort to check on friends, relatives and neighbours during the cold snap. Vulnerable older people are more susceptible to the cold, so a quick visit to ensure everyone is warm and well can make all the difference.

“For older people, protection against the cold is vital. Last winter’s cold snap sent excess winter mortality to a 10-year high, with around three quarters of excess winter deaths recorded among people aged 75 or over¹.

Older people should try to eat one hot

meal a day, drink plenty of hot drinks and stay active.

“With around 2.5 million older households living in fuel poverty, many pensioners will be struggling with high energy bills this winter. At this time of year, it is vital for them to check they are claiming all their entitlements. This is particularly important in case a prolonged cold snap triggers one-off Cold Weather Payments worth £25 . Up to 1.8 million eligible pensioners not currently claiming Pension Credit would miss out on these payments.

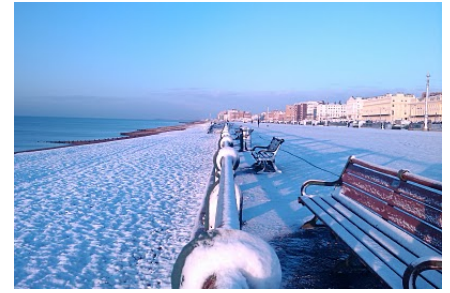
“Anyone concerned about high energy bills should call our free helpline on 0800 00 99 66”

Or contact us at Age Concern Brighton Hove & Portslade on 01273 720603 to find out what extra benefits you may be entitled to.

Our Crisis service is attending to many requests for food shopping for older people who cannot go out in these weather conditions. Debbie and Eileen are lending a hand to ensure a prompt response to all callers.



And so..... this is what Brighton looked like a week before Christmas. Splendid scenery through out yet inevitably along with the fun part bringing with it quite a lot of disruption. Nevertheless although short in numbers for the Office Celebration, the spirit was bright-on.



Christmas Hampers

Thanks to the generosity of those working and involved with the Blueberry Nursery School in Davigdor Road and the Portslade Baptist Church, Christmas Hampers were delivered to people receiving the support of the Crisis service at Christmas time.



Thank you also to Debbie and Eileen who helped prepare the hampers.

New Services at Marmion Road

Starting this month, **Counselling sessions** will be available once a week in Marmion Road. To book a session call Sonia at the Brighton office on 01273 720603.

Also an **Information and Advice drop in service** will begin on the 12th January and continue on alternate Tuesdays.

Lunch Clubs in Marmion Road

Weekly lunch clubs, with transport provided to and from the premises, on Mondays, Tuesdays and Thursdays. Enquiries through Jackie on 01273 715441 or email jackie.duncan@sussexcentralymca.org.uk

.....a new cook is on the way, as Michelle has secured a full-time post at the University café. In the meantime Jackie is taking care of everything. *She is a Gem.*

Accreditation for

Information and Advice

The Information and Advice service recently underwent an audit by the Community Legal Services Commission.

The day with the auditor proved to be like having a driving test all day, but the Team rose to the challenge and many came in on their day off to be interviewed.

The result was a resounding 'pass' and accreditation was gained!

There were in fact nine areas of good practice highlighted by Neil, our auditor. Gaining this quality mark will help with future funding for our service.

A big thank you to all concerned and 'phew - it's over for another couple of years'!!!!.....

Mary

'A Longer Life is not enough'
How can the voluntary sector help improve

**the quality of life for older people
on Monday 25th January 2010**

from 11am to 1pm

(Registration from 10.30am)

In the Auditorium

**of Brighthelm Church and Community
Centre, North Road Brighton**

A 2 hour open dialogue for representatives from the voluntary sectors with representatives from Local Government, Health, Statutory organisations and interested Groups.

**To book a place call Annette on 01273
720603 or email**

**annette.goddard@ageconcern-
bhp.org.uk**

The Seminar will be preceded by our AGM also in Brighthelm starting at 10am.



Easylink Shopping Bus

Provides a door-to-door shopping transport service. For people, including wheelchair users, who find it difficult or impossible to use the normal bus service.

How does Easylink work?

People are picked up from their front door and taken you to a pre-arranged local supermarket or shopping centre. You have about an hour and half to do your shopping. The driver will meet you at the arranged time outside the supermarket or shopping centre and help you and your shopping back to your front door.

The buses run Monday to Friday, excluding Bank Holidays. Prices for a return journey range from £2.50 to £3.50. Our Easylink buses serve all parts of Brighton and Hove from Portslade to West Saltdean.

Telephone

01273 677559

Ongoing classes in Prestonville Road

- Computer Training Monday to Thursday from 10am to 1pm
- Weekly Coffee Morning on Wednesdays 10am to 11.30am
- Stretch and Relax (yoga based movements and postures) Wednesdays 11am to 12.30pm in Prestonville Road and Thursdays in Alfred Davey Court, Bread Street, off North Road 10.30am to 12pm
- EXTEND (movement to music for the over 60s) Every Thursday 10.30am to 11.30am
- Bridge Group on Thursdays 1.30pm to 3.30pm
- Tai Chi Thursday 11.45am to 12.45pm and Friday 11am to 12pm
- Poetry Group, fortnightly on Fridays 1pm to 2.30pm

Call us on 01273 720603 for more information or to receive a leaflet or come in at 29-31 Prestonville Road, Seven Dials, Brighton



Keep warmSoups are perfect comfort food for lunch or dinner—and quick to make !

Simple but Effective

There are many great ideas for really quick and easy soups and most of them can be adapted to suit the ingredients that you happen to have in your cupboards. Bland flavours can be spiced up with a few extra ingredients and those odd veg- gies in the bottom of fridge, that wouldn't be sufficient for a meal, can all be bundled into the pot to create a delicious soup.

Leek and Potato

This is a real classic and it's a great winter warmer. Better still, it's cheap and easy to make.

- 1 tbsp olive oil - 1 onion, finely chopped
- 3 large leeks, trimmed and roughly chopped - 900ml vegetable stock
- 4 large potatoes, peeled and chopped into small cubes - 50ml single cream
- Salt and freshly ground black pepper

Heat the olive oil in a large saucepan, add the onion and cook until softened.

- Add the leeks to the pan and cook over a low heat, stirring, for about 5 minutes.
 - Add the stock and potatoes to the pan, stir and bring to a simmer. Cook for about 15 minutes, until the potatoes are soft and cooked through.
 - Season well to taste and transfer the soup to a blender. Blend until smooth.
- Reheat gently before serving, adding the cream and extra seasoning, if necessary.