

## WINTER WARMTH CAMPAIGN

AS always at this time of year we try to give some advice about the hazards of the cold weather and how to heat your homes and stay fit and well in the winter months. It is again predicted that we will have a severe winter this year and we are only too aware that the cold weather can have devastating effects on elderly and disabled people. Last year, Cumbria had 232 excess winter deaths.

A leaflet has been produced by the Eden Winter Warmth Group which contains advice and tips that could help you. The leaflets are available from your GP surgery and libraries and from ECA. Please request a copy from the volunteer who visits you or telephone our office and we can send one to you. The leaflet also tells you where you can get further help and advice.

The Cumbria Warm Homes Scheme (see below) can also help you with free or discounted insulation which can help in keeping your home warm and lowering your heating costs.

**VOLUNTEERS** — Some of you will have met Peter and Maureen Ward who were visiting volunteers in the East Fellside area. Peter and Maureen have recently left us to pursue new opportunities and I would like to thank them for their work on ECA's behalf.

We are therefore looking for additional volunteers to undertake visits to our clients in both the Kirkby Stephen area and villages to the north of Penrith. If you are interested in volunteering, please contact me.

*Kath Hetherington, Chief Officer*

### THE CUMBRIA WARM HOMES PROJECT

UNDERSTANDING the energy needs of your home is important if you wish to keep warm and save money on your fuel bills.

This project, in association with Eden District Council, will provide a free energy survey of your home and written quotations for any free or discounted insulation measures you may qualify for.

You can then choose from energy measures best suited to your property.

To book a free Home Energy Survey, call Free on 0800 328 8419

*With very best wishes  
for a Merry Christmas*

*From all the staff  
and volunteers  
at ECA*



### Christmas Opening Times

#### December

Fri. 23rd	9am to 4pm
Mon. 26th & Tues 27th	Closed
Wed. 28th - Fri. 30th	9am to 4pm

#### January

Mon. 2nd	Closed
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# Arthritis Research UK

SOME of you may know that Pat Newsham, a member of ECA staff, is Chairman of the Penrith Branch of Arthritis Research UK. Pat has shared some of the organisation's recent findings.



New research has shown for the first time that omega-3 fish oil could “substantially and significantly” reduce the signs and symptoms of osteoarthritis. A recent Arthritis Research UK-funded study said “omega-3 diets fed to guinea pigs, which naturally develop osteoarthritis, reduced disease by 50 per cent. compared to a standard diet.”

This is a major step forward showing that omega-3 fatty acids (sourced from fish oil or flax oil) may slow down the progression of osteoarthritis, or even prevent it occurring, confirming anecdotal reports and “old wives’ tales” about the benefits of fish oil for joint health. Fish oil is far more effective than the flax oil based supplement, but for vegetarians flax oil remains a viable alternative.

Regarding his study, Dr. Tarleton said: “Most diets in the developed world are lacking in omega-3, with modern diets having up to 30 times too much omega-6 and too little omega-3. Taking omega-3 will help to redress this imbalance and may positively contribute to other health problems such as heart disease and colitis.”

Osteoarthritis affects about 8 million people in the UK, caused by cartilage at the end of the bones wearing away with underlying bone thickening, leading to stiff, painful joints. Currently, there is no effective treatment to slow down progression.

A new national tissue engineering centre to develop treatment for early osteoarthritis has been launched recently which aims to regenerate bone and cartilage by using patients’ own stem cells to repair the joint damage caused by osteoarthritis.

If this proves successful, in future they hope to perform this as a ‘one stop’ day case procedure, which may delay the need for joint replacement.

## Flu Vaccination

Just a reminder that everybody over the age of 65 is entitled to have a flu vaccination. Have you had yours yet?

Also, if you are over 65 and have a carer under 65 they may be entitled to a flu jab because if they get flu it may affect their ability to care for you.

This jab is given at the discretion of the GP but if your carer explains the situation their GP will decide whether it is necessary or not

## Age UK Tuesday Group

Local people are welcome to join the Age UK Tuesday



Group for a two course lunch followed by an afternoon of activities, shared fun and companionship at Eden Court, Lazonby, 12 noon to 3pm. Cost: £6 including lunch and activities.

For more details contact Sue Maughan, Age UK, on 01768 863618.

