

AUTUMN/WINTER 2021



Braintree District Council

heretohelp

Staying Safe and Well

in the Braintree District



SEATED EXERCISE **PULL OUT GUIDE INSIDE**



Useful contacts



Essex Wellbeing Service

T: 0300 303 9988

8am-7pm Mon-Fri, 10am-2pm Saturdays

E: provide.essexwellbeing@nhs.net

Braintree District Council Customer Services

T: 01376 552525

8.30am-5pm Mon-Fri

E: csc@braintree.gov.uk

Essex County Council Customer Services

T: 0345 743 0430

9am-5pm Mon-Fri

E: contact@essex.gov.uk

(Recycling centres, Highways and Libraries are the responsibility of Essex County Council)

Citizens Advice (Freephone)

T: 0808 2082138 10am-4pm Mon-Fri

Community 360

T: 01376 550507

E: engagement7@community360.org.uk

Eastlight Community Homes

T: 01376 535400

8:30am-5:00pm, Mon- Fri **Text: 07860 024 511**

E: customer.services@eastlighthomes.co.uk

Braintree Area Foodbank

T: 01376 330694

Covers Braintree district

E: info@braintreearea.foodbank.org.uk

Essex Befriending Service

T: 0300 770 1263

E: essexbefriends@affc.org.uk

Helplines



Farleigh Hospice

Advice Line: 01245 455478

CIRCLE Adult Bereavement

T: 01245 457308

Samaritans

T: 116 123 24 hours a day

E: jo@samaritans.org

Compass – Domestic Abuse Support

T: 0330 333 7 444 24 hours a day

E: enquiries@essexcompass.org.uk

Essex Dementia Care

T: 01245 363789 8am-6pm Mon-Fri

The Silver Line

T: 0800 470 8090 24 hours a day

Essex Age UK

T: 01245 346106 10am-3pm Mon-Fri

Action for Family Carers

T: 0300 770 80 90

Independent Age

T: 0800 319 6789 8.30am-6.30pm Mon-Fri

Action on Elder Abuse

T: 0808 808 8141 9am-5pm Mon-Fri

Action Fraud

T: 0300 123 2040 8am-8pm Mon-Fri

AbilityNet IT Support

T: 0800 269 545 9am-5pm, Mon-Fri

E: enquiries@abilitynet.org.uk

Stop Scams UK

T: 159

Hello and welcome to the autumn/winter 2021 issue of Here to Help magazine



We launched this magazine last year during the height of the pandemic to provide advice and information for our older residents who may not have access to the internet to help keep them up to date with the services that the council and our partners have to offer, useful information and contact numbers.

We have seen fantastic community spirit over the past 18 months and it has been heartening to see how everybody has supported each other during this difficult time.

We have a brilliant community services team here at Braintree District Council who worked tirelessly responding to the pandemic and are still working hard to help aid recovery and understand the needs of our residents.

We hope you enjoy this issue of Here to Help magazine and find it useful.

Kind regards,
Cllr Frankie Ricci

Cabinet Member
for Communities

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Winter guide

Free handyman service

For owners, occupiers or private tenants who are over 65 or vulnerable.

Offering improvements around your home relating to trip and fall hazards, improving energy efficiency, security and dementia support, measures include:

- Extra door and window locks, door chains and external security solar lights
- Half steps, grab rails, provision of key safes, anti-slip matting for rugs and mats
- Radiator bleeding, loft clearance to enable loft insulation (subject to volume)

This is not a full list of services, so please contact the Sustainability Team for more information at **01376 552525** or email **energyadvice@braintree.gov.uk**

This service does not include plumbing, electrical work, maintenance or decorating.



Grants for Energy Efficiency Improvements

We work in partnership with Aran Energy Services, who can provide partial funding (and in some cases 100% funding may be available) towards the following:

- loft insulation
- cavity wall insulation
- external wall insulation
- room in roof insulation
- old and inefficient boilers

To be eligible you must own your property or privately rent (i.e. not a council house or housing association property).

Call Aran FREE on 0800 587 7795 or email info@arangroup.co.uk to find out more and book a survey



Braintree Slipper Exchange

Community 360's Slipper Exchange is a free service and is part of a range of things that people can do to help themselves stay steady on their feet.

Some footwear can increase the risk of falls. It can cause poor balance and gait or make it difficult to

judge surface friction and distance from the floor. Just by wearing appropriate footwear, you can reduce the number of falls by 36%.

Since 2018, Community360 has been holding Slipper Exchange events in local surgeries, hospitals, churches, cafés and retirement homes. Since its inception they have given away over 500 pairs of slippers!



