

KEEPING WELL THIS WINTER

YOUR GUIDE TO A HEALTHY SEASON



INTRODUCTION

As the days get colder, it is important to think about ways you can keep well over the winter months.

Cold weather can make some health problems worse and even lead to serious complications. It also means diseases spread more easily as we spend more time indoors.

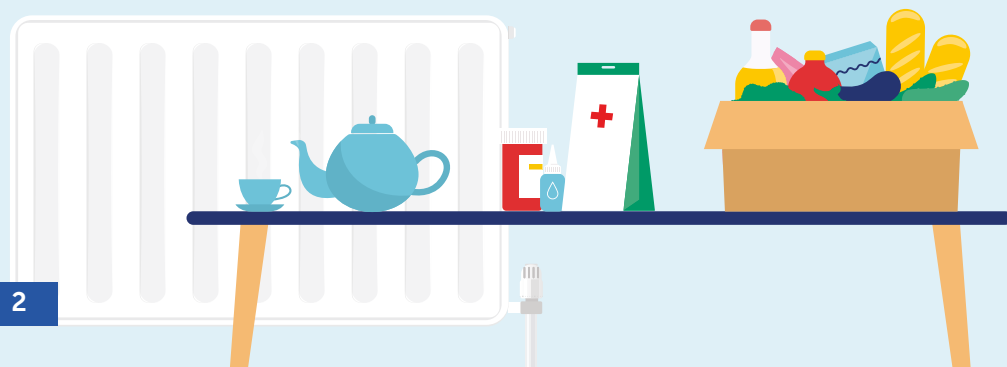
Keeping warm and well over the winter can help to prevent colds, Covid-19, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

This is especially important for people who may need a little more support over the winter months due to the effects of the cold weather, such as people who are 65 or older, or those who have an ongoing health condition such as heart or kidney disease, COPD, bronchitis, emphysema, asthma or diabetes.

We know that the cost of living crisis is making it harder for people to stay healthy as things like heating, food and everyday essentials have become more expensive.

The good news is there are lots of ways you can keep well over winter, and lots of support out there to help you do this.

In this booklet, you will find information and advice on how to look after yourself and others this winter, and details of some of the services that are there to support you.



WINTER WELLNESS TIPS



STAY WARM

- Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom.
- Wearing several layers of clothing will keep you warmer than one thicker layer.
- If you are struggling to heat your home, you can visit a local Community Hub a warm place, where you can access support. To find your nearest Community Hub visit: www.lbbd.gov.uk/community-hubs



GET VACCINATED

- Getting the flu and Covid-19 vaccines ahead of winter are two of the most important things you can do to keep yourself and others around you safe. You can get both for free if you are aged 65 and over, are pregnant or have a long-term health condition.
- Children can get a flu vaccine if they are aged 2 to 16, or aged 6 months to 17 years old with certain health conditions. It is important to make sure they are also up to date with their MMR vaccine and other childhood vaccinations.
- If you are aged 65 and over you can get the pneumococcal vaccine to protect against pneumonia, sepsis and meningitis.
- If you are aged 75 to 79, you turned 80 on or after 1 September 2024, or you are pregnant, then you will be eligible for the RSV vaccine. RSV is a common respiratory virus that can make babies and older adults seriously ill.



CHECK YOUR MEDICINE CABINET

- Make sure you have enough prescription medicines. Stock up early as your pharmacy or GP practice may be closed for the holidays.
- Make sure the medication that you do have is still in date.
- Stock up on essential over-the-counter medications for common winter illnesses like coughs, colds, sore throats and general aches and pains. Ask your pharmacist for advice.



STAY HEALTHY

- Try to reduce the amount of time you spend sitting down during the day and keep active. It doesn't matter what you do, as long as it's something you enjoy and keeps you moving.
- Eating a healthy balanced diet can help you to feel your best and keep your energy levels up.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.



STAY CONNECTED

- Keep in touch with your friends, neighbours and family.
- Speak to someone if you're feeling under the weather, and don't be afraid to ask if you or they need any help.

FIND ADVICE AND SUPPORT

HEALTH AND WELLBEING



Urgent GP appointments

If you have an urgent but not life-threatening medical problem speak to your GP practice first. They have a Duty Doctor Service, available 8.00am to 6.30pm, Monday to Friday (excluding bank holidays).

