

Child Safety Week— Safety Made Simple

Child Safety Week is an annual community education campaign run by the Child Accident Prevention Trust (CAPT), acting as a catalyst for thousands of safety conversations and activities UK-wide. They help families build confidence and skills in managing the real risks to children's safety and want all children to have the freedom to grow and learn, safe from serious harm.

This year, **Child Safety Week runs from Monday 5th to Sunday 11th June 2023.**



Accidents often happen when there's a lot going on. So accident prevention needs to be simple.

Simple changes for parents to stop the scariest accidents.

Simple ways for practitioners to get involved even when under pressure.

It doesn't make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.

Cots, beds and changing tables – now I can wriggle and roll!

Even small babies can wriggle off a bed or changing table – so change their nappies on the floor and avoid leaving them on a raised surface

As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

Stairs – I can shuffle and I'm off!

Even before they're mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs

As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

Highchairs – is that my drink?

Children may try to get things that are out of their reach

They may lean over the side and topple out or push themselves up and try to climb out

Get into the habit of using the straps on the highchair every time you use it.

Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That's because babies' heads are twice as big as ours, which makes them top-heavy. And when they land, their head takes much of the impact.

Windows – what's that I can see?

Small children are curious and want to see what's happening outside but have no real understanding of danger

Take care not to put furniture in front of windows, especially in children's bedrooms

If you can, get safety catches or locks fitted on your windows.

if you opt for a lock, keep the keys somewhere you can find them, in case there's a fire and you need to get out

Trampolines – how high can I bounce?

The biggest risk from trampolines is having two people with very different weights. Let children take it in turns and avoid adults and children jumping together

Use a safety net or cage so children can't be thrown onto the ground.

For more factsheets and resources please visit

<https://capt.org.uk/child-safety-week/>

DID YOU KNOW ...COUNCIL OFFER FREE HOME SAFETY CHECKS?

What is a Home Safety Check?

It is an opportunity to help those **over 65** and families with **children under 5** identify potential risks and provide information, advice and support to help keep safe in the home. It also gives the chance to ask safety related questions about your home and to be informed of other relevant services that are available from the Council.

To request a **FREE** Check or information about this friendly and confidential service please contact us with your name, address and contact number.

Email
wellbeing@midandeantrim.gov.uk

Or call **028 25 633394**



Safety around dogs

The bond between your child and dog can bring fun and happiness to family life. We don't expect our own dog to bite, but any dog can bite if they feel they have no other option.

Children are most likely to be bitten at home, by a familiar dog. Luckily most bites are preventable and close supervision is key.


 **A calm, happy dog** is less likely to react unsafely to children's natural exuberance.

- Give your dog a safe space of their own where they can go if they need time out. Have a rule to leave them alone when they're there.
- Keep them occupied – physical exercise and mental activity help keep your dog happy.
- Teach your child to be calm and kind with your dog. Avoid shouting, teasing or restrictive cuddles.




 **Close supervision** is the most important thing to keep children safe.

- Watch, listen and remain close when your child and dog are together.
- If either your dog or child seems unhappy, positively and calmly separate them. You can throw your dog a treat or toy, or lead your child away.
- **Understand your dog's body language** so you can spot signs they feel uncomfortable or stressed.
- When you know you'll be distracted during busier times, use safety gates to keep children and dogs separate. Or, take your child or dog with you.

 **Your growing child** – as your child changes, the risks can change too.

- Teach the rules to your child from an early age and keep explaining them as your child understands more.
- As your child becomes more mobile, review changes needed, like adding safety gates.
- Think ahead about your changing family life and new risks that can emerge. Read our fact sheet on bringing baby home.

 **Trigger times** – teach your child to leave your dog alone when they are:

- Sleeping – no-one likes to be woken up suddenly.
- Eating or having a treat – they might think you're going to take their food.
- Have a toy or something else they really like – they might not want to share!

 **Still worried?**

- If you're worried by the way your dog is with your child, talk to your vet. They'll check your dog's health and can refer you to a qualified animal behaviourist.
- Visit the **Animal Behaviour and Training Council** website to find a qualified behaviourist near you.



