

Message from Staffordshire Fire and Rescue Service

Blue Monday is 19th of January and is thought to be the most depressing day of the year due to dark cold nights, failure of New Year's resolutions and Christmas debt.

We are encouraging the community to visit an older relative, friend or neighbour on Blue Monday or during January for a cup of tea. Whilst the kettle is boiling have a chat about home safety and see if you can spot any of these warning signs:

- They don't have working smoke alarms on every floor
- Their circumstances have changed recently, for example have they had a fall or been diagnosed with an illness?
- There is evidence of damage from previous fires
- They smoke in bed
- They are at an increased risk of fire from medication or alcohol
- They have mobility issues
- They use a chip pan
- They have open fires or portable heaters
- They store a large amount of possessions in and around their home
- There are signs of scorch marks on clothing or furniture
- They own a large number of electrical items and the cables look worn

If you are concerned about an older person book a FREE Home Fire Risk Check for them by calling 0800 0241 999 or visit www.staffordshirefire.gov.uk to fill in an online form. They might prefer it if you are there when we come for the appointment