



If you own your own home or rent it from a private landlord, you may be eligible for a grant of up to £3500 (or in some cases up to £6000) under the Government's Warm Front Scheme. If your property has previously received Warm Front improvements, you may still be eligible for another grant for additional works up to the financial limit.

Older people are eligible for Warm Front if they are aged 60 or over and are receiving one of the following benefits: pension credit, council tax benefit, housing benefit, income support, job seekers allowance or income-related employment and support allowance. If you are in any doubt, you can get a free assessment. The phone numbers are on page 2 of this newsletter.

The grant can provide energy efficiency advice and a package of heating and insulation works. Improvements available under Warm Front include: loft insulation, draught proofing, cavity-wall insulation, hot water tank insulation, central heating (gas, electric or oil), heating repairs or installation of a glass-fronted fire.

If you do not qualify for Warm Front, you may still be entitled to a £300 heating rebate. This is available if you are: a home owner or rent from a private landlord, aged 60 or over, and have no central heating or a heating which does not currently work. The money must go towards installing a new central heating system or repairing an old one, and the total cost of the work must be more than £300. Phone 0800 316 2805 for more information.

Source: eaga

Delivering Effective Health and Social Care to Black and Ethnic Minority Elders

The Age Concern /Brunelcare Research Forum Presents a Seminar On:
21 October 2009 12 — 4.45pm
 Mercure Hotel, Redcliffe Hill, Bristol

With **Jo Moriarty** (Kings College London) Room for Improvement? Experiences of Health and Social Care Services among Older People from Ethnic Minority Groups

Wendy Martin & Christina Victor (Reading University) Families and Caring in South Asian Communities

Janice Thompson (Bristol University) Migration, Nutrition and Ageing in Bangladeshi Families.

For more information or tickets, please contact **Laura Petford** on: 0117 914 4230 or e-mail: lpetford@brunelcare.org.uk
 Buffet Lunch Provided Tickets £10

Fuel Poverty - The Signs

While any household can be fuel poor, the following are the most common indicators that somebody is at risk:

- The home feels draughty and cold;
- The home is damp, smells musty or has evidence of mould growth;
- The main living room has damp walls, condensation on the windows or peeling wallpaper or paint;
- The home is heated by more expensive fuels, especially electricity or oil;
- The home has no central heating and is heated by non-permanent room heaters;
- The home is in general need of modernisation;
- The house has a sole occupier;
- The occupier(s) are over 60, retired, long term ill, or disabled;
- The occupier(s) spend the majority of their time in the home;
- The occupier(s) have low income or are on benefits.

The Problem

"Fuel poverty is a complex issue and a comprehensive approach is needed which draws together policies on all three key factors - fuel prices, incomes and energy efficiency of homes...We regret that there has to date been a lack of ambition in the Government's plans to upgrade the energy efficiency of our existing homes, which is in stark contrast to the clear aims for improving the energy efficiency of new homes. We consider that the piecemeal approach to programmes has been a deterrent to setting higher ambitions....Fuel poverty has slipped down the list of Government priorities at a time when rising energy prices mean action is most needed'.

(House of Commons Committee on Environment, Food and Rural Affairs, June 2009)

Top Ten Tips for Keeping Warm this Winter

1. Eat for Warmth - regular hot meals and hot drinks provide warmth and energy
2. Keep Moving - any activity, even housework and vacuuming, will improve circulation
3. Dress Appropriately - wrap up warm, indoors and out, ideally with several layers of thin clothing to trap heat
4. Keep Your Home at the Right Temperature - use thermometers and keep temperatures between 21 and 24 degrees Centigrade (70 and 75 degrees Fahrenheit)
5. Keep Warm at Night - wearing the right clothing in bed is as important as wrapping up outdoors
6. Insulate Your Home - double glazing, loft and cavity wall insulation are all important. Hang thick curtains on front and back doors and fit draught proof strips to trap the heat
7. Get a Flu Jab - the virus changes every year
8. Sleep with Your Windows Closed - cold air on the head at night has been shown to increase blood pressure, which could result in a stroke
9. Claim Your Rightful Benefits and Grants - everybody over 60 can claim the Winter Fuel Payment. If you haven't received it before you may need to claim. And there are many other benefits and grants you may be entitled to. It is your money by right. Claim it.
10. Apply for Other Grants and Programmes - there are many free products and services designed to help older people. Contact your gas and electricity company to find out what they offer.

Source: Help the Aged

Don't be COLD this winter



Don't Give Up Just Yet

William Gladstone entered Parliament, initially as a Tory MP, in 1832 when he was 23. Promotion came quickly and he served as a junior minister in Robert Peel's 1834-35 government, and subsequently became President of the Board of Trade and then Colonial Secretary in Peel's later government of 1843-46. He really made his mark as Chancellor of the Exchequer in Lord Aberdeen's coalition government of 1852-55, and again in the Liberal government of 1859-66.

He was already 58 when he became Prime Minister for the first time in 1868. He served until 1874 when, at the age of 64, you might assume that that was the end of a distinguished career. Not a bit of it.

In 1880 the 70-year-old Gladstone took up Prime Ministerial office for a second time, for a third time in 1886, and for a fourth time, at the age of 82 in 1892. He served another two years and remains, at 84, the oldest person ever to have been Prime Minister. It couldn't happen now.