



Older People Active Lives



# WINTER WARMER

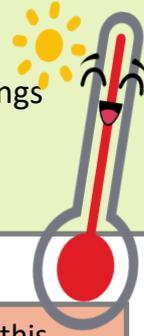


## Keeping well this Winter

Age UK has a lot of useful information on their website, including how to keep safe and well during the winter months. Check out their website

[www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter](http://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter)

Below are some ways they list to try and **keep your spirits up** if you are finding things hard at the moment. We have included how OPAL might be able to help too.



**Stay connected** - It may be we can't meet up with people in person at times this winter, but a phone call can make a huge difference to how we feel. If you do not already get a regular phone call from an OPAL volunteer and would like one, contact your organiser to arrange.

**Keep moving and eat well** - Being active – even just a little bit – is proven to help give you a boost. A walk down the street, doing some exercises whilst sitting or a satisfying stretch in bed is all good pick-me-ups. OPAL still has some spare Healthbox tea towels with exercises on so if anyone would like one, let us know.

And keep an eye on your appetite. If you are finding it difficult to cook and manage big meals, try eating what you fancy little and often. Something, even if not the healthiest treat, is better than nothing. Overleaf is a recipe provided by a What's Cooking volunteer which might tempt you.



**Do something you enjoy every day** - It's important to include things you enjoy in your day and make them part of your routine. Is there an old hobby you used to enjoy that you could pick up again? Are there any books you have been meaning to read or films which have caught your eye? Again do let us know if you think OPAL could organise new activities, we are always looking at new ways to keep connected and try new activities.



**Reach out when things are tough** - If you've been feeling down for a while and it's stopping you from doing the things that matter, making you feel listless or like you don't have any energy, you don't have to suffer in silence. Speak to a friend or family, or make an appointment with your GP. It is important to get support when you need it.



## Help with heating costs

Winter Fuel Payment - An annual payment to help with heating costs.

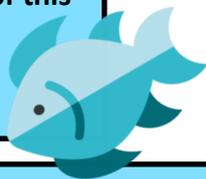
Cold Weather Payment - Extra money for people receiving certain benefits during cold weather.

Warm Home Discount - A one-off payment for eligible customers to help those living on a low income or pension.

For more information call the **Age UK Advice Line on 0800 678 1602.**

## What's Cooking – recipes

If you are looking for some inspiration for a new recipe to tempt you, here is a recipe that you might like to try from one of OPAL's What's Cooking volunteers. See what you think of this tasty fish dish.



Remember at this time of year it's a good idea to keep your heating thermostat set to at least 18-21C, wear plenty of layers and don't sit for too long, get up and move around, make yourself a warm drink. Check you are receiving all the financial help you can with your energy bills.



## Creamy smoked fish potato topped pie

### Ingredients [for 2 or 3 people ]

1 leek, 1 carrot, 2 garlic cloves, 4 white potatoes, 10 gms wholegrain mustard, 50 gms soft cream cheese, vegetable stock cube, 200gms smoked fish [ haddock, cod or basa], green vegetables .e.g. spring greens

### Instructions

1. Preheat oven to 220/200 fan/gas 7
2. Chop potatoes with skins on and boil with a pinch of salt for 15 minutes. Finely slice the leek, dice the carrots, and prepare the garlic.
3. Heat a large wide based pan with 15 mgs butter over a medium heat, add leek with pinch salt and cook for 4 minutes until starting to soften. Meanwhile, dissolve veg stock cube plus the mustard in 250 mls boiling water
4. Add half garlic to the softened leeks plus one tbsp. flour and cook for 30 seconds Add stock and soft cheese and bring to a boil and cook for 3 /4 minutes or until thickened. Mash the potatoes
5. Chop the fish into bite sized pieces and add to the sauce with some seasoning Transfer the sauce with fish to an ovenproof dish and top with the mash. Add to oven for 15/20 minutes until pie is bubbling and golden . Serve with the spring greens and rest of garlic fried in the remaining butter



IMAGES AND INFORMATION THANKS TO :AGEUK

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**Think about me, not my age**