

Staying Well Over Winter

Simple steps to stay healthy, active and connected



Get vaccinated

Some infections are more common during winter months and can lead to serious illness. Vaccination is one of the best ways to protect yourself. If you're over 65 or have certain health conditions, you may be eligible for one or more winter vaccinations for free:

- Flu
- COVID-19
- RSV
- Pneumococcal

Because flu and COVID-19 viruses change over time, it's important to get vaccinated each year, even if you were vaccinated last winter.

Check your eligibility and book through your GP, pharmacy, NHS app or online.

More info:

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/

Use your pharmacy

Your local pharmacy can advise on a range of illnesses and medicines. If you feel unwell, seek help early, especially if you have a long-term health condition as early advice can help prevent problems from becoming more serious.

Plan ahead for winter:

- Keep a supply of essential medicines at home
- Order repeat prescriptions in good time
- Some pharmacies offer prescription delivery services if you're unable to collect them yourself



Stay warm

Even slightly colder indoor temperatures can affect health. Keeping warm can help you stay well. Try to:

- Keep rooms you regularly use at 18°C or above
- Close windows and curtains at night and use draft excluders
- Wear several thin layers (warmer than one thick layer)
- Have hot drinks and at least one hot meal a day if possible
- Use an electric blanket OR hot water bottle (never together)
- Ensure heating systems are serviced and install a carbon monoxide alarm.

Energy costs

If you're struggling with energy costs or keeping warm, SHINE offers free advice, benefits checks and practical support.

Call: 0800 953 1221

www.shine-london.org.uk

Consider visiting Warm community spaces, such as your local library.

Keep moving

Being active can help you stay warm, support your physical and mental wellbeing and maintain your independence:

- **Move regularly** – avoid sitting still for more than an hour
- **Every activity counts** – choose something that feels right, whether walking, gardening, housework, dancing, classes, or chair-based exercises
- **Building strength and balance** is particularly important to stay independent and reduce the risk of falls
- In wet or icy weather, **wear shoes with good grip** and check your home for trip hazards

Local activities

Check out your local community centre or organisations such as healthygenerations.org.uk.

Falls prevention

More info on the Age UK website under '[falls prevention](#)'.

Keep connected

Winter can make it harder to stay connected with other people. Keep in touch with friends, family and neighbours, and consider joining local social groups or activities at your community centre. Free confidential phone support is available from:

Age UK Islington: 020 7281 6018

Silver Line 24/7: 0800 470 8090

If you're concerned about a neighbour, friend or family member during cold weather, a quick phone call or visit can make a big difference.