

Are you prepared for winter?

- Have you had your boiler, central heating, and gas fire serviced?
- Have you had your flu jab, if eligible? This is also important if you are caring for someone. At 65 or over, you can have a one-off pneumococcal vaccination. In your 70s you may be eligible for the shingles vaccination.
- Discard your electric blanket if it's old, damaged, or has been folded. Do not use it with a hot water bottle. Mattress toppers are better.
- Do you have spare batteries for your hearing aid, doorbell and torch?
- Have you the medicines that work for you? Ask your pharmacist for help.
- Do you have a stock of food for a few days, in case you can't go out?

Do you know about the services available?

- Do you know that your NHS Care Coordinator can link up all the available care, services and organisations in the community for you? His name is Malcolm Gallon and he can be contacted through your GP surgery.
- Are you receiving all the help that you're entitled to. Learn how to make your home more energy efficient, improve your heating, and keep up with your energy bills. Ask Age UK, or your NHS Care Coordinator.
- Do you know that your pharmacy can deliver your medication for free?
- Do you need help to make your life better, get your voice heard, organise support, and much more? Daren Palmer, Darley Ward Local Area Coordinator will be able to help.
- Is there a Neighbourhood Watch in your area, operating the 'Nominated Neighbour Card'? If not, why not start one?
- Would you like to take up a new hobby, pastime, exercise, develop an interest, volunteer? Our recent 'Dig the Ice House' brought our community closer. Lots on at St Matthew's Church, at Darley Abbey Village Hall, and there is always a warm welcome at the Park Café. We have a historical group, a wine society, a Women's Institute, the Marlowe Players, activities in the park, an art group, pilates, yoga, dancing, dog training, toddlers, mother & baby groups, lunch club, buggy mums, kids' theatre, Brownies, Beavers, Cubs and Scouts, outdoor activities at Darley Barn, quizzes, themed nights at the Abbey Pub and the Paper Mill. Look in this Parish Magazine, look at any of the noticeboards, at the entrances to the park, at the Village Hall and the bus stop, or ask Sarah and her staff at the Village Shop – open 6am to 9pm every day of the week.

Do you know what to do (or not to do)?

- Keep warm. Heat your home to 18°C or 65°F to minimise the health risk. Your living room can be a little warmer. Keep active – get up and move around every hour! Keep your bedroom windows closed on winter nights. Several layers of light clothes trap warm air better than one bulky layer.
- If you go out, wear shoes with a good grip and a scarf around your mouth.
- Are you feeling under the weather? If you are over 60, get help as soon as possible for a minor illness – a chesty cough, trouble breathing, a cold or sore throat. You can get non-emergency medical advice 24/7 on 111. Or see your pharmacist – no need for an appointment.
- A cold, sore throat, cough, sinusitis or earache often can't be treated with antibiotics. It's best to rest, drink plenty of fluids, have at least one *hot* meal a day, and talk to your pharmacist for advice on pain relief.
- Never give financial details, PINs etc. to cold callers or on the phone.
- Use registered and personally recommended gas engineers, electricians, plumbers and Trusted Traders – not people who just knock at your door.
- Do not open the door if you don't know the person at your door. Use your door chain. They might ask if they can use your toilet or phone, or say that they have a child with them. Call a neighbour, friend or the police non-emergency number 101 if you are worried.

How can you help your neighbours and friends?

- Take this leaflet to a neighbour or friend and chat through everything mentioned above. Ask them to be your contact or have a key for you and/or your children, and vice-versa.
- If it is icy, is there someone who might be grateful for you to pick up a paper, fresh bread and milk, or one of Sarah's meals from the shop?
- If you have an elderly neighbour do you have 'agreed signs', such as 'the curtains are opened by 9am', to show they are up and OK?
- Might they like someone to be with them when the guy comes to service the boiler, or do something about the mould in their bedroom?
- Could you cook an extra hot meal and invite someone to eat with you?

Please help to keep everyone Safe, Warm and Healthy in Darley Abbey

See over for your Winter Friends Telephone List

My Winter Friends Telephone List:

• Safer Neighbourhood Police (non-emergency)	101
• If I have a power failure	105
• NHS free, non-emergency medical helpline	111
• My named GP is:	
• My doctors' surgery:	
Brook Medical Centre	291991
Park Farm Medical Centre	559402
Park Lane Surgery	552461
• My NHS Care Coordinator, Malcolm Gallon	Surgery number
• My Local Area Coordinator, Daren Palmer	07812 300764
• My pharmacy:	
Lloyds Pharmacy, 504 Duffield Road	557330
Boots, Park Farm Centre	550855
Markeaton Pharmacy, 126 Kedleston Road	344049
• My optician/hearing-aid supplier is:	
• My Village Store, Sarah	551247
• My Vicar, the Revd Peter Barham	551404
• Age UK, 15 Morledge	343232
• My plumber is:	
• My electrician is:	
• My DCC Neighbourhood Officer, Anjela Mapp	888625
• My DCC Neighbourhood Manager, Sarah Dosunmu	643041
• My DCC Darley Ward Councillors:	
Councillor Lisa Eldret	643640
Councillor Martin Repton	206095
Councillor Jack Stanton	643640
• My neighbour I can turn to if I need help:	
• A neighbour I help:	
• Life-threatening emergency services	999

Darley Abbey Winter Friends

This pull-out section comes to you from Darley Abbey Community Association (DACA) and is sponsored by Darley Abbey Village Events (DA VE). Why not keep it somewhere accessible?

In our Darley Abbey community we want to look after each other this winter. Often it is in the worst weather that we find our hot water heating system has a fault, that we have to go out on the icy roads because we need our medication or some food, we have forgotten our key, or we need to walk the dog.

In the worst weather we are all staying in so we don't see anyone or have that chat in the shop when we get our paper. We may not feel so well or as safe when it is cold or dark. Unfortunately, these cold dark nights and days are when disreputable people will take advantage of the dark or when we need help.

Darley Abbey Winter Friends is also about getting ready for winter. Winter conditions can be seriously bad for our health, especially for those with long-term conditions. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things we can all do to **Stay Safe, Warm & Healthy** this winter, here in Darley Abbey.

Janet Dean, DACA

A note from the Vicar, the Revd Peter Barham:

Two hundred years ago, when Walter Evans was planning to build a church for his village (St Matthew's celebrates its bi-centenary in 2019), Darley Abbey was a very different place. Your employer knew everyone. If you didn't turn up for work because you were ill – he would know. No doubt even the aged population was put to work – no decades of retirement then. Families lived near each other, and the mill owner paid for the village Vicar.

Now we have a very different community, with far fewer links. It is so easy to be lonely, cut off, and for no one to know – even nice Darley Abbey can be a dark and lonely place. Christian belief is that God made all humanity in his image, and everyone is valued. God gave us the duty of care, the strength of trust, the ability to forgive and a sense of joy that comes from friendship and being together. The world is a better place when we look out for each other – so please 'love your neighbour as yourself', to quote the words of Jesus.