

Warm and Well Newsletter

March 2016

Warm and Well news

As Spring approaches, the Warm and Well campaign is coming to a close for another year. We can now begin evaluating the successes of the campaign and begin planning for the next year.

People in Norfolk were urged to look out for vulnerable and older residents and the response has been overwhelmingly positive.

Warm and Well encouraged agencies, charities, neighbours and care workers to keep residents in Norfolk healthy over the winter months. Targeted at the most vulnerable groups these included, older people (65 and above), pregnant women, the homeless and people with chronic medical or mental health conditions.

Two of the Warm and Well campaigns which received funding from Norfolk County Council and the Norfolk Foundation were Age UK Norwich and Keystone Development Trust, based in Thetford.

Age UK Norwich used their £1,000 grant to build on a project they had previously piloted in 2014/15 to help older people in Norwich during the extreme snowy and icy weather. The campaign, Cold Weather Friends, recruited pre-existing befriending volunteers and staff from the Eastern Evening News who also championed their recruitment for new volunteers.

The aim of the scheme was to help those older people who have no family, friends or neighbours that could help them. By matching a volunteer with an older person who had registered for help who lived relatively close, allowed the volunteer to walk to their cold weather friend if the weather was bad. To ensure safety, each volunteer would have provided two references along with Age UK carrying out a DBS check.

Susan Ringwood, Chief Executive Officer at Age UK Norwich said, "It has been very heartening that so many people have volunteered to help us support older people living in Norwich. The people who have registered for help are mostly very independent and able to manage well in normal weather but it has been very reassuring for them, giving them peace of mind knowing that if they need help they have someone they can trust to call upon."

In total, 45 older clients registered for the scheme. Of this group, 30 older people were matched with Cold Weather Friends while 15 were called regularly by Age UK staff when the weather got colder.

Feedback from the scheme has been very positive. One client, Mrs B, was matched to a Cold Weather Friend Volunteer who lived in her area. Worried about her annual heating assessment, for her lease, and feeling overwhelmed by the information she had received from a company offering to

carry out the service, the Cold Weather Friend Volunteer was able to put Mrs B in contact with one of Age UK's Information and Advice volunteers who was able to advise and equip her with the relevant questions to ask, giving her the confidence to go back to the company and request more information about their service.

To repeat Cold Weather Friend Volunteers again, Age UK Norwich would begin recruitment earlier in the year to ensure the necessary checks are completed before the scheme can begin.

Other news

Stay Well This Winter - your opportunity to help us learn and improve

The Stay Well This Winter campaign are looking for feedback. Please take the time to complete their online questionnaire - <https://partnerships.wufoo.com/forms/rhz7eqk0x0a0n/>.

The more they know about local campaign activity the better they will be able to evaluate the whole of Stay Well This Winter, and see the impact of both national and local campaigning.

Launch of New Community Group for all ages and abilities in Bowthorpe. The group will run every Friday 10am – 12noon (except the first one of the month). It will be held at Bowthorpe Community Hub (next to the Church). Bring your own skill or interest - and perhaps learn a new one! They will look at befriending and supporting each other, as well as many craft and practical interests - including leisure interests such as local history, drawing, painting, knitting, needlecraft, photography, growing food, gardening, nutrition, cooking, fitness and healthy life-styles. **Contact details:** Lois Wiltshire, on email: loiswilts2@aol.com or call 0776 639 6430.

Upcoming events and training opportunities

- **61% and smiling – Bridging the Gap between Arts and Wellbeing. Wednesday 27 April 2016 9:30am–4:30pm. OPEN, 20 Bank Plain, Norwich.** A conference event aimed at professionals from both the **health and wellbeing sector** and from the **arts and culture sector** who would like to explore how they can more effectively work together, using data and learning from national and local programmes. Go to www.61percentandsmiling.eventbrite.co.uk for more details.

External news and publications

[Loneliness grows from individual ache to public health hazard](#) (The Washington Post 31 January 2016)

[Fuel Poverty and Health](#) (UK Health Forum briefing 2 February 2016)

[Pregnant women who take Vitamin D during winter 'strengthen baby's bones'](#) (Independent 2 March 2016)

[NHS winter pressure 'at risk of becoming the norm all year round'](#) (Independent 11 February 2016)

[Children born in winter have more vulnerable lungs, study suggests](#) (Independent 18 February 2016)

Weather forecast

UK Outlook for Monday 28 Mar 2016 to Wednesday 6 Apr 2016:

Frontal systems moving in from the Atlantic will maintain unsettled weather across the UK through this period. Spells of persistent, sometimes heavy rain can be expected, but with some brighter, showery conditions in-between. The majority of the rain is likely in the west and parts of the south with this least persistent in more sheltered east and northeastern areas. Strong winds are also expected at times, including on Easter Monday, especially in exposed western and southern areas where gales or severe gales are possible. Occasional snow can be expected across the hills and mountains in the north, particularly in the showers. Temperatures should be near or slightly below average and feeling cold in wet and windy conditions.

UK Outlook for Thursday 7 Apr 2016 to Thursday 21 Apr 2016:

Early indications suggest that the progression of frontal systems from the Atlantic may well ease with an east or southeasterly flow developing. This would probably mean less unsettled weather, particularly in the north and west although still with changes from day to day. As is often the case in April, large variations in weather type and temperature are likely to occur. Overall, temperatures are more likely to stay below average than above at this stage, with a greater prospect of warmth later in the period.

<http://www.metoffice.gov.uk/public/weather/regional-forecasts/ee#?tab=text-forecast>

If anybody would like to add an article to the next edition of the next Warm and Well Newsletter please email nick.clarke@norfolk.gov.uk



Stay **Warm** and **Well** this winter

- Keep warm and heat your living room to 21°C
- Stay healthy and have a flu jab
- Check on friends and neighbours
- Find out about financial help

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NHS Norfolk County Council