This work was supported by the Office for Health Improvement and Disparities (OHID)

Hopefully we will get some good weather in coming months and be able to enjoy some BBQ. Here's some Top BBQ food safety tips from www.SafeFood.net to keep us all safe

Always cook BBQ meat to 75° Celsius and keep perishable food in the fridge until you need it.

If you're having a BBQ remember to keep the hot food hot, the cold food cold, and make sure your meat is cooked all the way through.



Before you start

If this is your first time barbecuing this year, give your BBQ grill a good clean.

- Scrub the metal rack with an oven cleaner or a damp brush dipped in bread soda.
- Rinse it well with hot, soapy water afterwards.

Keep your cool

- Food is out of your fridge for longer when you are cooking and eating outdoors. This can lead to harmful bacteria multiplying quickly.
- Keep perishable foods like salads, coleslaw and quiche in the fridge until you need them.

Before you start cooking

- Make sure frozen foods are fully thawed before you start cooking them. The best way to do this is to take them out of the freezer the night before and defrost them on the bottom shelf of the fridge.

- Keep foods you plan to cook properly chilled in the fridge or a cool box until you need it.

Light your barbecue well in advance. For charcoal BBQs, the flames should have died down before you start cooking.

Wash your hands

- Wash your hands before and after handling food.
- Keep raw meat separate from cooked meat and ready-to-eat foods like salads.
- Always use separate utensils for handling raw and cooked meat when cooking.
- Never put cooked food on a dish that has been used for raw meat or poultry.

Keep food covered whenever possible.

Cook with confidence

- The big issue when barbecuing is making sure your food has been cooked thoroughly, all the way through.
- This is particularly important with poultry, pork, minced and skewered meat, such as burgers, sausages and kebabs. While the outside may look cooked (and in some cases burnt), the inside can still be raw.
- If you're hosting a BBQ for lots of people, you can pre-cook meat in your kitchen oven just before you put it on the grill for flavour.

How to know when your BBQ meat is cooked

- Turn the food regularly and move it around the grill to ensure it is cooked evenly on all sides.
- For meats that need to be cooked all the way through, cut into the centre of them to check that:
 - They are piping hot all the way through
 - There is no pink meat left
 - The juices run clear
- If you have a meat thermometer you can check the meat is safe to eat by inserting a clean thermometer probe into the thickest part of the meat or poultry and checking the temperature has reached 75°C.
- Steaks or whole joints of beef or lamb can be served rare as long as they are cooked on the outside. Any harmful bacteria will be on the outside only, and not in the centre.

Mind the marinade

- Make sure any marinade used on raw meat is not then used as a sauce to coat vegetables or cooked meat. It will contain raw meat bacteria!

If you want to use marinade as a sauce, cook it in a saucepan and bring it to a rolling boil before serving it.

Using BBQ leftovers

- If you have any leftovers, don't leave them outside. They could be in the sun and insects and animals could get at them.
- As with all leftovers, cover them and allow them to cool down in a cool place (your kitchen).
- Put the BBQ leftovers in the fridge within two hours of cooking them and use them within three days.
- If you're reheating BBQ leftovers, reheat them only once until piping hot. If in doubt, throw them out!

SEWING DAY IS ON 13TH JUNE 2023

Sewing machines have been used in industrial settings for many years, and it wasn't all that long ago you would have found one in many people's homes. They went out of fashion for several years, with the influx of cheap manufactured clothes and furnishings, but are currently enjoying a bit of a revival.

If you want to celebrate National Sewing Machine Day, the best way to do it is to get stitching and make something for yourself or your family.



- **Did you know that we can offer community groups FREE short term loan of sewing machines?**
- **Is there a member of your group who can use a sewing machine and would be happy to show others how to use one?**
- **Would you like to learn to sew?**

Mid and East Antrim Borough Council, through funding provided by the Public Health Agency, are delighted to offer local community groups access to their 'Sew Energy Efficient' programme - a lending service for sewing machines to enable groups to learn basic sewing machine skills and make a draught excluder—just in time for chillier nights arriving!

What do groups get? By signing up to this service they will

- ✓ Have the use of up to 10 sewing machines
- ✓ Be provided with full sewing instructions and safety tips
- ✓ Be provided with sewing materials for participants to make their own draught excluders
- ✓ Be provided with energy efficiency advice and tips

What do groups have to provide?

