



# **FRIENDSHIP IN THE COMMUNITY NEWSLETTER D 2015**





## **Tips to get through winter safely**

Make sure that your smoke alarm is working and consider installing a carbon monoxide detector in case air vents become blocked.

Make sure you claim all the financial support you can get to help with heating bills, Your local Age UK can advise you.

Dress in plenty of layers and make sure that you have some warm shoes or boots with non-slip soles.

Keep a mixture of salt and sand handy to put on steps or paths in icy weather.

Make sure you have your seasonal flu jab. Talk to your GP about it.

Keep simple cold, flu and sore throat remedies in the house. Speak to your local pharmacist.

Keep basic food items in the cupboard and freezer in case it is too cold to go shopping. This could be food such as soup, baked beans and frozen ready meals, etc.

Eat Healthy and keep as active as possible.

**REMEMBER STAYING ACTIVE IS NOT ONLY ESSENTIAL FOR YOUR GENERAL HEALTH, IT ALSO GENERATES HEAT AND KEEPS YOU WARM.**

## **Lonely people more likely to develop Alzheimer's**



Below is an article that highlights the importance of befriending and the valuable contribution volunteers make to the lives of the elderly people they visit.

People who are lonely in their old age are more likely to develop Alzheimer's disease than those with a more active social life, according to a study of the elderly.

The researchers cannot be sure whether loneliness contributes to the earlier onset of the disease or is an early symptom, but the study does raise the possibility that social interaction might help to keep Alzheimer's at bay.

“This is a new risk factor and we need to understand why it is connected with risk of disease,” said Robert Wilson at Rush University Medical centre in Chicago who led the study, published in the journal Archives of General Psychiatry.

“Humans are social creatures. We need healthy interactions with others....the results of our study suggest that people who are persistently lonely may be vulnerable.”

Researchers undergoing a study for four years involving 823 people who showed no signs of dementia at the start of the it, found that after the course of the study, 76 of the participants were diagnosed with Alzheimer's disease. They found that participants with a high loneliness score were more than twice as likely to develop Alzheimer's disease than a person with a low loneliness score.

**So as a befriending scheme we are here to help and support you.  
Please do not hesitate to contact us, we are only a phone call away.**

