

ALMSHOUSE

NORTH EAST LINCOLNSHIRE NEWS



FREE WINTER

WARM PACK

SPREAD THE WARMTH THIS WINTER

In this issue, we share friendly advice from AGE UK on the important steps you can take to stay warm, healthy and financially secure throughout the Winter months with a quick guide to help you prepare.

DEAR RESIDENTS

As winter approaches, it's important to take steps to **stay warm, healthy and financially secure**.

With information provided by **AGE UK**, we aim to provide you with some simple steps to **keep you healthy** in the coming winter months...



Smedley Cottages & J. Cobbley Court (photography by The Grant Outdoors)

BE WINTER-READY

1. Get your winter vaccinations

Flu and COVID-19 cases tend to rise in winter, so getting vaccinated is key. You may be eligible for a COVID-19 booster if you're over 75, live in an older adult care home, or have a weakened immune system. You're entitled to a free flu jab if you're over 65, a carer, have certain long-term health conditions, live with someone immunocompromised, or are in long-term care. Also, ask about the pneumo (pneumonia) and Shingles vaccines when you get your flu jab.

2. Keep your home warm

Try to heat the rooms you use most to around 18°C.

- Close doors and unused rooms to save energy.
- Keep curtains open during the day for natural warmth and closed at night to block draughts.
- Rugs on hard floors and hot water bottles can help retain heat. (Never use a hot water bottle with an electric blanket.)

3. Prevent the spread of germs

Wash your hands regularly with soap and water. Catch coughs in tissues, consider wearing a mask in busy places, and ventilate indoor spaces when possible. Keep hand sanitiser with you while out.

4. Dress for the cold

Layer clothing to trap heat. Wear hats, scarves, and gloves when outside, and opt for warm nightwear and slippers indoors. Keeping your whole body warm helps maintain circulation, especially to your hands and feet.

PLEASE CONTACT US FOR A FREE WARM PACK.

(EMAIL & TELEPHONE ON THE BACK PAGE)

5. Check your finances

Winter can be costly. Make sure you're claiming all the benefits you're entitled to. Use a benefits calculator to check your eligibility and find support schemes for heating and energy bills. Please contact us if you require assistance with this.

6. Be prepared

Stock up on food, water, cold and flu remedies, and any regular medications in case bad weather prevents you from going out. A torch with spare batteries is useful during power cuts. Contact us if you need help with extra food/batteries.

7. Keep moving

Staying active helps you stay warm and maintain strength. Try to avoid sitting for more than an hour at a time. If walking is hard, try chair exercises, or simply move your arms, legs, and toes. Find activities that feel safe and comfortable for you.

8. Stay safe outdoors

Wet leaves, ice, and snow increase the risk of slips and falls. Wear shoes with a good grip and keep grit or salt on hand for paths. Ask for help clearing walkways if needed.

9. Eat Well

Try to keep a routine with regular meals, even if preparing food feels difficult.

- **Warm foods and drinks:** Soups, stews, and hot drinks help keep you warm - aim for at least one hot meal a day.

- **Balanced diet:** Include a variety of foods, with fruit and vegetables daily (fresh, frozen, or tinned). Keep basic supplies at home in case you can't get to the shops.

- **If appetite is low:** Eat whatever you can manage - even a small treat is better than nothing. If you're losing weight without trying, make sure you let your doctor know.

- **Vitamin D:** Important for bones, teeth and muscles. In winter, sunlight may not be enough, so ask your doctor if a supplement is right for you.

By following these tips, you can stay warm, well, and financially secure during winter. Source credit [AGE UK](#)

SMEDLEY COTTAGES

The original cottages on Manor Drive in Waltham began as the **Captain Smedley Memorial Homes**, a group of six small almshouses built to accommodate "poor and aged workers connected with the Grimsby fishing industry." They were linked to the local seafaring charity now known as the **Grimsby Sailors & Fishing Charity** (trading as Smedley Cottages).

According to the Hull History Centre, **Captain W. H. Smedley** served as Grimsby Port Missioner for 37 years. During his lifetime, he **raised funds and purchased land near Waltham for charitable housing**. After he passed in 1935, six cottages were erected on land he had acquired on the **Waltham Old Hall estate** and named the Captain Smedley Memorial Homes.

Their stated purpose was "receiving and **relieving poor and aged workers connected with the fishing industry** of Grimsby." Local history sources also date a row of houses on Manor Drive to about 1937, noting their connection to housing for "poor and aged workers of the Grimsby fishing industry."

These homes formed part of a wider **local tradition of almshouses and benevolent housing** for seafarers and fishing families funded by charitable donations in the Grimsby area. The charity that still administers the homes maintains **long-standing ties to maritime welfare**. In the late 20th century, the site was redeveloped into the Smedley Cottages & J. Cobbley Court retirement housing complex, built in 1993. The current scheme comprises 31 flats and bungalows offering age-exclusive, independent almshouse-style accommodation.

Source: catalogue.hullhistorycentre.org.uk

HOUSEHOLD SUPPORT FUND

This scheme is offering crisis assistance to vulnerable people in households experiencing high levels of need with their cost-of-living essentials **to help prevent further hardship**. People living in almshouse properties, who qualify as residents, are already charity beneficiaries; therefore, by definition, they are in financial hardship, are **eligible for help from this fund**.

Capacity Buildings is working in partnership with the local authority to identify vulnerable people living in almshouse communities who **may not be aware of additional support** that is available. They are also working together to find and research all almshouses across the borough **to ensure residents** who qualify for charitable assistance **do not miss opportunities to be supported**.

This month, we are **offering FREE winter packs** to almshouse residents to help keep them warm. Please **contact us** if you would like a pack delivered to your home or would like to refer someone.

We will be working with almshouse residents who are still struggling with the cost of living expenses, even after the charitable trust investments **to prevent poverty and build financial resilience**. **If you need help** or know another resident who does, **please contact any team member** using the details listed on the back page. Your enquiry will be handled sensitively and in confidence.

Support is available by visiting Citizens' Advice North East Lincolnshire at 16 Town Hall Street, Grimsby, DN31 1HN or by making an appointment at Immingham Advice Centre in the Civic Centre Hub, Pelham Road, Immingham, DN40 1QF. Telephone: **0808 2505 701** or email: info@advicene1.org.uk. Visit the website here: www.advicene1.org.uk for opening times.

IN THE NEXT ISSUE

We'll be looking at... the **Cleethorpes Cottage Homes Charity**, established in June 1964. Comprising a total of 20 dwellings located on Coronation Road (**left**) and Mill Road (**right**), the charitable objective was: "**to provide cottage homes for elderly people and the deserving poor of Cleethorpes**."

The **Cottage Homes Charity** itself no longer exists; its properties were transferred to the **Grimsby Fishing and Sailors' Charity** in May 2023.





CONTACT US

Address

82 Grimsby Road
Cleethorpes
North East Lincolnshire
DN35 7DP

The Team

Paula Grant (paula@capacitybuildings.org.uk)
Karl Elliott (karl@capacitybuildings.org.uk)
Richard Wendel-Jones (richard@capacitybuildings.org.uk)

Telephone

01472 897337 (answering service)

