

The Newsletter for the Warm Hubs Network

WarmHub
COMMUNITY ACTION NORTHUMBERLAND

COSY



January 2021

A Warm Hub message of support from Anne-Marie Trevelyan

Member of Parliament for Berwick-upon-Tweed

“Warm hubs are such an important community resource at all times, but especially so during this pandemic when issues of isolation, particularly in rural communities, are heightened. I know the Warm Hubs volunteers have been working so hard with their outreach work and are valued and much appreciated by everyone who uses them. Thank you for all you have done and are continuing to do. I look forward to coming to meet you once more when the pandemic allows.”



Lesbury Warm Hub are online with their virtual warm hub gatherings

Carbon Monoxide the Silent Killer

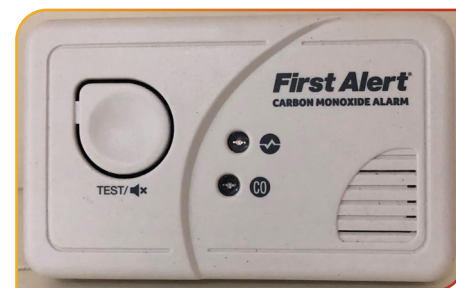
More than 50 people in the UK die from Carbon Monoxide poisoning every year and 200 people are left seriously ill. (Figures taken from the NHS)

Carbon monoxide (CO) is a colourless, odourless, tasteless, poisonous gas produced by incomplete burning of carbon-based fuels, including gas, LPG, oil, wood and coal. Carbon-based fuels are safe to use. It is only when the fuel does not burn properly that excess CO is produced, which is poisonous. When CO enters the body, it prevents the blood from bringing oxygen to cells, tissues, and organs.

Fitting a detector remains the only effective warning that the poisonous gas may be present. Make sure you have a detector on each floor of your property.

Make sure your boiler and gas cooker is regularly serviced and fitted by a qualified and approved installer. Keep chimneys and flues swept, do not cover up air vents.

Carbon Monoxide is still present hours after a fire has gone out, never bring barbecues indoors,



don't run car engines in garages, don't leave coal or log ashes indoors unless the fumes can escape directly up the chimney.

Early symptoms of carbon monoxide (CO) poisoning can mimic many common ailments and may easily be confused with food poisoning, viral infections, flu, or simple tiredness.

Symptoms to look out for include:

- headaches or dizziness
- breathlessness
- nausea
- loss of consciousness
- tiredness
- pains in the chest or stomach
- erratic behaviour
- visual problems

What should you do if you think your appliance is spilling carbon monoxide and/or your alarm goes off.

- Switch off the appliance and do not re-use until remedial action has been taken
- Gas appliances: Call Gas Emergency Freephone Number 0800 111 999
- Oil burning appliances: Call Oftec 0845 658 5080
- Solid fuel burning appliances: Call HETAS 0845 634 5626
- Open all doors and windows to ventilate the room
- do not sleep in it

Alternatively leave your house and dial 999 from a mobile or neighbours house, do not re-enter the property until the emergency services give the all clear.

For more information visit the NHS site Carbon monoxide poisoning - NHS (www.nhs.uk)
If you or your family experience any of the above symptoms and believe you may have been exposed to carbon monoxide, you should seek urgent medical advice from either your GP or an A&E department, alternatively dial NHS 111.

Carbon Monoxide monitors are available free of charge from Christine Nicholls (contact details on the back page) these have been kindly donated by Northern Gas Networks



Cosy CAN Wordsearch

I	L	U	G	N	N	A	U	S	E	A	S	O	M
S	S	C	O	L	O	U	R	L	E	S	S	E	R
A	A	R	O	I	L	B	O	I	L	E	R	S	A
S	O	L	I	D	F	U	E	L	E	L	O	L	L
N	C	G	A	S	S	E	L	E	T	S	A	T	A
S	B	G	N	I	N	O	S	I	O	P	L	D	T
S	E	C	N	A	I	L	P	P	A	Y	S	E	I
G	S	L	O	G	F	I	R	E	S	A	S	A	R
O	L	B	A	R	B	E	C	U	E	S	S	D	E
A	A	O	D	I	Z	Z	I	N	E	S	S	L	D
M	S	E	H	C	A	D	A	E	H	L	I	Y	N
S	S	E	I	S	E	R	I	F	L	A	O	C	E
O	D	O	U	R	L	E	S	S	R	G	S	S	S
S	S	I	G	A	S	F	I	R	E	S	I	E	S

