



STAYING WELL THIS WINTER

Part 2 Supplement



Welcome!

Following the success of our **Staying Well This Winter** part 1 supplement, we are pleased to introduce you to part 2. If you would like to more copies of this free supplement to give to a relative, friend or neighbour (or to pin to the fridge!) please phone **0345 450 1276** and ask our reception team.



Don't wait until you feel worse

Even if it's just a cough
or cold, consult your
pharmacist before it
gets more serious.

nhs.uk/staywell

**HELP US
HELP YOU**
STAY WELL THIS WINTER

NHS



Prameet Shah,
Pharmacist

No one should be alone on Christmas Day

If you are wondering what to do on Christmas Day, we would recommend visiting the Community Christmas website for details of Christmas meals locally. Some areas will also offer transport assistance. Visit: www.communitychristmas.org.uk or phone 0800 063 9285

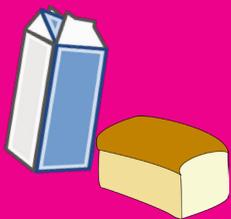
Winter tips

Make sure you have a pair of shoes/boots with good grips on the soles



Stock up with cold, flu and sore throat remedies

Remember to order your repeat prescriptions to cover the Christmas and New Year period



In case the weather turns bad be prepared by popping a pint of milk and some slices of bread into the freezer, and put a carton of UHT milk in the cupboard

Keeping an eye out for an older neighbour

We know that everyone leads busy lives but, if you have older people living next door, do keep an eye out for them. They are more vulnerable than the rest of us, especially in extreme weather conditions such as heatwaves and when winter is here. **Think neighbour**, when you receive alerts for severe conditions. These are the times when older people and those needing care are especially vulnerable.

Being a good neighbour also means popping round and having a cuppa. So many older people are lonely and when you visit, you may be the only person they have spoken to for days. It doesn't take much time to be a good neighbour - just to check someone is safe, warm and well. Or pick up the phone, call them and ask if they are ok, do they need any shopping done - a few items collected when you go to the shops yourself.

This isn't you being a nosy neighbour, remember that in extreme conditions, your actions could save someone's life and if things are ok, your knock on the door will brighten someone's day.

Friends Against Scams



Scams affect the lives of millions of people across the UK. People who are scammed often experience shame and social isolation as a result. **Friends Against Scams** is a National Trading Standards (NTS) Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering communities to "Take a Stand Against Scams". To find out more please visit: www.friendsagainstscams.org.uk. If you have been a victim of a scam, or know someone who has, please contact your local trading standards team on **03454 040 506**.

Five Ways to Wellbeing

1. Connect...

with people around you: friends, family, colleagues or neighbours. Strengthening these connections will support and enrich you every day.

2. Be active...

find an activity you enjoy: go for a walk, do some gardening, dance, just step outside. Exercising at a level that suits you will make you feel good.

3. Take notice...

savour the moment, whether you're walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

4. Keep learning...

try something new or rediscover an old interest. Set yourself a challenge like cooking a favourite meal, fixing your bike or signing up to a course.

5. Give...

do something nice for a friend or a stranger: smile, volunteer, say thank you. Seeing yourself linked to the wider community can be very rewarding.



Why not take a look at Oxfordshire County Council's Live Well Oxfordshire site? www.livewell.oxfordshire.gov.uk

It has information to help you to find your own way to meet any needs for support and care and for you, or a loved one, to lead the lives that you want.



Looking for support?

Call the information service on 01865 247788 or visit www.oxfordshiremind.org.uk

Oxfordshire



STAYING WELL THIS WINTER



Checklist

Have a look at our handy checklist to help ensure you are staying well this winter:

December

- Ensure you have 5 ready meals in the freezer: *did you know that you can also freeze milk and bread?*
- Order repeat prescriptions to cover the Christmas/New Year period: *keep a stock of simple cold, flu and sore throat remedies in the house*
- Have you registered with your utility provider's Priority Service?
- 'Connect'**: Book your Christmas activities

January

- 'Be active'**: *Aim to increase the amount of physical activity you do each day*
- Have boots/shoes with a good grip on the soles
- When was the last time you looked at your utility bills? *You might save money by switching to another provider*
- Plan to do something you enjoy each week

February

- Remember that your pharmacist is there to help if you are feeling poorly
- Message in a wallet (and/or bottle): *have you got yours?*
- 'Keep learning'**: *Try something new. Re-discover an old interest. Set a new challenge.*
- There's more available to help you stay independent than you think: *why not give one of the specialist agencies a ring and see what they can offer?*

March

- 'Give'**: Have you got an hour to spare or a skill to share? *You can make a real difference by volunteering, thanking someone or simply by smiling as you walk past*
- Be a good neighbour: *why not pop next door and say hello?*
- 'Take notice'**: *Be curious, savour the moment...whether you are walking to work, looking out of the window at the world around or talking to friends. Reflecting on your experiences will help you appreciate what matters.*
- Scams awareness: *do you know how to protect yourself, your family, friends or neighbours against being the victim of a scam?*

Are you getting the best deal on your utilities?



