

Fuel Stamp Scheme

Stamp your way to a warmer home

The fuel stamp scheme is designed to help householders spread the cost of their central heating oil and solid fuel.

How does the scheme work?

Collect a free fuel stamp collection card from any participating retailer.

Complete the name, address and telephone number section as soon as you receive the card. Stamps costing £5.00 can be purchased from any participating retailer across the district. Once purchased, place the fuel stamps onto the card in the numbered spaces.

Can I use any fuel stamp on my collection card?

You can only use Mid Ulster District Council fuel stamps or stamps that you have previously bought through the former Cookstown, Dungannon or Magherafelt Council Schemes.

What do I do when I need fuel?

When you need oil or coal, contact your preferred participating supplier and let them know the amount of oil or coal you require and the value of the stamps you have saved.

The card, either complete or partly complete, can then be used as payment or part payment for heating oil or solid fuel with participating suppliers.

Partly completed cards can be used towards the cost of your fuel. If you use a partly completed card, then the cost of your order should be at least to the value of the stamps you have saved to date.

It is your responsibility to agree with your chosen fuel supplier the price, delivery amount and payment method.

Where can I purchase stamps?

Stamps can be purchased from any participating retailer. The list of participating retailers and fuel suppliers is available from Mid Ulster District Council.

T: **03000 132 132**

E: environmentalhealth@midulstercouncil.org

W: www.midulstercouncil.org/fuelstamps



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

www.midulstercouncil.org/fuelstamps



make a change
a helping hand for your health



- Are you aged 50 or over?
- Do you live in Cookstown, Dungannon or Magherafelt?
- Are you interested in making a small change for your health and getting support to do this?

Make A Change is for anyone aged 50 or over who is interested in changing something they currently do to make a difference to their life. If you like the idea of getting one-to-one support to get more active or eat more healthily, **Make A Change** could be for you.

With **Make A Change**, you don't have to do it alone. The **Make A Change** Health Support Officer will work closely with you over a period of weeks or even months, to help you along the way.

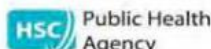
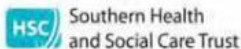
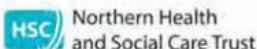
You decide what you want to change.
We give you help to *change* it.

The service is confidential and **FREE** of charge.
Like the sound of this?

Then contact the Health Support Officer :

Email: health.wellbeing@midulstercouncil.org
or

Telephone: 03000 132 132



Make A Change is a joint initiative between the partners above and is funded by the Public Health Agency.

Mid Ulster Home Safety Scheme

Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home. The scheme includes:

- Free Home Safety Visits
- Home Safety equipment (where criteria is met)
- Home Safety talks to groups (open to all age groups).

Have you had your FREE Home Safety Visit?

Every year, there are thousands of accidents and injuries in our homes, from burns and scalds to trips and falls. The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.

Can anyone apply for a FREE Home Safety Check?

If you:

Are **65 or over**, have a **child under 5** or a **vulnerable adult/child** then you are eligible for a free home safety check.

If you request a home safety check, or are referred for a check by someone like a health visitor, a Home Safety Officer will visit your home when it's convenient. It's a relaxed and informal visit, giving you an opportunity to discuss any home safety concerns you might have.

The Home Safety Officer will discuss important areas of home safety and establish what safety equipment you may need.



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District Council

Can anyone apply for Home Safety Equipment?

This scheme is primarily about the provision of home safety advice however there are some pieces of home safety equipment available where the need is identified and criteria met.

Equipment is free to anyone 65 or over. If you are in a household with children under 5, equipment is only provided free of charge if you are in receipt of certain qualifying benefits.

These are:

- Income Support
- Job seeker's allowance (income based)
- Employment and Support Allowance (formally known as incapacity benefit)
- Working Tax Credits
- Housing Benefit
- Free School Meals

Or, if your Health Visitor or Home Safety Officer confirms that you are not able to afford safety equipment because of social or health circumstances, you may be entitled to free equipment.



HSC Public Health
Agency

What do I need to do?

If you would like to receive a home safety visit, would like further information or to arrange a Home Safety talk for a group, simply contact your local Home Safety Officer.

Call 03000 132 132

Email environmentalhealth@midulstercouncil.org



Mid Ulster District Council
Information For Residents

Energy Efficiency Advice Service



The Energy Efficiency Advice Service is a 1-1 personal approach to manage the energy efficiency of domestic properties within Mid Ulster District Council.

Are you, or someone you know, living in a cold or damp home?

The Energy Advisor can provide tailored support for clients including the generation of referrals to other available support schemes.

For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Adviser on 03000 132 132 or email health.wellbeing@midulstercouncil.org

What assistance is available from your local council?

- Onward referrals for heating and insulation grants.
- Bespoke energy efficiency advice.
- Home visits to provide tailored information and support.
- Information on local oil buying clubs.
- Information on fuel/oil stamp schemes.
- Attendance at talks and events.

FEEL BETTER



Living with cancer? We'll help you get active

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control. That's why Macmillan and Mid Ulster District Council have a project in your area called Move More to help you get and stay active at a pace that suits you.

**For more information contact the Move More
Co-ordinator for your area on**

 **077 8868 2163**

 **movemore@midulstercouncil.org**

In partnership with



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



Northern Health
and Social Care Trust



Southern Health
and Social Care Trust

**MOVE
MORE**

**MACMILLAN
CANCER SUPPORT**

Mid Ulster District Council Exercise Referral Scheme **PARS**



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



Public Health
Agency

Mid Ulster District Council Scheme in partnership with
The Public Health Agency and Primary Health Care
Representatives

Contact your Local Surgery or Leisure facility for more information

Maghera Leisure Centre on (028) 7954 7400
or Dungannon Leisure Centre on (028) 8772 0370

What is 'PARS'?

The 'PARS' Scheme is designed to aid individuals who have been identified by their Doctor, Health Professional or Medical Practitioner to take up the benefits of participating in enjoyable exercise.

As that individual, you will receive an 12 week activity programme designed specifically to your needs and will be under the guidance of Mid Ulster District Council's highly qualified Physical Activity Referral Co-ordinator.

It is a fact that taking regular exercise dramatically increases your chances of living healthier and longer. The current recommendation for physical activity is 30 minutes of moderate activity (like brisk walking) on five or more days of the week.

Who can be referred?

You can be referred if you have one, or more, of the following conditions, or risk factors that affect your health and wellbeing.

Clients must be:

- 19 years or over
- Inactive (not currently meeting the PA guidelines of 150 minutes of moderate activity, or 75 minutes of vigorous activity per week)
- Motivated to change.

- Mild or Moderate Mental Health Conditions
- High blood pressure (Hypertension)
- High Cholesterol (Hyperlipidaemia)
- Impaired Glucose levels or Diabetes
- Arthritis, low back pain
- Family history of Heart Disease
- Musculoskeletal Conditions
- Asthma, Bronchitis or COPD
- Obese (BMI >25 and < than 40)

Ask your Doctor, Health Professional or Medical Practitioner if you are eligible for referral.



Exercise can:

- Make you feel good
- Keep your heart strong
- Give you more energy
- Reduce blood pressure
- Help you sleep better
- Help reduce stress
- Help you manage your weight

Physical Activity Referral Scheme

For further information about the Physical Activity Referral Scheme contact the Co-Ordinator at Maghera Leisure Centre on (028) 7954 7400 Or Dungannon Leisure Centre on (028) 8772 0370

The programme is supported by The Public Health Agency in accordance with NICE and the NQAF guidelines.

Physical activity is an essential part of a healthy lifestyle and has a positive effect on a range of medical conditions.

How do I get on the Scheme?

1. Visit your Doctor's Surgery. If you are eligible, your Doctor, Health Professional or Medical Practitioner will complete a 'Medical Referral for Exercise' online form.
2. The PARS Coordinator will then contact you by telephone or letter with an appointment for your initial consultation.
3. Your initial consultation will consist of a full explanation of the scheme and a health assessment.
4. A programme will then be devised to suit your primary reason for referral.
5. Over the 12 weeks, your programme may include group activities such as using the Leisure facilities Gym, Group Classes, Walking and many more.

How much does it cost?

Option 1

Free

12 x 1 hour sessions.

Option 2

Special Reduced Membership

£10 per month for 3 months

Includes the 12 x 1 hour sessions plus access to fitness suite, health suite, fitness classes and swimming pool*

**dependant on facility.*



Home Maintenance Service

A home maintenance worker is available for home visits to carry out security checks, small repairs or household tasks & fit a keysafe to facilitate a care package or hospital discharge. This service is provided free of charge to anyone over the age of 65.

Our home maintenance worker can clean spoutings/fascia (bungalow level only & powerhose a small area to allow easy access to your home for a charge of £15/hour up to a maximum of 3 hours.

For more information please contact

T. 028 7963 2170





Power Washing Services

- Power washing and leaf blowing of essential pathways
- Cleaning of guttering/ fascia boards on bungalows.



This is a subsidised rate of just **£15 per hour (maximum of 3 hours)**. Other jobs may also be considered. Please phone us to see if we can help.

Community Engagement

We engage with a wide range of agencies to help support older and/or vulnerable people throughout Mid Ulster. We can come along and speak to your Group or Staff to inform you about our Services.

Contact us on 028 7963 2170
or complete our referral form at
www.agewellpartnership.org/referral-form/



Contact Us

Unit 3, 80-82 Rainey St
Magherafelt, BT45 5AJ

We are here to help -
for more information please phone us

Telephone **028 7963 2170**

Email marie.devlin@agewellpartnership.org

Web www.agewellpartnership.org



DONATE TO MID ULSTER AGEWELL PARTNERSHIP

- Have you considered making a small donation to help us deliver more services to more people.
- We are a Social Enterprise and any profit generated will be reinvested into supporting older people within our community.

diiprint.com

www.agewellpartnership.org/donate
Mid Ulster Agewell is a registered charity
Charity No:- 101860



A local
Partnership
aimed at **improving**
services for older
people living in the Mid
Ulster District Council Area



Tel 028 7963 2170
www.agewellpartnership.org

Who are we?

Mid Ulster Agewell is a partnership covering the Mid Ulster District council area, working together to improve services for older people in our community.



Good Morning Telephone Call

- We provide a daily phone call (Monday-Friday) at an agreed time to anyone over the age of 50, the call is friendly and confidential.
- The phone call provides social contact, reassurance and a listening ear to ensure you or your loved ones are safe and well and can act as a reminder for appointments.
- The Good Morning Call can keep you updated with events and activities in your community and connect you into other services
 - Luncheon Clubs
 - Community Groups e.g. Arts & Crafts, Physical activities e.g. Yoga, Tai Chi, Pilates, Walking Groups and Gardening Group
 - Benefit Entitlement Checks
 - Mid Ulster District Council: Health & Wellbeing Programmes e.g. Home Accident Prevention, Make a Change towards a healthier lifestyle

What we do

We work with the local community throughout the Mid Ulster District Council area, providing services to older people to stay independent at home for as long as possible.

Home Maintenance Service for the over 65's

Are you 65 years old, living in the Mid Ulster District Council areas with little or no family support, then Mid Ulster Agewell may be able to help.

We can provide some FREE services to help prevent trips and falls to keep people feeling safe at home.

- We can install a Key Safe with a secure 4 digit code to enable carers to access your key so that you don't need to leave your door unlocked.
- Changing light bulbs, putting up a shelf or curtain rail, moving furniture, putting items into or out of the attic.
- We carry out basic security checks e.g. Smoke and Carbon Monoxide Alarms and provide some other safety equipment where necessary.



Why not phone us to see if we are able to help with your odd jobs

Contact us on
028 7963 2170



Unit 3, 80-82 Rainey St
Magherafelt, BT45 5AJ

Telephone **028 7963 2170**

Email **marie.devlin@agewellpartnership.org**

Web **www.agewellpartnership.org**

Referral

Please complete and return to us

Name:

Age: 50-65 ☐ Over 65 ☐

Address:

Contact Telephone No.:

Services

Please tick as required

- | | |
|--|--|
| <input type="checkbox"/> Good Morning Call | <input type="checkbox"/> Power Washing Service |
| <input type="checkbox"/> Advice and/or information | <input type="checkbox"/> Community Engagement Worker |
| <input type="checkbox"/> Home Maintenance Worker | |

Name of person making the referral:

Job Title & Organisation (if appropriate):

Contact Telephone No.: