

Avoid slips and falls in icy conditions

Slips and falls in icy conditions are a common problem. But there are things that you can do to reduce the risk of getting hurt. Follow the guidelines below if you do have to go out in icy conditions.



Tips for avoiding slips and falls

If you have to go out in icy conditions, you should:

- think about the best route to your destination and plan on taking a little extra time to get there
- avoid rushing or taking shortcuts where snow or ice removal is incomplete
- select suitable footwear - flat footwear with rubber soles provides better traction
- use handrails where you can
- take small steps to keep your centre of balance under you
- avoid carrying lots of heavy shopping bags, especially on steps
- always be aware of your surroundings - some places will stay icy for longer
- be particularly careful getting into and out of vehicles - and hold on to the vehicle for support
- keep paths clear of debris, water, ice and snow
- be sure to use floor mats when entering a building to remove moisture from the soles of your shoes

Older People are particularly vulnerable during periods of cold weather. If you have an elderly parent, relative or neighbour, you can help them avoid injury. For example, you could offer to go to the shops for them or grit their garden path.

Source NI DIRECT

Phoenix Natural Gas

We are extending our Saver 60 Cashback Offer, where over 60s who replace their oil boiler with a new high efficiency natural gas heating system can claim £400 cashback, until the end of September.

This is relevant for consumers in the Phoenix Natural Gas Licence Area which covers Greater Belfast through to East Down.

There is further information online with the new closing date: 31st March 2022
Claim form can be downloaded from web site <https://www.phoenixnaturalgas.com/get-connected/current-offers> or call 03454 55 55 for more information



Ramsay's Fine Foods

Ramsay's Fine Foods is a local family run business providing a 'meals on wheels' type service for days when you need a little help, whether at home, recovering from an illness or just busy with life. We take time to prepare by hand tasty, well balanced meals, soups and desserts using locally sourced, fresh, quality ingredients.



We cook proper, homemade food using tried and tested family recipes.

For more information, menu, prices or to place an order give us a call with your order on 028 9146 9009.

BELFAST A MUST SEE IN YOUR LOCAL CINEMA

The Real Story Behind Kenneth Branagh's 'Belfast' The award-winning film is based on the years before

Branagh's family fled Northern Ireland amidst the violence known as the Troubles. This installment focuses on the true story behind Kenneth Branagh's autobiographical coming-of-age drama, Belfast.

Loosely based on the filmmaker's own childhood in Belfast, and featuring songs mostly of fellow Northern Irishman Van Morrison, we are taken back to a moment in history that justly deserves some exposure. In late 1969, tensions are high in the modest family communities of Belfast

A semi-autobiographical film which chronicles the life of a working class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital.

Release date: 21 January 2022 (United Kingdom) Director: Kenneth Branagh Music by: Van Morrison



Disclaimer: Health related information provided in Men 2 Men is of a general nature and cannot substitute for the advice of a medical professional (for instance, a qualified doctor/physician, nurse, pharmacist/chemist, etc.)

MEN 2 MEN

A great way for men aged 55+ to socialise

SPRING 2022

Men's Health Day

Tuesday 29 March 2022 10.30am - 1.30pm

Crumlin Road Gaol

Men 55+ come along for a day of useful advice and information.

Health talk
Exhibitors
Therapies
Tour of Gaol
Hair Bus

To register contact Volunteer Now on 028 9023 2020
or email: pamela.higgins@volunteernow.co.uk

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FOR MORE INFORMATION:

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VERSUS ARTHRITIS SELF-MANAGEMENT COURSES



Our accredited self-management courses are aimed at adults living with all forms of persistent pain and long-term health conditions.

Courses are led by accredited training volunteers one or both of whom live with long-term conditions. Volunteers bring an understanding of what it is like to live with a long-term medical condition that can have a devastating impact on quality of life, mental health and emotional wellbeing both for the individual and their family. We focus on the common impacts of long-term conditions as opposed to the individual conditions themselves.

This cycle of impacts can include:

- fatigue
- restricted movement
- poor sleep
- difficult emotions • stress and anxiety.