# INFORMATION

## Health & Fitness

Winter is approaching fast and we all know the nicest way to keep warm — it's got to be wrapped up in front of a warm fire. Yes it's the nicest way but it's definitely not the cheapest, and given that there is a reduction in this year's winter fuel allowance we need to look for a better and cheaper alternative.

Thermogenesis is basically the natural fire inside your body. There are a few ways to increase and improve this; we're going to look at the top two, which are diet and exercise.

The best way to increase your inner fire through food is with a sufficient supply of protein enriched foods (lean meat, poultry, fish, eggs, soya and quorn, also beans and lentils to a lesser extent). Obviously everything in moderation and protein intake should be accompanied with adequate amounts of carbohydrates, fats, vitamins and minerals, and should roughly amount to 1g per kilogramme body weight (e.g. 11 stone = 70kg = approx. 65g protein spread across the day).

Exercise is the best way to improve your body's thermogenesis, and through this festive period it's certainly more the merrier. I'm not expecting a 13 mile run before breakfast or 500 press-ups before bed, just increase it as and where you can, e.g. while watching TV stand up five times every five minutes, every 10 minutes use your arms to lift your hot water bottle above your head, add a few more steps into your journey, etc. Adapt these to suit you and enjoy the benefits these will promote!

Increased exercise along with this improved diet is proven to be a great way to improve body temperature and also a good way to shed any unwanted winter weight.

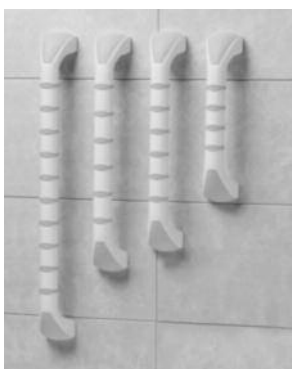
*By Dylan Noble, Personal Trainer with Team JP.*



## Aids for Daily Living

There are many items available to assist people perform routine daily tasks which may prove difficult.

In this edition we are featuring Bathing Aids, bath steps, seats, boards and grab rails. The Savannah Bath Board (shown) has smooth, reinforced plastic slats, providing a strong, comfortable, quick drainage design. The slats are fully sealed, stainless steel fittings give a corrosion resistant bath board.



Bath seats enable the user to sit safely in the bath without having to raise or lower themselves through that last difficult distance at the bottom of the bath.

They can also be used with grab rails for additional support and bath mats to avoid the possibility of slipping.

Grab rails come in various sizes and styles, including suction. Please ask for more details of the many products available.

# FUNDRAISING

## Christmas Concert



You are invited to join us for our final Christmas concert  
**at Hutton-in-the-Forest**

(by kind permission of Lord & Lady Inglewood)

**Sunday, 11th December**  
**at 2-30pm**

Music by Eden Singers

Everyone welcome, entrance by ticket only

**£6 per ticket (including refreshments)**

*Tickets available from ECA Office, 12 St. Andrew's  
Churchyard, Penrith, CA11 7YE. Tel. 01768 890657*

*All proceeds for ECA Funds*

### Date for your Diary

## RACE NIGHT:

**Saturday, 3rd March, 2012**

at **Appleby Bowling Club**

Pie and pea supper.

Tickets £5 each

More details in our next  
newsletter or contact either Margaret  
or Pat on 01768 890657

**A Quiz Night** was held on Friday, 7th October at Penrith Cricket Club, with quizmaster David Carrick, well known for setting taxing questions.

Our grateful thanks go to David and Jennifer, all those who supported the event and everyone who donated raffle prizes.

Supper from St. Andrew's Catering was served to start off the evening. The event was very well attended with a great atmosphere of friendly competition.

## LIFELINE QUIZ — No. 35 Answers

1 Yuri Gagarin. 2 Judas Iscariot. 3 Crimean. 4 Douglas Bader. 5 Christopher Columbus.  
6 Austalia, 7 The Black Death. 8 Roger Bannister. 9 John Constable. 10 Bootlegger.  
11 Green. 12 Golden Hind. 13 Yellow. 14 Emerald. 15 Blueprint. 16 Sepia.  
17 The Black Death. 18 Chocolate. 19 Silverstone. 20 Greenwich.

*Congratulations to the winner of Lifeline Quiz No. 35, Mrs. N. Greeves, Langwathby.*

### Comments or enquiries to **Eden Community Alarms**

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**OFFICE OPEN: 9am to 4pm, MONDAY TO FRIDAY**

*(answer machine outside office hours)*