The **Better Housing Better Health Service (BHBH)** believes that no one should be faced with the dilemma of 'heating or eating' and that **everyone has the right to feel warm and well at home**. Each winter we are all faced with the prospect of higher than usual utility bills as we attempt to heat our homes effectively and affordably. This can cause additional stress on both your finances and health but **by spending just a few minutes to find out if you are getting the best deal from your supplier**. What's more, Government figures state that UK households can **save on average £180 per year** by switching energy supplier. In addition to switching ask if you are entitled to the governments 'Warm Home Discount' scheme which can reduce energy bills by a further £140 per year for eligible residents.

For more information please call **0800 107 0044**. The free service is provided by local charity the National Energy Foundation and works alongside your Local Authority to provide impartial expert advice and support.

Travelling in icy weather

Icy pavements and roads can be very slippery. Take extra care if you go out and wear boots or shoes with good grip on the soles. The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping. It adds that you should wait until the roads have been gritted if you're travelling by car.

Bear in mind that black ice on pavements or roads might not be clearly visible, and that compacted snow may turn to ice and become slippery. Jon Porter, Driving Standards Manager for South Central Ambulance Service NHS Foundation Trust, said:

'If you have to drive in icy and snowy conditions please ensure you have sufficient fuel for your journey and that you have a

mobile phone, ice-scraper, de-icer, blanket, shovel, jump leads, warning triangle, hi-viz jacket or vest, hot flask and food in the event of getting trapped.'

'Remember gentle manoeuvres are the key to safe driving in ice and snow and stopping distances can be up to ten times longer! Select second gear when pulling away, easing your foot off the clutch gently to avoid wheelspin. Once moving try to maintain a constant speed, choosing the most suitable gear in advance to avoid having to change down while climbing or descending hills and gradients. Ensure your boots or shoes are cleaned of snow and ice underneath to ensure your safety getting in and out of the vehicle and also to ensure they do not slip on the pedals".



10 REASONS TO exercise...

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. It can:

- improve your mood and reduce feelings of anxiety & depression
- help with weight loss
- good for your muscles & bones
- increase your energy levels
- reduce your risk of chronic disease
- help your skin to stay healthy and reduce signs of ageing
- help your brain health and memory
- help you to relax and improve sleep quality
- reduce pain
- promote a better sex life

Visit the Generation Games website to discover all the exercise sessions that are available throughout Oxfordshire. **Or ring 01235 849 403 and ask for our FREE exercise DVD to be posted out to you.**

Useful Phone Numbers



Age UK Oxfordshire
0345 450 1276

Falls Prevention Team
01865 903 400

Hearing Impairment Team
01865 894 925

Visual Impairment Team
01865 894 935

Oxfordshire Association of the Blind
01865 725 595

Parkinsons
0800 800 0303

Headway
01865 326 263

Stroke Association
0303 3033 100

Red Cross Mobility Aid Loan Service
0118 935 8230



Message in a Wallet

A "Message in a Wallet" is a folding card that is the same size as a credit card. You keep it inside your wallet or purse, to provide the Emergency Services with the details of any illness or allergy you may have, together with the names of people to contact in an emergency.

Please call **01993 772 241** or email miaaw@cartertonlions.org.uk to order or you can ask your Age UK Oxfordshire community team.

New: The Oxfordshire Care Card

It's small enough to fit in your pocket or bag but packed full of useful information and advice. A real must have. Available by ringing **01865 334 646** or from your Age UK Oxfordshire community team.



WHAT CAN I DO?

To eat more healthily



Follow the eatwell guide

www.nhs.uk/live-well/eat-well/the-eatwell-guide/



Check the labels on food packaging

Choose foods lower in fat sugar and salt



Plan ahead and buy ahead

To reduce your chances of snacking on unhealthy food



Limit fruit juice or smoothies

To reduce your chances of snacking on unhealthy food



Set yourself realistic goals

Why not try new recipes and foods



Join a weight management club

If you need to lose weight you are four times more likely to do this if you join a club.

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