For further information please contact Phil Rawlinson on 01376 550507 or 01206 505250

Warm Homes Essex

Warm Homes Essex is a service run by Citizens Advice Essex to help people in fuel poverty. The project aims to improve the health and wellbeing of local residents through the delivery of intensive and tailored advice that addresses the needs of people living in cold homes.

An energy advisor can assist with:

- Checking entitlement to benefits
- Gas/electricity billing issues, changing tariff and/or switching supplier
- Information on energy saving home improvements including availability of grants
- Arranging support for vulnerable customers under priority services
- Making sure people are on the best energy tariff for their needs.



Referrals can be made via the Warm Homes website **www.homesessex.org.uk** or call **0300 3033 789**



Stay well this winter



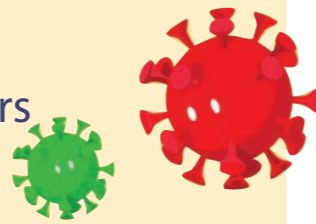
Here are some tips for keeping well;

- Be sure to wrap up in cold weather to cover your neck, chest and mouth on those crisp days to prevent the cold from aggravating long-term respiratory conditions.
- Wear shoes or boots with good grip to prevent slips and falls in icy weather
- Cover extremities such as your head, hands and ears to help stay warm
- If you can't get out as much, arrange phonecalls or videocalls with friends and family to keep in touch
- Find local waking groups in your area to get out in the winter months and keep active

Find out more on www.liveswellcampaign.co.uk/winter

Boost your immunity this winter

- flu jabs and COVID-19 boosters



Flu and COVID-19 can both be life-threatening and spread more easily in winter, when we are all crowded together inside.



Most adults over 50 will be eligible for a free flu jab, COVID-19 booster, or both. It's the most effective way to boost our natural immunity and protect ourselves from these viruses.

- Book your vaccine appointments now and BOOST your immunity this winter.

nhs.uk/wintervaccinations

Feeling unwell?

Don't wait – get advice from your nearest pharmacist



At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist and avoid the wait at the GP, before it gets more serious. Act quickly.

This can be the best and quickest way to help you recover and get back to normal.

If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.



Losing someone important to us can be emotionally devastating and grief can see us experience a range of emotions as we try to cope with loss.

We all react differently to grief and it can be hard to predict how loss will affect us. You may experience;

Sadness or depression – You may feel like you'll never be happy again, you may isolate yourself whilst reflecting on memories you had with the person you lost and struggling to get out of bed or get on with normal life.

Shock, denial or disbelief – You may find it difficult to believe that someone is actually gone or feel numb. Shock provides emotional protection to prevent us becoming overwhelmed.

Anger or hostility – It can feel unfair and painful to lose someone, it's normal to feel angry or frustrated or find something or someone to blame to help you make sense of it.

Feeling overwhelmed – You may feel grief immediately at full force, crying a lot or feel like you can't cope. Over time this will become less intense and you'll find a way to live with these feelings.

Relief – It is also completely normal to feel relief when someone dies, especially if they were suffering from a long illness or were in pain. It does not mean you did not love or care for the person.

Mixed feelings – If you had a difficult relationship with the person who has died, you may find you have a mix of feelings that can be hard to process such as anger, guilt, sadness, relief – it does not always mean you'll find their death easier to process.

St Helena offer bereavement support to anyone bereaved in north and mid Essex, regardless of the cause of death or when the individual died.



You can self-refer directly or be referred to them by someone supporting you with your consent. You can refer yourself online at www.sthelena.org.uk or if you do not have internet access call **01206 984274**



Employment and Learning

Community support & employment service

Our new Community and Employment Service is now getting established throughout Braintree District and is already showing great promise with 6 participants already being offered employment and many others starting the interview and application stages of their journey back towards work. For others training and volunteering roles are being looked at and some are looking at apprenticeships.

Looking to re-join the workplace or even the thoughts of starting the process of job search can be a daunting process but our project will support you in every way we can, not only with job search but also enabling you to overcome any challenging barriers that may in some way be impacting on your physical or mental health.

This service is FREE and has the added bonus of working in partnership with the local community therefore benefiting not only those

seeking to take advantage of the project but also local business, charity's, volunteer groups and all other kinds of support organisations. By working together not only do we hope to support those looking for work but also better serve the community in all manner of ways.

If you are wishing to make a change in your life circumstances or are currently unemployed and looking for work then why not contact the service and see if there is something that might be of use to you.

Telephone: **01376 552525**

Email: **communityservices@braintree.gov.uk**



Lifelong Learning

Learning doesn't have to stop in formal school education, adult community learning is a great way to add to your skillset and learn new skills to aid employment, help start a new business or just for fun!

It doesn't have to be expensive either, there is a wealth of free courses out there as well as low cost and subsidised courses or loans and payment plans you can apply for.

You might decide to do that accountancy course you have been aiming to do for

years in order to become a self-employed accountant or perhaps it's a hobby such as beekeeping, art or learning sign language. The list is endless but whatever it is, you can usually find a course to suit you.

There are so many benefits from this kind of learning. You might:

- Supplement your income
- Learn a new hobby
- Upgrade existing skills
- Broaden your knowledge
- Gain confidence
- Make new friends

Whatever it is most people find that it has a great benefit to both their mental and

physical health. So why not give it a go? After all you have nothing to lose and so much to gain!



Give it a go!



A New Disability Advice Service



Are you ill and/or disabled, or are you a carer?

Do you need help to claim any of the following benefits?

- Personal Independent Payment (PIP)
- Attendance Allowance
- Disability Living Allowance for a child
- Carers Allowance

citizens advice Braintree Halstead & Witham

Citizens Advice can help.
Call 0808 278 7852 or email disability.outreach@bhwcab.org.uk

livewell from your chair

Bringing chair-based exercises to your home!



“ Hi, I'm James Taylor, Health and Wellbeing Co-ordinator for Eastlight Community Homes. I lead a team of volunteer Chair-Based Exercise Leaders who teach free classes to residents across the East of England. If you would like to improve your mobility and overall health, please take a look at my simple chair-based exercises.

If you're online, you can watch a video of me demonstrating these exercises by visiting 'Eastlight Community Homes' on YouTube. ”

SEATED EXERCISE PULL OUT GUIDE

Equipment required

1 x chair & 2 x tins



Circulation booster 1

3 x circuits; leg & arm movements done 'separately' - up to 30 seconds for each movement per circuit

Leg marching (figure 1) & arm swings (figure 2)



figure 1



figure 2

Mobilising joints

4 x shoulder lifts (figure 3)



figure 3

4 x shoulder rolls (figure 4)



figure 4

4 x trunk twists (each side) (figure 5)

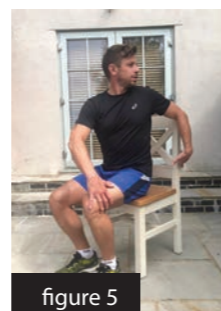


figure 5

Circulation booster 2

3 x circuits; leg & arm movements done 'together' (opposite leg to opposite arm) - up to 30 seconds per circuit

Leg marching (figure 6) & arm swings (figure 7)



figure 6



figure 7

Static stretches

(Hold for 8-10 seconds)

Chest stretch (figure 8)



figure 8

Back of thighs stretch (figure 9)



figure 9

Strength

(5-8 reps)

Arm curl (figure 10) & upper back strengthener (figure 11)

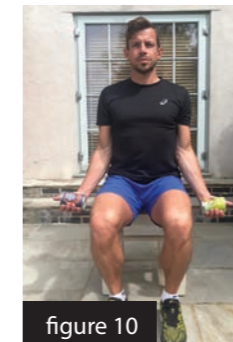


figure 10



figure 11

Sit to stand (figure 12)



figure 12



figure 13

Befriending

There are great befriending services available to anyone feeling lonely or isolated.

If you are feeling lonely, the following services are available to you

Essex Befriends

They can provide telephone befriending for people over 18 who are carers, older people and those experiencing mental ill health or a learning disability.
Call: 0300 770 1263



Essex Age UK

Local Age UK service for 60+ who can provide a telephone befriending service.
Call: 01268 525353
(10am – 3pm Mon-Fri)



The Silver Line

This national free helpline for older people can provide telephone befriending or a postal service called Silver Letter for those 55+.
Call: 0800 470 8090
(Available 24 hours a day)



Mental Health

As Coronavirus restrictions continue to ease, it is understandable that this may create anxiety after shielding and staying inside for such a long time.

every mind matters

You may worry about there being an increase in coronavirus infections or about getting the coronavirus vaccine. You might struggle to see how things will improve or if they will ever return to how they used to be.

You may be struggling with the effects of long Covid and adapting to these symptoms such as breathing issues, tiredness or continued loss of taste or smell. Perhaps you lost someone to Covid-19 and are grieving or have faced unemployment due to the effect of the pandemic.



Here are some ways you can look after your mental health:

- Try talking to somebody about how you are feeling such as a family member or friend. Sometimes talking about how you feel and getting things off your chest can help rather than letting them get on top of you.
- If you feel you need professional help, contact your GP or call 111 Option 2 to get advice and guidance on what is available to you such as antidepressants, counselling and cognitive behavioural therapy.

