



Care & Repair Cardiff
Gofal a Thrwsio Caerdydd

Summer Newsletter 2009



Come along and join us for afternoon tea!

**When ... Wednesday 29th July 2009
2.00-4.00pm**

**Where ... Bethany Baptist Church Hall
Rhiwbina (off Heol Uchaf)**

Alongside Care & Repair Cardiff there will be information stands from:

The Parkinson Society
South Wales Fire Service
British Red Cross Medical Loans Service
Cardiff County Council's Council Tax
Benefit Team

The British Red Cross will also be carrying out therapeutic hand massages along with neck and shoulder massages.

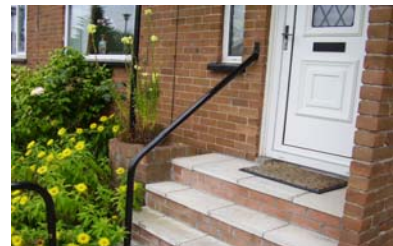
Our own technical team will also be providing practical home maintenance demonstrations at regular intervals throughout the afternoon.

Tea, coffee and cakes will be available, plus a second hand books stall.



Staying Steady in the Garden

Hopefully with the arrival of summer we may all be able to spend some time in our gardens. Maybe now is the time to start thinking about repairs and adaptations to make things easier and safer. We can help with fixing grab rails in doorways or rails along pathways and steps to make access easier. We may also be able to help with cracked or loose paving slabs or we can simply provide details of a reputable gardener to help with a spot of gardening!



Top Tips for Hot Weather



- ✓ Drink plenty of liquids
- ✓ Dress in loose fitting natural fabrics
- ✓ Wear a hat, sun glasses and sunscreen of at least SPF 30 when outdoors
- ✓ If a heat wave is forecast, stay inside or avoid going out during the hottest part of the day (11.00am – 3.00pm).
- ✓ Take a cool bath or shower to lower your body temperature.
- ✓ Eat cold foods such as salads and fruit. These also contain a high percentage of water to help keep you hydrated.

Contact your GP or NHS Direct on 0845 46 47 if you have any concerns

Care & Repair Cardiff exists to help older people to repair and improve their homes thereby enabling them to live as independently as possible with increased safety, security, warmth and comfort.



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Every year around 4,000 people die in accidents in the home; over half of these are older people. Over 2.7 million people also turn up at hospital seeking treatment. At Care & Repair we strive to ensure that older people live as safely as possible in their own home and avoid accidents. Follow the tips below to help avoid slips, trips and falls...

- ✓ Keep active to maintain your mobility
- ✓ Take care of your feet and wear suitable shoes/ slippers
- ✓ Have regular medication, eyesight and hearing checks
- ✓ Fit grab rails if you feel you need extra support
- ✓ Keep warm and eat a healthy diet
- ✓ Ensure halls and stairways are well lit and free of clutter
- ✓ Avoid trailing wires
- ✓ Ensure rugs are non slip or taped to the floor
- ✓ Use a non slip mat in the bath/ shower.



If you would like further advice or a home visit, please contact us.

Who are we?

Care & Repair Cardiff can help people who live in Cardiff to complete repairs, improvements and adaptations to their homes. Our clients are primarily older people, although we can assist younger, vulnerable people in certain circumstances. We can also provide advice and information to enable people to remain living independently within their homes. This can include a welfare benefit check, a healthy homes assessment, energy efficiency advice and details of other local services of interest.

Contact Us

Please feel free to contact us or ask someone to contact us on your behalf

Tel: 029 2047 3337

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Care & Repair Cardiff is funded, monitored and supported by:

