



# WHAT'S ON AT WIDDERSHINS



Charity No: 1037278

AGE CONCERN TORFAEN MONTHLY NEWSLETTER

February 2010

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## Audience with Paul Murphy



'An Audience with Paul Murphy' will take place on Monday 29th March. The event will begin at

9.30 a.m. with refreshments, followed by questions for Paul Murphy at 10.30 a.m. and finishing with a buffet lunch at 12.30 p.m. This free event will be held at Age Concern Torfaen. Admission is by TICKET ONLY so if you would like to attend, please contact Widdershins on 01495 762151 to reserve your place

## Special Offer



Ultra Light Alloy Walkers only £75.00 each.

## Widdershins

Widdershins has an array of gifts such as hand made cards from 50p, small exotic purses at £2.99 and crystal earrings at £3.99. We also have a brand new range of handbags in various colours and styles with prices starting from £13.99.

## Top Tips to keep warm this winter

### 1. Eat for warmth

Regular hot meals and hot drinks provide warmth and energy.

### 2. Keep moving

Any activity, even vacuuming gets circulation going, and makes you feel warmer.

### 3. Dress appropriately

Wrap up warmly, indoors and out. Ideally wear several layers of thin clothing.

### 4. Keep your home at the right temperature

Hang thermometers in the living room and bedroom and keep temperatures between 21 and 24 degrees

Centigrade (70 and 75 degrees

Fahrenheit). If

you've got it,

use your central heating.



### 5. Keep warm at night

Wearing the right clothing to bed is as important as wrapping up outdoors

## 6. *Insulate your home*

Double glazing, loft and cavity wall insulation are all good means of trapping warmth in the home. You could also hang a thick curtain on front and back doors and use draught-proofing strips.

## 7. *Get a flu jab*

The flu virus changes every year so get your jab every year.

## 8. *Sleep with your windows closed*

Cold air on the head at night has been shown to increase blood pressure.

## 9. *Claim your rightful benefits and grants*

Everyone over 60 should claim all the benefits and grants to which you may be entitled. Contact Age Concern Torfaen for more information.

## **New Whist Club**



A new monthly Whist club will be starting in our Widdershins Centre, if

you are interested please contact us and leave your details at reception.

## **"Trace Your Family History"**

If you are interested in joining a genealogy class in the near future, please let us know.

## **Volunteering**

We currently have volunteering opportunities available. Please contact us for more details.

## **New Dish of the Day**

In addition to the existing 2 course 'Dish of the Day' for £3.50, the Bistro have now introduced a 3 course Dish of the Day for £4.50. Please contact us to find out more details.

## **Bistro Raffle**

Every time you purchase a coffee from



the Bistro, you will be entered into a free draw to win 'Captain Jack'. This appealing knitted pirate

would make an ideal gift. The more coffees you buy, the more chances you have to win Captain Jack.

## **New venue for Nail Cutting Service**

From the 2<sup>nd</sup> February, our low-level, chargeable nail cutting service will also be available (in addition to Widdershins), at the Blaenavon Legs Club on the first Tuesday of every month. Please contact us to make an appointment.

