



accidents don't have to happen

Homeword



Newsletter 216

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HOMEWORDED 216

Welcome to Homeword 216. For over 20 years, staff at RoSPA have been bringing you up to date information about what is happening in the community safety world. Thank you for signing up to our newsletter and supporting us.

Carbon Monoxide (CO) Awareness Week

CO Awareness Week will take place during the week beginning 23rd November. United against CO is a relatively new organisation that is bringing together the various campaigning voices on CO poisoning. It has the backing of the All Party Parliamentary CO Group, members of the advisory forum which includes RoSPA and the fuels industries, CO charities, Fire Service and academic research establishments.

There is a CO Awareness Week 2020 Asset Kit which is a comprehensive zip file that contains everything you need in the build-up and throughout the week. See <https://www.unitedagainstco.com/co-awareness-week-2020>. The kit includes information about carbon monoxide sources, symptoms, most at risk, CO alarms, landlord legislation, and more. Assets included are:

- Printable A4 Flyer
- Printable A3 Poster
- Fact Sheets
- Guidance Documents
- Social Media Posts eg



- Social Media Content Snippets
- Web and Social Banners
- Logos and Images



We encourage you to get actively involved in this week. Please use the hashtag **#COAwarenessWeek**. Let's make as much noise as possible about the silent killer and protect the UK from carbon monoxide poisoning.

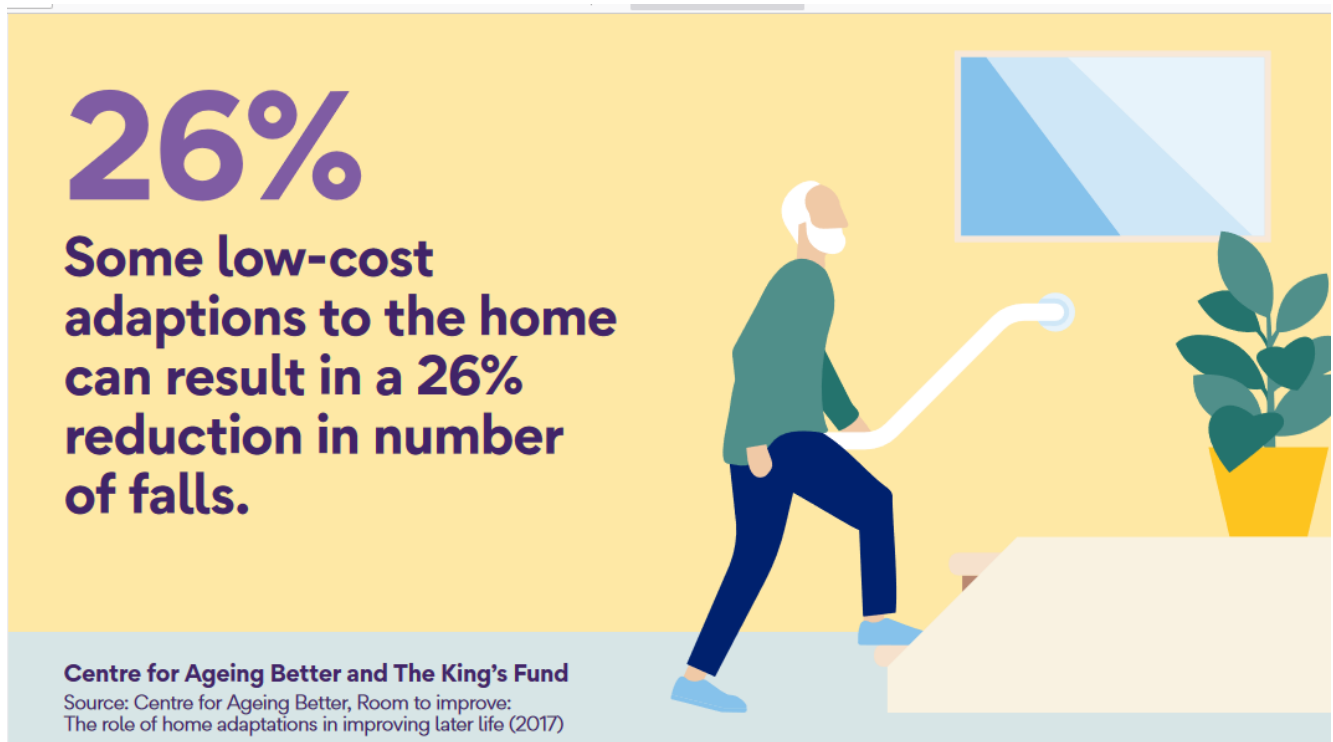
Additionally, RoSPA is holding a free webinar on the topic of CO poisoning prevention on Wednesday 25th of November and you can register to attend at:

<https://rospa.webex.com/rospa/onstage/g.php?MTID=e37761bcc50239ec98fddf48c86a28907>

