

# Stay Well This Winter

Advice and tips on staying  
well in cold weather

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# 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. You can check if you're eligible for the booster and flu vaccine on the NHS website.

[www.nhs.uk](http://www.nhs.uk)

### Covid-19 Autumn Booster

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

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](http://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](http://www.nhs.uk/flu vaccine)



### TOP TIP

Simple actions like washing your hands regularly and letting fresh air into your home can help to keep you healthy and safe from viruses this winter.



# 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!

There are lots of free or low-cost activities in your local area to help you get more active, visit your local Community Help Point, and to find out more search on

[www.staffordshireconnects.info](http://www.staffordshireconnects.info) or [www.activemyway.org](http://www.activemyway.org)

## 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, you can do chair-based exercises. Even moving your arms and legs and wiggling your toes will get your circulation going
- remove trip hazards such as trailing wires, rugs, clutter
- consider handrails on the stairs, at external doorways and the bathroom

Visit the Happy At Home interactive house to find out how to access daily living equipment.

[www.staffordshire.gov.uk/happyathome](http://www.staffordshire.gov.uk/happyathome)



## 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.

Heating your home to at least 18°C (65°F) helps prevent health problems. If you can, you might prefer your living room to be slightly warmer.

For further tips and guidance on staying warm this winter,

Visit [www.beatcold.org.uk](http://www.beatcold.org.uk)

You may be eligible for help with heating costs through our free scheme. The Staffordshire Warmer Homes Scheme offers a variety of support including free energy-saving home improvements to help you heat your home. Visit the website to check if you're eligible.

Visit [www.staffordshire.gov.uk/WarmerHomes](http://www.staffordshire.gov.uk/WarmerHomes)

# NHS

## Health Check

As long as 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

Book your check with Everyone Health Staffordshire:

**Text Heart to 60777**  
**Call 0333 005 0095**



## Help with Your 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. 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**

Email [staffordshire.helpline@brighter-futures.org.uk](mailto:staffordshire.helpline@brighter-futures.org.uk)

Visit [www.brighter-futures.org.uk](http://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.



# Staffordshire Health App Finder

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

The Health App Finder is safe, secure, free and features hundreds of recommended apps to help stay healthy and well and manage specific conditions including:



**anxiety and stress**



**dementia**



**mental wellbeing**



**diabetes**



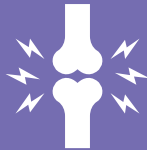
**stopping smoking**



**cancer**



**healthy weight**



**muscular and arthritic conditions**

Discover the best apps to improve your health at

[www.staffordshire.gov.uk/appfinder](http://www.staffordshire.gov.uk/appfinder)



# 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:

- find local groups and activities to improve your mental health, stay active and independent
- find out about equipment and technology to make daily living easier
- use the internet to help find information and use resources such as the Health App Finder and benefit checker
- access information about local support available

There are Community Help Points in every district across Staffordshire, and you can see where your nearest is at

Visit [www.staffordshire.gov.uk/communityhelppoints](http://www.staffordshire.gov.uk/communityhelppoints)

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

Email [staffordshirecares@staffordshire.gov.uk](mailto:staffordshirecares@staffordshire.gov.uk)



## 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 may be eligible for with our free online benefits calculator.

Visit [www.staffordshire.entitledto.co.uk](http://www.staffordshire.entitledto.co.uk)



# 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 extra care on icy pathways and doorsteps



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



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

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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