- ✓ A venue with sufficient electric sockets and tables.
- ✓ Someone who can use a sewing machine and would be happy to show others how to use one.
- ✓ Stuffing for your draught excluders.
- ✓ A kettle for a cuppa!

For more information on Sew Energy Efficient in Mid and East Antrim Borough Council area contact Karen Bruce 028 2563 3118 email karen.bruce@midandeastantrim.gov.uk

**DID YOU KNOW COUNCIL'S HEALTH & WELLBEING TEAM
CAN HELP YOU IN SO MANY WAYS?**



Energy Efficiency Advice Sew Efficient Scheme Home Accident Prevention

Emergency Planning & Resilience Slow Cooker & Air Fryer cookbooks

Oil Stamp Saving Scheme Heater Lending Scheme Age Friendly advice

For more information email wellbeing@midandeastantrim.gov.uk Or call 028 25 633394

Dementia Action Week 2023 highlighted across Mid and East Antrim

Mid and East Antrim Borough Council, in partnership with Alzheimer's Society, the Armstrong Storytelling Trust and Northern Health and Social Care Trust, delivered a programme of free activities for anyone impacted by Dementia across the community, during Dementia Action Week, 15 – 21 May 2023.



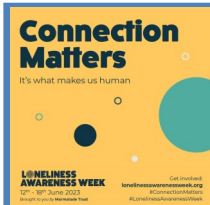
People of all ages and backgrounds enjoyed the reminiscence sessions which were held in **Andrew Jackson Cottage in Carrickfergus, Carnfunnock Country Park in Larne and Arthur Cottage in Ballymena**, with an additional broadcast online.

Colin Urwin, from the Armstrong Storytelling Trust, shared stories and songs which brought many a fond memory to mind for the participants and as one attendee commented, **“it was a great day’s craic”**.

Elaine Hill from Council’s Heritage department delivered a sensory reminiscence demonstration and Mary at Arthur Cottage provided attendees with home-made soda and potato bread, fresh off the griddle. Another participant commented **“It was a splendid way to spend a Monday afternoon. An uplifting atmosphere and lovely people”**.

Dementia Support Workers from Alzheimer’s Society were on hand to give support and guidance to attendees if needed, and Council provided information support packs to attendees which signposted individuals to follow-on support services across the Borough. An online art workshop was also arranged for carers and family members impacted by Dementia, in partnership with the Northern Health and Social Care Trust’s Health and Wellbeing Team.

If you would like further information on any of the Dementia Friendly Borough work, please contact Amanda Cotter, District Electoral Area Officer, on 028 2563 3196 or amanda.cotter@midandeastantrim.gov.uk



Loneliness Awareness Week, hosted by Marmalade Trust, is an annual campaign which raises awareness of loneliness and gets people talking about it. The aim is simple: to reduce the stigma of loneliness and encourage people to talk more openly about it.

This year’s Loneliness Awareness Week will take place between the 12th to 18th June 2023 and the theme is Connection Matters.

Mid and East Antrim’s Loneliness Network are delighted to launch three more ‘Chatty Benches’ in the Borough to mark Loneliness Awareness Week.

Located in **Harryville Motte, Ballykeel Memorial Garden and Sunnylands Community Garden** the brightly painted yellow benches have been introduced to provide a place for people to come together to have a chat.

The ethos behind the benches are to encourage anyone who wants to engage in conversation with someone to sit down on a bench and just have a chat. There is also a plaque on the bench with a unique QR code on it, which residents can scan to access information on the Loneliness Network.



There are now **15 Chatty benches across the Borough** at

- | | |
|-------------------------------------|---|
| ⇒ Shaftesbury Park, Carrickfergus | ⇒ Larne promenade |
| ⇒ Town Park, Larne | ⇒ Glenvale, Glarryford |
| ⇒ Wellington Street, Ballymena | ⇒ Ahoghill Park |
| ⇒ People Park, Ballymena | ⇒ Sentry Hill, Ballymena |
| ⇒ Maine Riverside Walk, Cullybackey | ⇒ Sunnylands Community Garden at the Community Centre |
| ⇒ Whitehead Railway Garden | ⇒ Harryville Motte, Ballymena |
| ⇒ Portglenone Marina | ⇒ Ballykeel Memorial Garden |
| ⇒ Ballykeel, Ballymena | |

Council’s Health and Wellbeing Ezine is now available in text-only format for those who use accessible technology such as screen readers.

