This year, take time to plan how you can stay well and feel good throughout the winter. We have plenty of tips for you to keep warm and active and to stay healthy and independent!

If you need help with transport we can help you move around the district too with our Mole Valley Life Mobile services.

Get social this winter!

Have you visited our social centre in Leatherhead or the Christian Centre in Dorking? Meeting new people and staying active are great ways of tackling loneliness during the winter months. These centres are for socialising, keeping fit and learning - the daily home cooked lunches go down very well too!

Activities range from Pilates classes to art clubs, yoga instruction to practical help with getting you started online. Why not pop in and say hello? Bring this leaflet with you for a free tea or coffee in our cafes (up to March 31st 2019).

Winter 2018/19 Event dates

Come and see us at our Mole Valley Life Roadshows.

We look forward to meeting you and finding out how we can help you stay well this winter, we’ll even have some freebies to give away!

We’ll be at the following places to give you more information about all of Mole Valley Life’s services:

- Sun 25 November
  Dorking Christmas Festival.
  12 - 6pm

- Thurs 29 November
  The King & I screening,
  Dorking Halls. 7pm

- Sat 1 December
  Leatherhead Christmas Event.
  10am - 2pm

- Thurs 13 December
  St Stephen’s House Surgery, Ashtead.
  10am - 12noon

- Mon 14 January
  The Fairfield Centre, Leatherhead.
  10am - 12noon

- Tues 22 January
  The Queen of Spades screening,
  Dorking Halls. 6.45pm

Social Centres:

The Fairfield Centre, 34 Swan Court, Leatherhead, KT22 8AH
10am – 4pm Monday to Friday. 01372 376058

Dorking Christian Centre, Church Street, Dorking, RH4 1DW
9am – 2pm Monday to Friday. 01306 886830
Top tips for staying safe and warm

- Keep your heating to a minimum of 18c (65f)
- Don’t sit for extended periods – move around at home
- Eat hot meals and drink warm drinks
- Stay hydrated, keep drinking fluids throughout the day
- Wear thin layers of clothing to trap warm air
- Wear a hat indoors too if you feel you need it!
- Keep windows closed at night
- Wear shoes with good grips when outside
- Consider getting your shopping delivered in cold or icy weather

Enjoy a healthy diet this winter

A good diet will help keep your body fit and well this winter. Foods filled with essential vitamins and minerals will help keep your energy levels and spirits up. It’s tempting to ‘comfort eat’ when it’s cold outside but try to keep eating at least five portions of fruit and vegetables a day and avoid too much sugar. Why not use wintertime to try out some new, nutritious soup recipes and invite some friends or family to come and enjoy them?

Frozen vegetables can be just as nutritious as fresh ones, so stock up the freezer just in case the cold weather prevents you getting out and about easily for a few days.

Don’t forget our social centres serving tasty home cooked meals Monday-Friday!

Keep active for body and soul

Mole Valley is filled with groups and clubs for people of all ages to join. Turning up the first time to a new group or event can be daunting but go for it - the benefits far outweigh any initial awkwardness or nerves. Social interactions are a vital part of wellbeing so look out for your friends, family and neighbours in the winter months and make sure you are not becoming isolated yourself. Libraries, our social centres and faith centres are all great places to find out about activities and events local to you.

Physical activity to keep your bones strong and your body moving will also improve your mood in the winter months. Our popular Walk for Health scheme offers regular volunteer led free walks throughout the district and our Exercise on Referral scheme provides low-cost gym or swim membership in our leisure centres to qualifying applicants. You may prefer dance, yoga or bowls, whatever you enjoy, keep it going throughout the winter months.

Flu vaccinations

People sometimes think of flu as a bad cold, but having flu is more serious. You may be so ill that you are unable to do much more than stay in bed.

The best thing you can do to protect yourself against seasonal flu is to have the flu vaccination. Contact your GP to find out about the Flu vaccine.
Phone call nuisances

Are you being bothered by nuisance telephone calls?
The Telephone Preference Service is a free opt-out service for individuals who do not want to receive unsolicited sales and marketing telephone calls. Contact 0345 070 0707 to find out more.

GP & pharmacy opening hours

Find out from your own GP and local pharmacies when they’ll be open over the winter period. A little preparation now will assist you later on if you need to book appointments or pick up medicines.

Trouble manoeuvring your bins?

