

Staying well this winter

Advice and tips



This information and more is available at:

www.staffordshire.gov.uk/winterhealth

Community help points

There are local places across Staffordshire such as libraries, voluntary organisations and community centres which can help you:

- access information about local services or activities
- become more confident using the internet
- access the Staffordshire County Council and Staffordshire Connects websites
- find out where to buy equipment and technology to make daily living easier
- access support and information about debt, finance and form filling
- access befriending services
- find local paid home help services, such as cleaners and gardeners

If you need support,
please contact

Staffordshire Cares on:
0300 111 8010



Protect yourself against winter illnesses

Vaccines offer the best protection against viruses like Covid-19 and flu.

Winter vaccines are free depending on your age:

- flu vaccine - ages 65 or over
- pneumococcal vaccine - ages 65 or over
- Covid-19 booster - ages 75 or over
- Respiratory Syncytial Virus (RSV) vaccine - ages 75 to 79

Contact your GP surgery to find out if you are eligible, and to book your appointment.



NHS Health Check

You can get a free NHS Health Check if you:

- are aged 40 to 74
- have not had a NHS Health Check in the last five years
- do not have a history of stroke, heart or kidney disease or diabetes

everyonehealth
because everyone matters

Book your check with

Everyone Health Staffordshire:

Text: 'Heart' to **60777**

Call: **0333 005 0095**

Moving more

Keeping active can help keep your body, hands, and feet warm during the colder months.

Even small increases in activity can improve your strength and mobility. Walking is a great way to be more active, and it's free!

Being active and moving more helps lift your mood, prevent

disease, maintain a healthy weight, and promote health and wellbeing.

There are lots of free or low-cost activities in your local area to help you get more active. Staff at your local community help point can help you find out more ([see page 1](#)).



Here are a few tips to help you move more:

- swap short car trips for walking
- don't sit still for too long. If you can't walk, move your arms, legs, or toes
- if you're driving, park a little further away to increase your steps
- remove trip hazards such as trailing wires, rugs and clutter
- consider handrails on the stairs, at external doorways and in the bathroom

Keeping warm and safe

Keeping warm over the winter months can help prevent colds, flu, and more serious health problems such as heart attacks, strokes, pneumonia, and depression.

Heat the rooms in your home you use most, like the living room and bedroom, to at least 18°C (65°F). Prepare your home for the cold and reduce any

draughts by fitting draught excluders around doors and close your bedroom window at night. Wearing several thinner layers of clothes will keep you warmer than one thick layer.

For further tips on staying warm this winter, contact:

Beat the Cold

on: **01782 914915** or
Freephone: **0800 389 2258**

Staffordshire Fire and Rescue Service

on **0800 0241 999**

It's important to heat your home safely - use purpose made heaters instead of open fires. People with mobility issues are at an increased risk if they use open fires.

Age UK

on **0800 169 6565**
and quote '**WINTER**'

If you claim pension credit or other benefits, you may also be eligible for the winter fuel allowance.



Healthy and nutritious food

Fruit and vegetables provide a wide range of vitamins and minerals. Try and have at least 5 different portions every day.

Did you know that the following all count towards your 5 A Day:



frozen fruit and vegetables



tinned fruit and vegetables in natural juice or water



fruit and vegetables in soups, stews or pasta dishes

Tip

Add fruit to porridge to create a healthy warming dish.

This is a great way to use up fruit that has gone soft.



Look after your mental wellbeing

Whatever your age, it's important to take care of your mind and body and get some support if you need it.

The 5 ways to wellbeing

Simple actions can help to boost your mental wellbeing and happiness - think of it as a balanced diet for your mind.



Connect: Talk to your neighbours or invite them round for tea. Visit your local community centre to get involved with activities and groups.



Give: Look for local volunteering opportunities. Small acts of kindness can boost your wellbeing and happiness.



Be active and move more: Take a walk around the garden, get off the bus a stop earlier, or join a local walking group. More tips can be found in the 'moving more' section of this leaflet.



Keep learning: Engage in activities like jigsaw puzzles, crosswords, or trying new recipes to give yourself a boost.



Take notice: Actively notice things around you. Reflect on your day, write down things that made you happy or grateful, or take up a mindful hobby like knitting, crochet or colouring.

If you're feeling low, anxious, or need someone to talk to, call the **Samaritans** on **116 123** - day or night.

For urgent mental health concerns, call NHS 111 and select option 2 to talk to a trained health professional - day or night.

8 things we recommend you do

1



Get your winter vaccines

2



Be active and keep yourself moving

3



Keep warm by wearing layers

4



Think about your physical and mental health

5



Ensure your shoes fit well and take care on icy ground

6



Check if you can get financial help

7



Book your NHS Health Check

8



Explore activities at your local library or community centre

If you would like this information in large print, Braille, audio tape/disc, British Sign Language or any other language, please call 0300 111 8000