BARBECUES
COAL FIRES
APPLIANCES
POISONING
HEADACHES
DIZZINESS
TASTELESS
SOLID FUEL
TIREDNESS
COLOURLESS
OIL BOILERS
GAS FIRES
NAUSEA
ODOURLESS
LOG FIRES
ALARM
DEADLY
GAS

Ten Covid-19 Scary Scams to be wary of

If in doubt, please contact Christine Nicholls (contact details on the back page)

1. Fake Government emails which look like they are from a government department offering grants. Links are included which steal personal and financial information.
2. Scam emails offering access to Covid-19 relief funds, which encourage victims to fill in a form and hand over personal information.
3. Official looking emails allegedly from Local Authorities offering a council tax reduction, links lead to a fake government website which harvests personal and financial information.
4. Those on benefits are offered help in applying for universal credit, but fraudsters take some of the payment as an advance for their "services".
5. Emails claiming that the recipient has been in contact with someone diagnosed with Covid-19. They lead to fake websites that are used to steal personal and financial information or infect devices with malware.
6. Fake adverts for non-existent coronavirus related products, such as hand sanitizer and face masks, which simply take the victims cash and send them nothing in return.
7. Fake emails and texts claiming to be from TV licensing, telling people they are eligible for 6 months

free because of the pandemic. Victims are told there has been a problem with their direct debit and are asked to click on a link that takes them to a fake website, which steals personal and financial information.

8. Emails asking people to update their TV subscription services payment details by clicking on a link which is then used to steal credit/debit card information.
9. Fake profiles on social media sites are used to manipulate victims into handing over their money. Criminals will often use the identities of real people to strike up conversation with their targets.
10. Fake investment opportunities are advertised on social media sites, encouraging victims to take advantage of the financial downturn. Bitcoin platforms are using emails and adverts on social media platforms to encourage unsuspecting victims to put money into fake companies using fake websites.

Fraudsters are also sending out bogus emails and text messages telling people they are eligible to apply for their vaccine, with a link to a bogus website as well as fake lockdown fine scams!

Information from [bbc.co.uk](https://www.bbc.co.uk)

Slow Cooker Bread and Butter Pudding

Ingredients

4 slices of White bread, buttered, you can also spread with jam, marmalade, lemon curd etc. but cut back on the sugar
8 oz Raisins or dried or fresh fruit (apple, blackcurrants, gooseberries etc.) or chocolate chips
¾ pint Milk (*can be any type including longlife*)
3 Eggs
2 oz Sugar
½ teaspoon Vanilla Essence (*optional*)
¼ teaspoon Ground Nutmeg (*optional*)

Method

- 1 Butter the slices of bread (add jam or curd etc. if you are using it) and cut into quarters, place in the cold slow cooker one slice at a time, add the raisins or mixed fruit or chocolate chips on top of each slice.
- 2 Whisk/mix milk, eggs, sugar, vanilla essence, and nutmeg together in a bowl and pour over the bread.

Prep time:
15 minutes

Serves:
4 - 6 people

Cooking time:
2 - 3 hours



- 3 Squash the bread down until it has soaked up most of the liquid

Cook for 2-3 hours on Low setting, use a knife in the centre to check it has cooked through, place a double thickness of kitchen roll or a clean tea towel under the lid to stop the condensation from dripping onto the pudding. I browned the top under the grill to finish but you don't need to do that. Makes about 4-6 portions and costs about 90p total to make.

Free membership for the first year with OilCAN for members of Warm hubs

Save money on your heating fuel

OilCAN is our bulk buying heating fuel service offering Northumberland residents, groups and businesses the opportunity to buy oil, liquid petroleum gas (LPG) and coal at lower prices.

We combine the purchasing power of all our members to help them get the lowest possible prices for their heating fuels.

With OilCAN, you can:

- save money on your fuel order
- benefit from the lowest possible prices
- order quickly and easily through your local volunteer co-ordinator by phone or email
- receive your order within just ten days
- get peace of mind knowing that if, for any reason, you run out, we can provide you with emergency provisions.

Membership is free to new members for the first year as part of the Warm Hub scheme.



CAN has entered into an agreement with A F Affinity Ltd (Affinity) to deliver the OilCAN scheme.

Affinity is a subsidiary of Anglia Farmers, an industrial and provident society and the largest agricultural co-operative buying group in the UK.

Affinity negotiates with suppliers across the UK to get lower prices and a better service.

For further details or to sign up please contact

Carol Davison, 01670 517178
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CONTACT US

If you would like any help or advice please contact CAN

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