Home, Health and Covid 19

This recently published report highlights the situation regarding poor quality homes and the current pandemic: <https://www.ageing-better.org.uk/sites/default/files/2020-09/Homes-health-and-COVID-19.pdf> and the document includes the following quote:

“Moreover, the evidence suggests that income group and tenure are likely to influence the risk of falls and injury in the home. While the poorest housing is found in the private rented sector (Simpson and Henry, 2016), it is suggested that older homeowners often struggle to meet the cost of home repairs and maintenance (Adams, 2016). Older homeowners, for example, who are ‘asset rich, cash poor’ find it difficult to fund home repairs and adaptations (Adams, 2016). The economic impact of the pandemic is likely to effect homes and health in more than one way. The social distancing measures may have seen a worsening of physical housing conditions, as home visits for property related assessments and any essential works, such as aids and adaptations to the home, may be delayed, particularly for shielded households or people discharged from hospital for non-COVID-19 health conditions. Delays in installing adaptations can increase the risk of health and care needs increasing or developing (Royal College of Occupational Therapists, 2019). Moreover, spending extended periods of time in homes with physical hazards is likely to increase the risk of injury and decline in mental health and wellbeing. These risks are heightened for groups who are shielding; older people and people with pre-existing health conditions, as they are more likely to live in unsuitable homes (Gibson et al., 2011).”



26%
Some low-cost adaptations to the home can result in a 26% reduction in number of falls.

Centre for Ageing Better and The King's Fund
Source: Centre for Ageing Better, Room to improve: The role of home adaptations in improving later life (2017)

The infographic features a stylized illustration of an elderly man with a white beard, wearing a green long-sleeved shirt and dark blue trousers, walking up a set of stairs. A white handrail is attached to the wall on the right side of the stairs. To the right of the stairs is a potted plant with green leaves in a yellow pot. The background is a light yellow wall with a window showing a blue sky. The overall design is clean and modern with a focus on home safety.



Fire Statistics

The Fire and Rescue Incident Statistics release for 2019-20 is now available on the Scottish Fire and Rescue Service (SFRS) [website](#). Main points include:

Fatal Fire Casualties

- 27 fatal fire casualties, down 18 from 45 last year
- 21 of these occurred in accidental dwelling fires
- 61% higher fatal casualty rate for men than women in the last ten years
- Over 3 times higher rate of fatal casualties for the over 80s than the all Scotland average
- 4.4 times higher rate of fatal casualties in the most deprived areas than in the least deprived

Non-fatal fire Casualties

- 1,024 non-fatal fire casualties, down 14.5%
- 364 casualties per 1,000 fires when alcohol or drugs is a suspected factor in the fire and 140 without (ten-year averages), a 2.6 times higher rate of occurrence
- 5 times higher rate of non-fatal casualties most deprived areas than in the least deprived areas

You can read the full report here:

https://www.firescotland.gov.uk/media/2252010/fs_officialstatistics_2019_20.pdf

Falls prevention – invitation to take part in a new project!

RoSPA and insurer RSA have teamed up to promote the importance of remaining active in later life to prevent future falls. This is even more important as people have faced months of reduced opportunities to take part in organised activities outside of the home.

A new web hub full of advice and information – including videos and downloadable resources – has now been launched see www.rospa.com/falls and features:

- Video demos on the role that exercise, particularly strength and balance exercise, can play in preventing falls and promoting wellbeing
- A step-by-step guide to fall prevention around the home
- Advice on home fire safety and other home safety tips
- Checklists and an exercise tracker to help people stay safe and active.

Five virtual roadshows will take place to give people in later life, their families and falls prevention practitioners the opportunity to find out more about building exercise into a daily routine. The roadshows will take place each day from **Monday, November 30 – Friday, December 4** and will be aimed at those living in **Birmingham (30th), Manchester (1st) Glasgow (2nd) Chelmsford (3rd) and Sunderland (4th).**

The virtual roadshows will be accessible from any internet-enabled device, including laptops, tablets and mobile phones. They'll include a live demonstration of strength and balance exercises by Bex Townley of Later Life Training, as well as an opportunity to ask any questions of Bex and Professor Dawn Skelton. The roadshows will be free to attend, but places will be limited.



Call to action

Further details about the virtual roadshows and the web hub will be available soon but people can register their interest now at www.rospace.com/falls. **We would be delighted if you are able to share this link with your clients.** But, we know that one exercise session, while hopefully it will help to encourage people to become active at home, is not enough. RoSPA would like to engage with local practitioners and partners, particularly, BUT NOT EXCLUSIVELY, in the five areas where the roadshows are targeted, so that people who participate can be connected to further exercise opportunities and support. We would like to hear from local organisations, partners and Later Life Training instructors so that we can let people know what strength and balance exercise provision is available in your area.

If you are able to provide us with any information about the services in your area or want to know more about the project please contact Ashley Martin at amartin@rospace.com

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