

# KEEP HYDRATED STAY SAFE

MAY 2020

Lack of water in your body can lead to problems such as Urinary Tract Infections. These can cause falls because of light-headedness and dizziness, and increase confusion for those with dementia.

Your body needs water to function well, and thirst is the usual sign that you need to drink more.

However, sometimes you don't feel thirsty even when you know you should be, so being aware of fluid intake is particularly important.

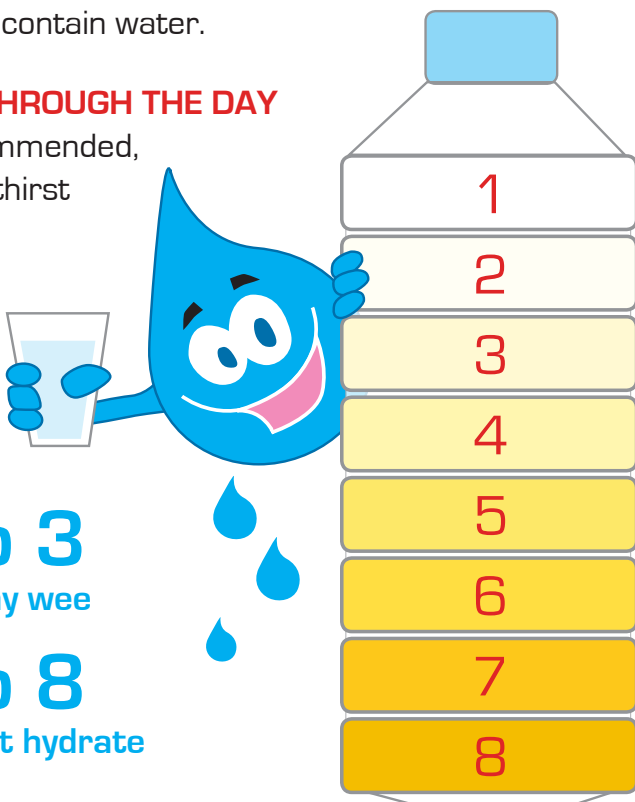
You do not have to drink only water to stay hydrated.

Coffee, tea, fruit juice, sweetened beverages, fruit and vegetables all contain water.

## DRINK REGULARLY THROUGH THE DAY

6 to 8 drinks are recommended, and never put off your thirst because you are afraid of having an accident.

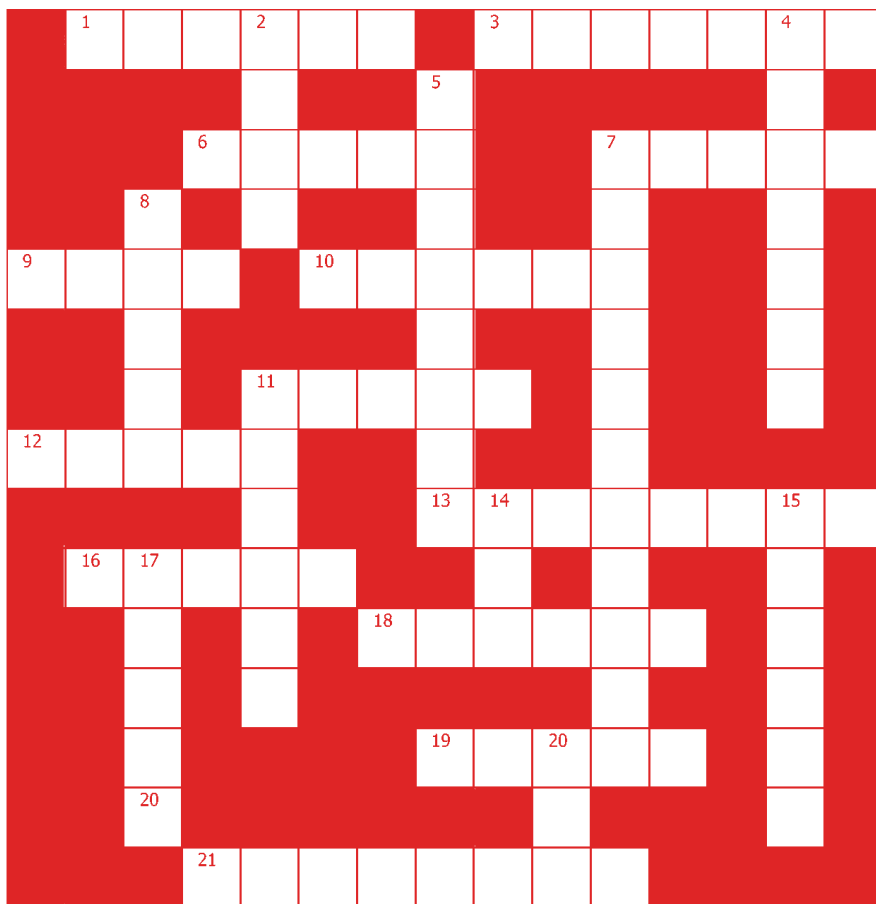
Look at the colour of your urine to see how you're doing.



**1 to 3**  
is healthy wee

**4 to 8**  
you must hydrate

# Vale of Pewsey Crossword



compiled by Cheryl Underhill

## ACROSS

- 1 Holy seat on the ocean, we hear (6)
- 3 Stanton's saint (7)
- 6 Working boat (5)
- 7 Four-legged friend to the hills (5)
- 9 Sounds like it's needed in the boat (4)
- 10 Home to Mother Fox (6)
- 11 Before the Barns (5)
- 12 Blue thread on map (5)
- 13 Pewsey nature reserve (8)
- 16 Stopping place on canal (5)
- 18 Tap a leg joint (6)
- 19 Colour of a well-known grey (5)
- 21 Scare the crows (8)

## DOWN

- 2 Wilcot's bird (4)
- 4 Hurry, everyone (7)
- 5 Charitable business in Pewsey (8)
- 7 Sweet road (11)
- 8 Royal pub (5)
- 11 Our statue (6)
- 14 Charlton's pet (3)
- 15 Royal village (6)
- 17 A bit like Mr Fearnley-Whittingsall (5)
- 20 Watering hole (3)

If you are isolated and need books/audio books/puzzles then please contact the PCCA on 01672 487022.

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