- Try to find a hobby to keep your mind occupied, this will help to prevent you from dwelling on issues or may work as a channel to process your feelings. This could be anything from baking to sewing, knitting, sketching, painting, crafting or gardening!
- If you are nervous about going out more and doing things such as shopping, meeting friends or going for walks then why not begin by going out at quieter time when these areas should have less people about and you have more space to yourself.

Introducing

Safe and Well Visits in Essex



To keep yourself and your family safe at home, we recommend booking one of our free, personalised Safe and Well Visits.

Our trained Safe and Well Officers can provide advice and guidance in relation to fire prevention and home security, as well as signpost you to additional advice and support if you need it.

Call: 0300 303 0088

Email: home.safety@essex-fire.gov.uk

Online: www.essex-fire.gov.uk/HFS





Dementia

Do you know someone with dementia or memory problems?

Action for Family Carers run Keep Active and Active Minds groups in Great Dunmow and Witham.

In the Keeping Active Groups, people engage in a wide range of physical activities while having fun and socialising.

Active Minds Groups offer a chance to take part in mind and memory activities to stimulate different parts of the brain.

The sessions are suitable for people with mild to moderate dementia.

Keeping Active sessions run in the mornings 10am-12.30pm

Active Mind sessions run in the afternoons 1pm-3.30pm

You are welcome to attend both sessions, please bring your own lunch.

Monday – Dourdan Pavilion, Great Dunmow

Rickstones Church, Witham

Contact for your free taster session
03007 708090 Visit us online: www.afcc.org.uk
Email us: care@afcc.org.uk

Supported Days Out

Dementia Adventure are offering people living with dementia and their caregivers the opportunity to enjoy a supported day out together in the Essex countryside or by the coast.

Connection to nature and the outdoors has significant wellbeing benefits for people with dementia and their caregivers. However, some people have lost confidence in taking a person with dementia out and about, especially after months of shielding and lockdown.

Trips are subsidised

Thanks to the generosity of their charitable funders, Dementia Adventure can subsidise the cost of these supported days out but ask for a small voluntary contribution, if it's affordable.

dementiaadventure.co.uk/supported-days-out
Or call 01245 237548

Unpaid carers

Looking after someone can be a hugely rewarding experience, but we also know it can be difficult at times, especially without access to the right support.

Carers First Essex

Carers First are here to support you so that you can live your life to the fullest.

Whatever your circumstance, we offer services to support you at every stage of your caring journey to help you find the balance in your life you wish to achieve.

Carers First website

Find the information you need at a time that suits you. From carer breaks to carer assessments, our website helps you understand what support is available to you, in your local area. Finding information is quick and easy and our support resources are tailored to your circumstances and needs.

You will also find local and national news, events and read personal stories shared by carers we have worked with.
Visit Carersfirst.org.uk

Free helpline

Our helpline means you have friendly and knowledgeable staff to offer advice, guidance and information. Support can differ depending on who you look after and where you live.

Tell us about your situation and we'll provide you with tailored support.

Call 0300 303 1555

One-to-one support & programmes

Our dedicated team are here to understand your specific needs and support you throughout your caring journey. Whoever you are looking after, we will equip you with skills to help you thrive.

We will talk through your situation then tailor a programme of support according to what you need in one or more of the following areas:

- Caring role
- Managing at home
- Time for yourself
- How you feel
- Finances
- Work
- Wellbeing



Carer wellbeing groups

A great way we can help is by connecting you with other carers.

Our peer support and activity groups provide the chance to connect with people who understand.

There is something for everyone and our groups reflect the carers we support and the people they look after. From dance classes, book clubs and wellbeing groups to workshops for people in different caring circumstances.

Local teams also arrange regular trips, workshops, events and activities near you, catering for all ages and interests.

Second Tuesday of the Month, 10.30am-12pm

St Peters in the Field Church, Bocking

Domestic abuse

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you, including police response, online support, helplines, refuges and other services. You are not alone.

If you suspect that your neighbours or those in your community are victims of domestic abuse, we encourage you to report it to the police.

If you or someone else are in immediate danger, call 999. If you are in danger and unable to talk on the phone, listen to the questions from the operator and respond by coughing or tapping the handset if you can. If you're calling from a mobile, when prompted press 55 to be transferred to the police.

If you want to talk to someone about your concerns either for yourself or someone else, please ring Essex Compass on **0330 333 7 444** who are available 24 hours a day.