Phone your surgery and explain that you have an urgent problem. Reception will ask the nature of your problem and even if routine appointments are full can put you on the Duty Doctor list. The Duty Doctor will ring you back within 2 hours.

Outside of these hours, if you need urgent medical attention, but it is not life threatening, visit NHS 111 online or call 111 first.

Pharmacy

Your local pharmacist can offer advice as well as medication. Many pharmacies are open late and over the weekends and you do not need an appointment to see a professional. Some offer free delivery services, so check with your local pharmacy.

Mental health crisis support

If you are feeling overwhelmed or you are struggling with your mental health, you can call the mental health crisis line for free 24 hours a day, 365 days a year.

📞 0800 073 0006

Mind in City & Hackney

Can provide mental health support through a range of services.

📞 020 8985 4239

🖱️ www.mindchwf.org.uk

City and Hackney Walk-in Crisis Café

Offers a welcome cuppa and a safe, supportive place for anyone struggling to cope. The café is open at The Raybould Centre in Homerton Row from 6pm to 9pm Monday to Friday, and 12pm to 4pm on weekends.

📞 07393 762 366

Your nearest Samaritans

The Samaritans provide emotional support to anyone in distress, struggling to cope, or at risk of suicide. They offer a confidential and non-judgemental listening service. Visit their walk-in centre at 46 Marshall Street, London open every day from 9am to 9pm, or ring for free, 24/7, 365 days a year.

📞 116 123

Talk Changes

Provides support for many common mental health concerns such as anxiety, stress, phobias, bereavement and depression.

📞 020 7683 4278

🖱️ huh-tr.talkingtherapy@nhs.net

LONELINESS AND SUPPORT



Support services

If you're feeling lonely and would like to get involved locally or just have someone to talk to there are lots of organisations who can help.

🖱️ www.hackney.gov.uk/being-sociable

Befriending service

Community Befrienders volunteers offer a crucial lifeline and confidence boost to people who are lonely or socially isolated in Hackney and the City.

📞 0207 241 4443

🖱️ www.vchackney.org/services/community-befrienders

The Silver Line run by Age UK

Is a free telephone support line for older people offering confidential support and friendly conversation 24 hours a day, 7 days a week.

📞 0800 4 70 80 90

Age UK in East London

Provides a range of support and advice for older people as well as befriending services, activities and events.

📞 020 898 17124

🖱️ info@ageukeastlondon.org.uk

MONEY AND ADVICE



Help with the cost of living

General information and advice to help you through the cost of living crisis can be found for Hackney at

🖱️ www.hackney.gov.uk/hackney-money-help

and for the City of London visit

🖱️ www.cityoflondon.gov.uk/costofliving

Hackney Citizens Advice

Provides free, independent, confidential and impartial advice on a wide range of subjects. Appointments are available at their office in Mare Street Hackney.

📞 020 3880 2023

🖱️ www.eastendcab.org.uk

Support for carers

If you're a carer and would like to find out what support is available to you visit the Hackney Council website.

🖱️ www.hackney.gov.uk/carers



Support with NHS costs

While NHS care is free, there are some things you need to pay for like prescriptions and dental costs. A range of financial support is available to eligible people to help with these costs. Even if you are not eligible for free prescriptions there are ways to save money on them and you can talk to your local pharmacist about this.

www.northeastlondon.icb.nhs.uk/nhs-costs

Help keeping warm this winter

Contact Hackney Council on

020 8356 3000

www.hackney.gov.uk/keepingwarm

Libraries are offering warm spaces in the City of London, visit:

www.cityoflondon.gov.uk/services/libraries



Food banks

Hackney Foodbank provides emergency food parcels to anyone going through a temporary crisis or those trapped in poverty. They offer practical, immediate relief and can connect you with local organisations who can help with any wider issues you are facing.

0207 254 2464 – Monday to Friday, 10am to 2pm

www.hackney.foodbank.org.uk

FAMILY SERVICES



Family Services Unit

Families can get a range of help and support via the family services unit.

www.hackney.gov.uk/support-for-families

www.fis.cityoflondon.gov.uk

Local Services

A range of local services offering support, advice and activities.

find-support-services.hackney.gov.uk



WINTER VACCINATIONS

Millions of people will be eligible for free flu and Covid-19 vaccines this winter, including everyone **aged 65 and over, pregnant women, care home residents, people with certain health conditions, and frontline health and care staff.** Children aged **2 to 16**, or aged **6 months to 17 years** old with **certain health conditions**, can get a free flu jab.