If you would like to receive information in this format please let us know and we will be happy to help.

Email us at

Policy@midandeastantrim.gov.uk

or

age.friendly@midandeastantrim.gov.uk

Preparing for Flooding

We are now approaching the start of the summer season during which we may occasionally experience periods of heavy showers and thunderstorms which could overwhelm drains and culverts, potentially resulting in flash flooding.

It is therefore important to remain vigilant and follow some simple precautions that can be taken during this time, and throughout the summer months, that may mitigate or even prevent flooding.

Please be aware and monitor the weather and any warnings through TV / Radio / Apps.

- You can register on the Met Office website or download the Met Office app to receive weather warnings on <https://www.metoffice.gov.uk/about-us/what/met-office-weather-app> and <https://www.metoffice.gov.uk/weather/warnings-and-advice>
- If you notice blocked gullies, or ponding / drainage issues on the road contact DfI Roads on (<https://www.nidirect.gov.uk/services/report-road-drainage-fault>), or;
- If you notice debris that may have been discarded along river banks which when rivers are swollen could be carried downstream potentially causing a blockage or impede river flows, please report this to your local DfI Rivers office: <https://www.infrastructure-ni.gov.uk/contacts/>



It is important to emphasise that during a period of severe weather, should the need arise, you should follow the normal procedure to report flooding

call the **Flooding Incident Line on 0300 2000 100**

EMERGENCY CONTACTS

No matter how prepared we are for inclement weather, there's always the chance of an emergency at home. Here's a list of phone numbers you might find useful should the unforeseen happen:

- **Emergency Services: 999 or 112**
- **Housing Executive: 03448 920 901**
- NI Electricity Networks: 03457 643643
- NI Gas Emergency Service: 0800 002 001
- NI Water Waterline: 03457 440088
- Flooding Incident Line: 0300 2000 100

For advice and information on dealing with emergencies visit: www.nidirect.gov.uk/be-ready-for-emergencies

Problems with Roads & Streets: www.nidirect.gov.uk/information-and-services/travel-transport-and-roads/problems-roads-andstreets

**Energy Efficiency
FREE One to One Advice from Council**

We employ Community Health & Wellbeing Officers who will provide one to one advice and support on energy issues around the home.

If you live in the MEA Borough area and would like to discuss any issues you might have or would like a free home energy visit, please contact us

email wellbeing@midandeastantrim.gov.uk

Or call 028 25 633394

with your

- name,
- address and
- contact number.



**READY ...
STEADY ...
SAVE!**

As the summer season is upon us and we hopefully enjoy beaches, barbeques and balmy summer evenings, home heating costs may be the last thing on our minds. However as almost one out of every two households struggle to stay warm in winter now is a great time to start planning for the winter ahead.

Why not start with buying an oil stamp each week?

It could make a massive difference to your winter oil bill, or to someone else's (start your Christmas Shopping early?)

To view lists of retailers in MEA selling stamps and suppliers accepting them [click here](#)

**** NEW RETAILERS JUST ADDED****

**Carrick Milestone,
Middle Road Carrickfergus**

The 'Stay Warm Saving Scheme', operated by the Society of Saint Vincent de Paul and supported by Mid and East Antrim Borough



Council allows you to spread the cost of your home heating oil by buying oil stamps at local retailers.

Saving your stamps

- collect an oil stamp savings card from any of the participating stamp retailers
 - complete the name and address sections to help prevent fraud
 - purchase £5 oil stamps from participating retailers. Stamps are non-refundable.
 - place your oil savings stamp onto your savings card in the spaces provided. Each card holds 30 stamps.
 - The card can then be used for payment, or part-payment, of your oil with participating oil suppliers ([CLICK HERE](#) for supplier list)
- OR Email wellbeing@midandeastantrim.gov.uk



**ARE YOU PART OF A GROUP IN
MID AND EAST ANTRIM
COUNCIL AREA?**

**WE WANT TO
HELP YOU.**



Email wellbeing@midandeastantrim.gov.uk
Or call 028 25 633394 TO FIND OUT HOW



Age Friendly
Mid & East Antrim

Ageing is Changing

Population ageing has been described as the greatest challenge facing the developed world.



