

Historically the Summer months prove to be a quieter time for us and this year has been no different. My main objective has been to remind people to increase their intake of fluids when the weather is warm. Dehydration can be a serious problem for older people leading to various infections and general confusion. Gardeners and odd job/handyman have been in demand. Many older people worry about things “getting out of hand” and cause distress.

In previous years we have found that we get busier as the cooler weather and darker nights approach. With this in mind, although seemingly early, we start to concentrate on keeping people healthy and comfortable during the Winter months.

Over the next few weeks we shall be encouraging people to check their homes for any maintenance issues, eg gutters and roofs and preparing for the cold weather by reducing draughts and improving insulation. Many simple preparations can avoid major problems and Scammers taking advantage of vulnerable people. We also support the very vulnerable to apply for Surviving Winter grants. These grants are managed by the Wiltshire and Swindon Community Foundation and mainly funded by pensioners who donate their Winter Fuel allowances. Last year I supported clients in the area who, between them, received over £1000 to help cope with the extra cost of winter fuel.

Winter can also be a lonely time with long dark evenings so we continue to encourage people to attend groups and clubs regularly to reduce isolation.

We hope that these reminders and preparations for the winter will provide reassurance for practical issues and a sense of wellbeing.

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