

Being Winter Well

Our top 10 tips to help you stay warm and well this winter

1 Get a jab

Vaccines will help to boost your immune system and fight common winter illnesses. If you are over 65 and haven't had a flu or pneumonia jab before you may be able to get one. Contact your GP to find out if you're eligible.

2 See your GP

If you feel unwell and you need to speak to a health professional please do. Coronavirus has resulted in fewer people accessing NHS services. Be reassured that you won't be a burden on the NHS and your GP will be able to help.

3 Get your home ready

Now is the time to fix those broken windows, get draft excluders, line your curtains if possible, get some blankets and maybe a hot water bottle or electric blanket.

4 Winter-proof your money

Lots of us find winter an expensive time of year. Darker nights and cold weather often mean higher bills, plus the festive season can put a strain on your pocket. **We can help get your home and your finances ready for winter.**

5 Check your heating

Make sure your heating is working properly and keep your home warm. 18 degrees is the ideal temperature for your bedroom, whilst 21 degrees is perfect for the living room. Draw curtains in the evening and keep radiators clear of furniture.

6 Keep moving

Try not to sit still for more than one hour at a time, even if you just move your arms and legs. If you can, stay active. **Check out our activity videos or call us for a DVD version.** Not only will it keep you fit and healthy, it will also help generate heat.

7 Eat and drink right

Stock up on meals containing carbohydrates such as potatoes, pasta, bread and rice. Porridge with hot milk for breakfast and soups and stews for lunch and dinner will keep you toasty and full throughout the day. If you are struggling with big meals try eating little and often.

8 Get some fresh air

It's good to get outside from time to time if you can. **Why not join one of our outdoor walking groups** and take in the sights of the city whilst making new friends. All our groups are led by a member of staff and are COVID compliant.

9 Stay connected

Make sure you can keep connected to friends and family via telephone or the internet. Not sure of going digital? Talk to us and we can help walk you through the options. Or if you want to speak to someone regularly, **you can sign up for our Telephone Befriending service.**

10 Get emergency ready

Get a bad weather kit together. Items like salt or sand for icy steps and paths, batteries for your smoke alarm, tinned, frozen or dried food, and cold/flu medicines will make sure you're ready for any eventuality.

For more information on how we can help you be Winter Well, please call us on:

01603 496333

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