Following recent public consultation a MEA Age Friendly Alliance will be set up in the coming months, with representatives from community, voluntary and statutory organisations, as well as interested individuals being welcomed to work together to **help ensure that our older people are active, respected and supported in their community.**

If you would like to get involved please get in touch with

Helen McClean, Age Friendly Co-ordinator

T 028 2826 2353 agefriendly@midandeastantrim.gov.uk

entitledto
independent | accurate | reliable

According to [entitledto.co.uk](https://www.entitledto.co.uk) 2022 Annual Review, £15 billion of benefits remain unclaimed each year.

Find out what you are entitled to at [entitledto.co.uk/benefits-calculator](https://www.entitledto.co.uk/benefits-calculator).



For Individuals

Use our free benefits calculator to find out what you're entitled to

[Start calculation →](#)



Mid & East Antrim
Community
Advice Services

**Extended telephone opening hours
Tuesday & Thursday 4pm to 8pm**

Mon-Fri, 9am - 5pm
T 028 9600 1333 (closed 1-2)
E [midandeastantrimcommunityadvice-services.com/](https://www.midandeastantrimcommunityadvice-services.com/)

This service helps people resolve problems and is available free to everyone regardless of race, gender, sexuality, age, nationality, disability or religion.

- **Benefits** - entitlements, support with applications and appealing decisions
- **Debt and money advice** - how to manage debts, improve your financial situation and maximise your income
- **Consumer issues** - from used cars to difficulties with gas and electricity suppliers
- **Work-related problems** - terms and conditions, dismissal, redundancy and intimidation
- **Housing** - from renting through to homelessness
- **Relationships** - splitting up, children and bereavement

Available to all residents of Mid and East Antrim area by phone and online

Make the Call Service

A free phone call could make a difference— call to check your **entitlements now!**

FREEPHONE
0800 232 1271
(NETWORK CHARGES MAY APPLY)

EMAIL
makethecall@dfcni.gov.uk

Phone lines are open Monday to Friday from 9.00 am to 5.00 pm (excluding public holidays)

<https://www.nidirect.gov.uk/contacts/make-call-service>

Out and About ... What's coming up in your area?



Tea Dance in Larne Town Hall

Thursday 22nd June 2023, 2pm to 4pm

There is no admission charge, but places are limited so booking is essential!



watch Council's social media for more info, or get in touch with Helen McClean, Age Friendly Co-Ordinator

Email age.friendly@midandeastantrim.gov.uk or Tel 028 28 262353



Stay up to date on Events in MEA
<https://www.midandeastantrim.gov.uk/events>

CONNECTION MATTERS

1/2 price tea / coffee

on production of a token



12-16th June 9.30-11.30am

at

The Lunchbox Larne

****to mark loneliness awareness week ****

TOKENS CAN BE COLLECTED FROM RECEPTION AT AEL

OUR COMMUNITY HEALTH AND WELLBEING EZINE IS ISSUED EACH QUARTER, FUTURE ISSUES DUE OUT

- EARLY SEPTEMBER 2023
- EARLY DECEMBER 2023

IF YOUR GROUP WOULD LIKE ANY RELEVANT INFORMATION OR EVENTS INCLUDED, PLEASE EMAIL US— WE'RE HAPPY TO SHARE.

wellbeing@midandeastantrim.gov.uk

CARRICKFERGUS HUB
IMPROVING LIVES LOCALLY

Chill

chill 'n' chat Night

AN OPPORTUNITY TO MEET NEW PEOPLE AND HAVE A CHAT OVER A CUPPA

EVERYONE WELCOME

When: Tuesday 13th June 2023
Time: 7.00pm - 8.30pm
Where: CHILL, Caretaker's House
Antrim Street, BT38 7DG

To book a space pm the CHILL Facebook Page

