

Stay Well This Winter

Advice and tips on staying
well in cold weather

Doing
Our
Bit



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 50 or over, you can get a free flu jab and autumn booster dose of the Covid-19 vaccine. You can check if you're eligible for the booster and flu vaccine on the NHS website

www.nhs.uk

Covid-19 Autumn Booster

The autumn booster is a chance to top up your immunity against Covid-19 ahead of Winter.

First, second and booster doses of the Covid-19 vaccine can be booked on the NHS website or by calling 119. You can also get your vaccine without booking an appointment by searching local walk-in clinics on the NHS website.

www.nhs.uk/grab-a-jab

Flu Jab

The flu vaccine is safe and effective. It's offered every year by the NHS to help protect people at risk of flu and its complications.

If you're eligible for a free flu vaccine, you can book an appointment at your GP surgery or you can book online from a pharmacy that offers it on the NHS.

www.nhs.uk/flu vaccine



Be Active

Being active is a fantastic way to improve your overall health and wellbeing and help combat those winter health concerns.

Even small increases in activity can help improve your strength and mobility, and it's easy to build simple exercises into your day to help keep you healthier. There are many things to do in your local area to help you be active. Visit your nearest Community Help Point or contact Staffordshire Connects.

Get moving with Everyone Health

Everyone Health offers free healthy lifestyle support to help you get more active. Why not try one of their free exercise classes delivered in community centres across Staffordshire? If you do little or no physical activity you may be able to get a free 12 week pass to use the gym, join a fitness class, or go for a swim at a local leisure centre in Staffordshire.

Contact Everyone Health today

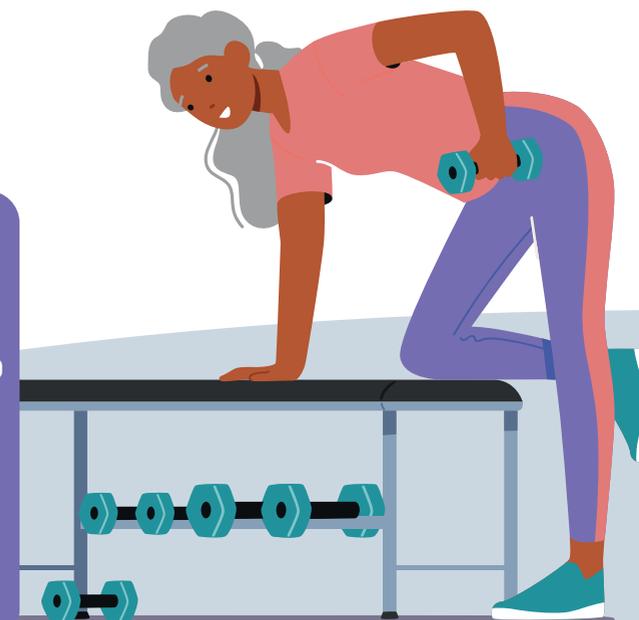
Call 0333 005 0096 or Email eh.staffs@nhs.net

Even small increases in activity can help improve your strength



TOP TIP

Simple behaviours like washing your hands regularly, letting fresh air into your home and wearing a face covering in busy enclosed spaces can help to keep you healthy and safe from viruses this winter.



Keep Warm

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.

Follow our top tips to keep warm:

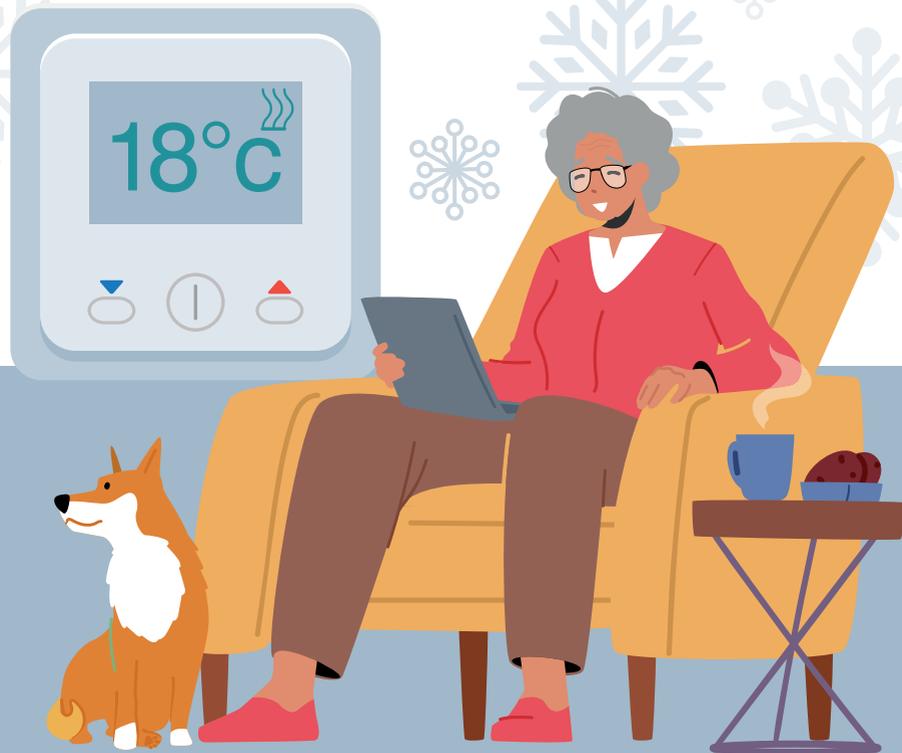
- Heat your home to at least 18°C (65°F) to help keep health problems at bay.
- Try to have at least one hot meal a day and regular hot drinks.
- Keep your bedroom window closed when it's cold and close all curtains at dusk to help keep heat in.

Beat the Cold provide support with fuel and energy to households struggling to keep their home warm.

Check if you are eligible for help with your heating costs

Call 01782 914915

Email enquiries@beatcold.org.uk



Mental Health

It's important that you take care of your mind as well as your body and to get some support if you need it.

We all feel down from time to time, no matter our age. But if you've not been feeling yourself for a while, a little bit of help can make a big difference.

Get the support you need.

Staffordshire Mental Health Helpline is a confidential emotional support helpline run by Brighter Futures, offering a safe place to talk if you're feeling worried, stressed, or low, or if you're concerned about someone else.

Call 0808 800 2234 or 0786 002 2821

Email staffordshire.helpline@brighter-futures.org.uk

Visit www.brighter-futures.org.uk

You can call 111 to talk to a trained NHS nurse for help and support 24 hours a day, 7 days a week.



TOP TIP

Try 10 minutes of brisk walking, three times a day for five days and notice the difference in your body and your mood.



Staffordshire Health App Finder

Recommended health apps you can trust.

Good health apps can help you make a real difference to your health and wellbeing. But with thousands available, how do you know which ones are best for you?

Our Health App Finder is safe, secure, and free to use.

It features hundreds of apps that have been independently rated and proven to deliver results to help you to stay healthy and well.

Find recommended apps to help manage specific conditions and more general health and wellbeing, including:



anxiety and stress



dementia



stopping smoking



diabetes



pregnancy



cancer



weight loss and fitness



muscular and arthritic conditions



mental wellbeing

and 100's more!

Discover the best apps to improve your health at

www.staffordshire.gov.uk/appfinder

Benefit Checker

You may be able to get extra money to help with your living costs if you're on a low income, care for a family member, friend or neighbour who claims benefits, or you're over State Pension age.

It's quick and easy to check what payments you're eligible for with our free online benefits calculator.

Visit www.staffordshire.entitledto.co.uk



Community Help Points

Help and support is closer than you think at your local Community Help Point. Located across Staffordshire in places such as libraries, at voluntary organisations and in community centres your local community help point can help you to:

- Become more independent and develop social connections
- Open the door to improving health and increasing physical activity.
- Access information about local services or activities.
- Find out about equipment and technology to make daily living easier
- Improve mental health and wellbeing
- Become more confident in using the internet to help find information and solutions and much more

There are Community Help Points in every district across Staffordshire. Find your nearest:

Visit www.staffordshire.gov.uk/communityhelppoints
Call Staffordshire Cares on **0300 111 8010** or
Email staffordshirecares@staffordshire.gov.uk



6 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 Make sure you're claiming all the financial support you are entitled to

6 Write down your surgery and local pharmacy numbers here



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