Mole Valley District Council offer a free of charge, assisted bin collection for those that are struggling to move their bins themselves. If you think you may be eligible then call 01306 885001 to find out more.

Worried about power cuts or flooding?

If you have concerns about flooding then take a look at www.gov.uk/check-flood-risk for advice or call 0345 988 1188. Ask your energy supplier about their Priority Services Register, which gives older or disabled people extra help and support.
**Remote Monitoring away from your home!**

**Independence whilst out and about**

Mole Valley Life is now able to offer a mobile GPS alarm system. If you are away from home you can take your Oysta device with you!

These devices offer an emergency SOS button which is connected to the Leatherhead Monitoring Centre. One press of the button and a friendly TEC Operator can offer assistance or reassurance through a built-in speaker.

Designed for vulnerable people, these devices will enable greater freedom and independence for the wearer, whilst giving reassurance to loved ones and carers both inside and outside the home.

An accurate GPS transmits location information and an alert can be raised if the wearer goes beyond a pre-set safe zone. Devices include a built-in falls sensor and the ability to set reminder messages.

Devices are available for £25 per month.

**Community Alarm - remote monitoring within the home**

Our Community Alarm promotes independent living by providing an emergency button/pendant which the wearer can activate for emergency assistance within the home.

These button or pendant devices enable continued independence, particularly if the resident suffers from a sensory impairment, dementia or other medical condition. Our new limited offer (until March 31st 2019) on these alarms includes the fitting of alarm-linked smoke detectors in the home, which will automatically alert the 24 hour monitoring centre when activated.

Our team of TEC Operators respond to the Oysta devices and the Community Alarms to summon appropriate help whether this is from the emergency services, family, carers or other key holders. Equipment is installed and maintained by our own TEC Team.

Until 31st March 2019, we are offering the Community Alarm with smoke alarms for £4.95 per week. Call 01372 204500 now quoting ‘WinterWellness18’ to give your family peace of mind.

**Useful Contacts**

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<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>Action Fraud</strong></td>
<td>0300 123 2040 actionfraud.police.uk</td>
</tr>
<tr>
<td><strong>Action Surrey</strong></td>
<td>(help with heating homes) 0800 783 2503 actionsurrey.org</td>
</tr>
<tr>
<td><strong>Adult Social Care</strong></td>
<td>01372 833456 surreycc.gov.uk</td>
</tr>
<tr>
<td><strong>Age UK advice line</strong></td>
<td>0800 056612 ageuk.org.uk</td>
</tr>
<tr>
<td><strong>Citizens Advice</strong></td>
<td>03444 111444 casurrey.org.uk</td>
</tr>
<tr>
<td><strong>Dorking Christian Centre</strong></td>
<td>01306 886830 dorkingchristiancentre.org.uk</td>
</tr>
<tr>
<td><strong>Handyman Scheme</strong></td>
<td>01737 845630 molevalley.gov.uk</td>
</tr>
<tr>
<td><strong>Mind Matters</strong></td>
<td>(NHS talking therapy) 0300 330 6450 mindmattersNHS.co.uk</td>
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<tr>
<td><strong>Mole Valley District Council</strong></td>
<td>01306 885001 molevalley.govuk</td>
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<tr>
<td><strong>Mole Valley Life Independent</strong></td>
<td>01372 204500</td>
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<tr>
<td><strong>Mole Valley Life Mobile</strong></td>
<td>01372 376056</td>
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<tr>
<td><strong>Mole Valley Life Social</strong></td>
<td>01372 204500</td>
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<tr>
<td><strong>NHS</strong></td>
<td>111 - advice. 999 – emergency nhs.uk</td>
</tr>
<tr>
<td><strong>Surrey Information Point</strong></td>
<td>(advice on care &amp; support options) surreyinformationpoint.org.uk</td>
</tr>
<tr>
<td><strong>Surrey Police</strong></td>
<td>101 – advice. 999 - emergency surrey.police.uk</td>
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<tr>
<td><strong>Telephone preference service</strong></td>
<td>0345 070 0707 tpsonline.org.uk</td>
</tr>
<tr>
<td><strong>Walk for Health</strong></td>
<td>01306 885001 molevalley.gov.uk/molevalley/gov.uk/walkforhealth</td>
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Mole Valley Life brought to you by

**Mole Valley District Council**

www.molevalleylife.co.uk