

# Staying well this winter

Advice and tips

Doing  
Our  
Bit



# Community help points

Community help points are located across Staffordshire in places such as libraries, at voluntary organisations and in community centres. Your local community help point can help you to:

- 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
- identify local paid home help services, such as cleaners and gardeners

There are community help point staff in every district and borough across Staffordshire.

To find out more, please contact

**Staffordshire Cares**  
on **0300 111 8010**

This information and more is available at:  
**[www.staffordshire.gov.uk/winterhealth](http://www.staffordshire.gov.uk/winterhealth)**

# Protect yourself against winter illnesses

## Have you had your winter vaccinations?

Vaccines offer the best protection against viruses like Covid-19 and flu. If you're aged 65 or over, you can get a free flu jab and autumn booster dose of the Covid-19 vaccine.

Contact your GP to find out if you are eligible. Both vaccines are free and can be booked with your GP.

**NHS**

## Health Check

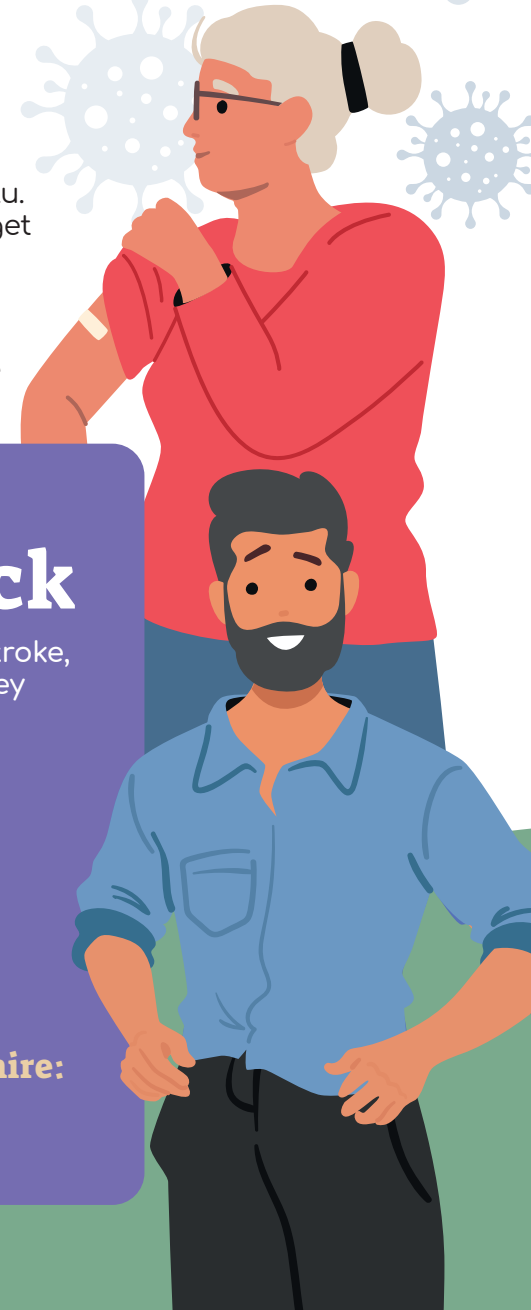
If you do not have a history of stroke, heart disease, diabetes, or kidney disease, you can get a free NHS Health Check if you:

- Are aged 40-74
- Have not had an NHS Health Check in the last 5 years

**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.

## TOP TIPS

- swap short car trips for walking
- try not to sit still for more than one hour at a time. If walking is difficult, try chair-based exercises. Even moving your arms and legs and wiggling your toes will get your circulation going
- if you're driving, park a little further away to increase your steps
- remove trip hazards such as trailing wires, rugs, clutter
- consider handrails on the stairs, at external doorways and the bathroom



# Keeping warm and safe

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

Heat your home to at least 18°C (65°F) to help prevent health problems. If you can, you might prefer to make your living room slightly warmer. For further tips and guidance on staying warm this winter, contact

**Beat the Cold on 01782 914915**

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. For more information contact

**Staffordshire Fire and Rescue Service on 0800 0241 999**

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

To check what benefits you can access, contact

**Citizens Advice on 0800 144 8848**



# 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 or canned fruit and vegetables in natural juice or water, with no added sugar or salt
- fruit and vegetables cooked 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

We all feel down from time to time, especially during the winter months. 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 or  
Staffordshire Mental Health Helpline  
0808 800 2234**

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

# 7 things we recommend you do



**1** Get your winter vaccines



**2** Be active and keep yourself moving



**3** Keep yourself and your home nice and warm



**4** Think about your mental health as well as physical health



**5** Ensure your shoes fit well and take care on icy pathways and doorsteps



**6** Check your eligibility for financial help



**7** Write down your GP and local pharmacy numbers here

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Staffordshire  
County Council

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