You can also look out for the J9 logo in shops, offices, community groups and pharmacies – which mean there are trained people you can talk to confidentially if you are a victim of domestic abuse who can direct you to help.



If you believe that you or someone else could be a victim of domestic abuse, there are signs that you can look out for including:

- being withdrawn
- having bruises
- controlling finances
- not being allowed to leave the house
- monitoring technology use such as social media platforms

Fraud Awareness



Courier Fraud

Courier Fraud is when victims receive a phone call from a criminal who is pretending to be a police officer or bank official. Victims are told to withdraw a sum of money and someone is sent to their home address to collect it. Criminals might also convince you to transfer money to a 'secure' bank account, hand over your bank cards or give them high value items such as jewellery, watches or gold.

Delivery Scams

With more of us shopping online and expecting deliveries, scammers are attempting to target potential victims by sending emails or texts pretending to be a delivery service and asking for a payment to release a parcel. A link is attached which if clicked on or completed could put you at risk of fraud. Royal Mail will never ask you for money to re-deliver an item and if there was a surcharge for an underpaid item they would leave a grey Fee to Pay card.

HMRC

HMRC will never send notifications by email about tax rebates or refunds, if you receive an email about a tax rebate or refund, do not visit the website, open any attachments or disclose any personal or payment information. Fraudsters will spoof a genuine email address or change the display name to make it appear genuine.

There is also an automated phone call scam telling you HMRC is filing a lawsuit against you and to press 1 to speak to a caseworker to make a payment. This is a scam and you should hang up immediately.

STOP

Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE

Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT

Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

If you think someone is trying to trick you into handing over money or personal details...Stop, hang up and call 159 to speak directly to your bank.

Activities, classes, things to do

Community Transport

Subsidised transport for those with mobility difficulties, wheelchair users or non-profit-making groups:

- Social Car Scheme for individuals
- Dial-a-ride for wheelchair users
- Minibus Scheme for non-profit-making Groups

Do you meet one of the criteria listed below?

- Are elderly
- Have a disability - permanent or temporary
- Have restricted mobility
- Unable to get on and off a bus
- Are rurally or socially isolated



- Needs are not met by existing public transport Services
- Are a non-profit-making Group such as:
 - Social
 - Youth
 - Schools
 - Children's Clubs
 - Education
 - Rehabilitation
 - Support
 - Disability
 - Senior Citizens



For rates and an application form

Contact us on
01376 557883

or e-mail us at
community.transport@braintree.gov.uk

or go to
www.braintree.gov.uk/communitytransport
to download your application form



Seated Exercise

Gentle stretches followed by seated sports activities.

Open to anyone who wants to take part in a social sporting activity with enough time to chat and laugh.

Tuesdays
10.00 - 11.00am

£3.00
per session

Community Room, Witham Leisure Centre, Spinks Lane, Witham, Essex, CM8 1EP Please book in advance online at www.fusion-lifestyle.com/centres/witham-leisure-centre or by calling **01376 534910**



Dementia Friendly Cinema

The Empire Theatre in Halstead run a Dementia Friendly Cinema that aims to help reconnect memories.

The screenings are free entry, free film, free tea, coffee, biscuits and cake. They run once a month, to see the latest showings you can visit www.empire-theatre.co.uk or call **07947556501**



Meet Up Mondays



Meet Up Mondays have restarted at Coffee House in the Gardens in Braintree and Bocking Public Gardens – meet other people and enjoy a free tea or coffee in this lovely setting.

Mondays, 9.30-11.30am

Know a location that could hold an event? Contact **communityservices@braintree.gov.uk**



Sport for Confidence

Sport for Confidence provide inclusive sporting opportunities to people who face barriers to participation, including those with learning disabilities, mental health issues, dementia, autism, physical impairment or disability, homelessness, and many other complex health needs.

Sessions run in the district at Witham Leisure Centre and include gym workshops, multi-sports sessions, Boccia, swimming and inclusive dance.

£3.00
per session



Community360

Community360 run walks across the district, they're accessible for all and a great way to meet people. They run in Coggeshall, Finchingfield, Halstead, Shalford and Witham. Contact Jo Bryant for details at jobryant@community360.org.uk or by calling **01206 505250**.

Live well, *your* way

Your home is where you feel the most comfortable and the happiest. It is the place you know the best. If you want to stay living comfortably at home, Home Instead® can help make that possible.

- ♥ Home Help
- ▮ Companionship
- Personal Care
- ◆ Dementia Care

01376 319100 / 01206 417074
mike.sheehy@braintree.homeinstead.co.uk
www.homeinstead.co.uk/braintree

