

## Parish e-bulletin: Issue 5 – 10<sup>th</sup> February 2017

Welcome to the fifth edition of our parish e-bulletin. It includes information and news from across Cambridgeshire County Council that you may want to discuss and pass on to your residents. Please also feel free to pass this onto editors of your village newsletter.

### 1. MAKE A DIFFERENCE TO A CHILD'S LIFE IN 2017

Cambridgeshire County Council has launched a campaign to urge anyone hoping to make a difference to the lives of others in 2017 to consider becoming a foster carer.

Across Cambridgeshire we currently need new foster carers for hundreds of children and young people of all ages who are unable to live with their birth family. We are recruiting carers to provide a wide range of different types of fostering. These range from part-time respite care to long-term fostering of children until they reach independence.

Cambridgeshire County Council's fostering service welcomes enquiries from anyone who could find space in their lives to help make a positive difference to children and young people in care.

More information is also available online at [www.cambridgeshire.gov.uk/fostering](http://www.cambridgeshire.gov.uk/fostering).

### 2. CAMPAIGN LAUNCHED TO RECRUIT MORE MALE CARE WORKERS

A campaign has been launched to encourage males to apply for care worker jobs.

Changing the culture of our workforce – and the stigma and perception of male carers - can be achieved by highlighting how rewarding a career in care can be, financially, personally and professionally. It can also be done by showing clients and their families that, regardless of gender, male care workers provide the same level of service as female workers.

Recruiting for the care sector has been a challenge for several years. A significant contributory factor is the increasingly ageing population, which is growing more rapidly than the workforce. Recent national studies suggest that the shortfall could be as high as 718,000 care workers by 2025.

It is predicted that the number of people over 85 will double in the next 20 years and one in five people currently over 85 will live to see their 100<sup>th</sup> birthday.

Nationally, changes in legislation have seen a significant shift in the delivery of adult social care, with older people empowered to be supported at home as opposed to alternative care provisions.

For more information and contact details please see

[http://www.cambridgeshire.gov.uk/news/article/582/campaign\\_launched\\_to\\_recruit\\_more\\_male\\_carers](http://www.cambridgeshire.gov.uk/news/article/582/campaign_launched_to_recruit_more_male_carers)

### 3. CROWDFUNDING CAMPAIGN TO FIGHT LONELINESS

Cambridgeshire Timebanking is launching a Crowdfunding campaign to raise funds to help fight loneliness in and around Cambridgeshire.

Currently, over 29,000 people over the age of 65 live alone in Cambridgeshire and it's not only older people who are affected by loneliness. Cambridgeshire Timebanking will use any funds raised to hold coffee mornings, social groups, trips out and walking groups.

Timebanking is a way of giving and receiving to build supportive networks and strong communities. Each Timebank is different and reflects its members, the visions they have for their community, and what they choose to offer and receive. Cambridgeshire Timebanking Partnership includes eight Timebanks, and over 500 members who have given more than 16,000 hours.

For each hour that someone helps another person in their community they can “bank” an hour for when they need help. We know that everyone has something to offer – skills and wisdom to pass on to their community, whatever their age. An hour at a coffee morning, a weekly walk with a fellow Timebank member or helping with DIY can help break the silence of a day.

Are you interested in finding out how to set up a Timebank, or would you like to support our Crowdfunder? Contact [Gerry.Cano@chsgroup.org.uk](mailto:Gerry.Cano@chsgroup.org.uk) | 0300 111 3555

### 4. TIPS TO STAY WELL THIS WINTER

As temperatures drop, it is important people keep warm and well. Cold weather can kill and lead to serious health problems, such as heart attacks, strokes or pneumonia – those who are 65 or over, or who have a chronic health condition, are particularly at risk.

Throughout the cold weather, looking out for yourself and others is essential to keeping healthy. There are a variety of entitlements and benefits people can apply for if struggling to keep their houses warm, such as Winter Fuel Payments and Cold Weather Payments. Information about these are available from the Government's .gov.uk website.

Don't put off getting the flu vaccination; if you're eligible get it now. It's free because you need it. If you have a long-term health condition, even one that is well managed, or you are pregnant, you are at greater risk of severe complications if you catch flu.

The nasal spray vaccination is a quick, painless and effective way for children aged 2-7, and of school years 1 2 and 3 age, to be protected from flu without the need for injections.

Of course most of what people can do to protect their health in winter is common sense – but for some people it isn't.

Top tips keep yourself healthy and your home warm this winter:

- If you meet the criteria, register for priority service with your energy and water suppliers.
- Have all gas, solid fuel and oil burning appliances (i.e. boilers, heaters, cookers) serviced by a registered engineer.
- Carry out energy efficiency improvements to your home or encourage your landlord to do so
- Look out for friends and family who may be vulnerable to the cold and ensure they have access to warm food, drinks and managing to heat their homes adequately.
- Try to maintain indoor temperatures to at least 18C, particularly if you are not mobile, have long term illness or are 65 or over.
- Protect water pipes from freezing by insulating them
- Don't put off getting the flu vaccination; if you're eligible get it now. It's free because you need it
- Keep your bedroom window closed on winter nights. Because breathing cold air can be bad for your health as it increases the risk of chest infections.
- Keep active when you're indoors. Try not to sit still for more than an hour or so.
- Wear several layers of light clothes. Because they trap warm air better than one bulky layer.
- Eat well. Food is a vital source of energy, which helps to keep your body
- Get financial support and information. Phone our local helpline for more information on winter health including grants available – 0345650 0280
- Call 111. If you need medical help fast, but it's not life threatening or you're not sure where to go, a 111 adviser will assess you and direct you to the best placed service in your area. NHS 111 is available 24 hours a day, 365 days a year.

Follow #winterready and #weatheraware on Twitter for winter health advice.