Our courses are delivered weekly over two or six weeks for 2.5 hours per session, and cover topics such as:

- techniques to deal with problems such as frustration, fatigue, isolation and poor sleep

- appropriate exercise for maintaining and improving strength, flexibility and endurance
- appropriate use of medications
- communicating effectively with family, friends and health professionals

For more information contact Marion Kerr on 028 9078 2548 / 07929 375354, email: m.kerr@versusarthritis.org



FREE ROSES FOR COMMUNITY GARDENS 5,000 BUSHES NAMED AFTER FAMED MINORITY ETHNIC GARDENER JOHN YSTUMILYN ARE BEING GIFTED

Community gardens across the UK are being planted with the new yellow flowering Rosa John Ystumilyn Rose (Harwelsh) as a symbol of unity and diversity in gardening. Named after a locally famous 18th century Black gardener from Gwynedd, the double-flowered hybrid tea has been bred by Harkness Roses, Hertfordshire and is thought to be the first rose to recognize a minority ethnic Briton. The grower has around 5,000 plants to give away to community groups that can illustrate why inclusivity in gardening matters. It has also set up a community initiative offering 25 plants of any rose along with planting

and cultural advice and all we ask is that they send us a photo of them planting the roses for us to share on the community wall on our website' said David White, Director, Harkness Roses.

To apply for roses for your community garden, email: enquiries@roses.co.uk



TYPE 1 AND TYPE 2 DIABETES

Diabetes comes in two forms:
Type 1 and Type 2.



Type 1 Diabetes which cannot be prevented, develops when the insulin-producing cells have been destroyed and the body is unable to produce any insulin. It generally occurs in children and young adults.

Type 2 Diabetes - develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly (also known as insulin resistance).

Type 2 diabetes can often be prevented and accounts for 90 per cent of all diabetes cases. Having a family history of type 2 diabetes can increase your chances of developing the disease. If you have diabetes, a healthy diet and regular exercise are very important.

Prevention

If you are overweight or obese, the key step to preventing or delaying the onset of type 2 diabetes is to lose weight and improve fitness. You can do this by making healthy food choices and being physically active for 30 minutes a day, five days a week.

This is particularly important for women who have a history of gestational diabetes during pregnancy and who

need to pay special attention after their pregnancy to their diet, exercise and maintaining a healthy body weight.

Symptoms

Watch out for the following symptoms:

- increased thirst
- blurred vision
- frequent need to urinate (bedwetting with children)
- extreme tiredness
- slow-healing infections
- unexplained weight loss

Sometimes with type 2 diabetes, there might be no symptoms.

Source <https://www.nidirect.gov.uk/news/preventing-diabetes-and-recognising-its-symptoms>



COVID PASSPORT VERIFICATION

If you are an older person or a person living with a disability and do not wish or cannot manage the Covid Passport through a mobile phone then please call 0300 200 7814 and choose option 5. Callers will be asked for Health & Care Number and details of the vaccines received



GOOD VENTILATION HELPS STOP COVID-19 SPREADING

The chance of spreading coronavirus (COVID-19) becomes more likely in areas where there is poor or no ventilation. Making sure that good ventilation takes place in your home or place of work reduces the level of virus in the air and cuts down the risk of infection.

Ventilation and why it is important

By ventilating indoors you are letting fresh air in and removing stale air. A person with COVID-19 in a poorly ventilated room means the level of virus in the air can build-up. This risks the spread of COVID-19. The virus may also remain in the air for some time after an infected person leaves.



The more fresh air that moves through a room, the quicker any airborne virus will be removed. Ventilation is very important if someone in your home has COVID-19 or when you have visitors.

Simple steps for good ventilation

- Opening windows and doors is the easiest way to improve ventilation
- Open any window vents or grilles
- Opening windows at opposite ends of the room is a good way to change the air
- Try to keep windows and vents open during the day
- Even if it's cold outside it still helps to open windows even slightly

You can get more guidance about ventilation in your home or work place here: [Coronavirus \(COVID-19\): ventilation | nidirect](#)

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