



Eden Health & Wellbeing HUB

Winter 2014 Newsletter

Introduction

2014 has been a very exciting year which is now coming to an end. Thank you for all of the support given to myself and the Hub team over our first full year of operation.

We have now built up an excellent team of volunteers, who are working well together and enjoying helping build this service into the local community.

Outreach clinics have begun in the following areas: Appleby, Kirkby Stephen, Temple Sowerby and Shap and we are getting a great response from the surgery staff. We hope to expand the clinics over the next coming year.

There is now a wealth of activity happening at the Hub in Penrith, supporting people with long term health conditions and also helping to improve their health and wellbeing.

We have more exciting new projects to come in 2015, so we look forward to seeing you in the New Year!!

Volunteers Wanted

Do you have time to spare and could you help your local community?
If the answer is yes, then we'd love to hear from you.

There are various volunteering opportunities to suit everyone.

Please contact The Hub for further details: **Tel: 01768 245911**

Winter Is Here Are You Prepared?

- Make sure that your pipes are lagged.
- Turn off outside pipes.
- Have you got plenty of fuel/logs for your fire?
- Make sure that you have plenty of provisions in the cupboard and freezer in case you can't get out to the shops.
- Hot meals and drinks help to keep you warm; try to eat at least one hot meal a day.
- Have a hot drink in a flask beside your bed in case you wake up cold in the night.
- Have you had your electric blanket tested?
- Have a box of rock salt to hand to put on your pathways to melt the ice.
- Make sure you wear plenty of layers to keep you warm, thermal vests; tights; gloves; hats etc.
- Wear suitable warm insulated footwear with non-slip soles.
- Have extra blankets to hand, while sitting for long periods during the day.
- Make sure you have enough prescription medication and other medicines, hearing aid batteries etc.
- Make sure that your heating system is in full working order.
- Check the batteries in your smoke alarm and install a carbon monoxide detector in case air vents become blocked.

Are you struggling with the cost of winter fuel?

Are you over 60?

Age UK might be able to help with grants available to survive the winter.

Please contact The Hub for more information.

[Tel:01768 245911](tel:01768245911)

Penrith Hospital Art Group



This close knit group have been very busy alongside those on reception, ambulance crews and friends and family knitting nearly 400 little woollen hats as part of "The Big Knit". Each hat will top an Innocent Smoothie bottle in the new year and each bottle bought will mean a donation to Age UK Eden. The money will go towards blankets; hot water bottles; hot meals and social gatherings. Those who couldn't knit due to their health, helped by donating wool and making pom-poms. Each session is run by artist and art tutor Karen MacDougall as a Cumbria County Council adult education class working in partnership with Appleby Heritage Centre and Eden Memory Services, which is part of NHS Cumbria.

We are closed from Monday 22nd December and will reopen on Monday 5th January 2015.



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