Who is eligible

FLU VACCINE

- All adults aged **65 and over**
- People aged **6 months to 64** in a **clinical risk group**
- People who are **pregnant**
- People who live in a **care home**
- People who receive a **carer's allowance**, or are the **main carer** for an older or disabled person
- People who live with someone who has a **weakened immune system**
- Children aged **2 to 16**, or aged **6 months to 17 years** old with **certain health conditions**.

Find out more:

www.nhs.uk/flu vaccine

COVID-19 VACCINE

- All adults aged **65 and over**
- Residents living in a **care home for older adults**
- People aged **6 months to 64 years** in a **clinical risk group**
- People who are **pregnant**
- **Frontline** health and social care workers
- Staff working in **care homes for older adults**

Find out more:

www.nhs.uk/covid-vaccination

RSV VACCINE

- Adults aged **75 to 79**
- Adults who turned 80 on or after **1 September 2024**
- Women and people who are **pregnant (from 28 weeks)**

How to book

FLU VACCINE

If you are eligible you can book a flu vaccine through:

- Your doctor's surgery
- Your local pharmacy
-  The NHS App
-  www.nhs.uk/bookflu
- Children from reception to year 11 will be offered vaccinations at school. 2 to 3 year olds can get one from your GP.

COVID-19 VACCINE

If you are eligible you can book a Covid-19 vaccine through:

-  The NHS App
-  www.nhs.uk/bookcovid
-  119

Many local pharmacies will offer a walk in service with no need to book.

RSV VACCINE

RSV is a common respiratory virus that can make babies and older adults seriously ill.

If you are pregnant:

You should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Speak to your maternity service or GP surgery if you're 28 weeks pregnant or more and have not been offered the vaccine.


If you are aged 75 to 79:

Your GP surgery will contact you about getting the RSV vaccine. This may be by letter, text, phone call or email.

OTHER VACCINATIONS

If you are aged 65 and over your GP will also offer you the **Pneumococcal vaccine** to protect against pneumonia, sepsis and meningitis.

Find out more by visiting

 northeastlondon.icb.nhs.uk/vaccinations



PEOPLE WHO CAN SUPPORT YOU IN YOUR COMMUNITY

Support from your doctor's surgery

You can access a wide range of professionals who can help with your care through your GP surgery. Ask your practice for more details.

- ✓ **Social Prescribers** can connect you with local activities and services for advice and support to help improve your health and wellbeing.
- ✓ **Care Coordinators** can help you manage your care and provide extra support with using the health and care system, connecting you to the right services or professionals at the right time.
- ✓ **Dietitians** are experts in diagnosing and treating diet and nutritional problems and can support people with long-term conditions such as diabetes, food allergies, coeliac disease, and stomach issues.
- ✓ **Health and Wellbeing Coaches** can work with you to improve your physical and mental health based on what matters most to you.
- ✓ **Occupational Therapists** can support you with things that may be stopping you from doing everyday activities. This can include making changes to your environment to make things easier for you or learning new ways to do things.
- ✓ **Clinical Pharmacists** are experts in medicines. They can review your medications, prescribe medicines, and help with managing long-term conditions.
- ✓ **Pharmacy Technicians** support Clinical Pharmacists by updating medication records and can offer you advice on how to use and get the most out of your medicines.
- ✓ **Physician Associates** can diagnose and treat a wide range of health conditions. They work with GPs and the wider team to provide care to people, arrange tests and analyse results.
- ✓ **First Contact Physiotherapists** are there to help if you have a condition which affects your muscles or joints. They can assess, diagnose and advise you on how to manage your condition.
- ✓ **Podiatrists** are there to help diagnose and treat conditions which affect your feet and lower limbs.
- ✓ **Mental Health Practitioners** can provide advice and support to help with a range of mental health conditions from anxiety and depression to eating disorders, bipolar disorder, and psychosis.

FURTHER INFORMATION

Translations and alternative formats

This booklet is available to download in a range of community languages from our website. Visit www.northeastlondon.icb.nhs.uk/winter

Tłumaczenia i alternatywne formaty

Tę broszurę można pobrać z naszej strony internetowej w różnych językach. Odwiedź: www.northeastlondon.icb.nhs.uk/winter

Traduceri și alte formate

Această broșură este disponibilă pentru descărcare de pe site-ul nostru într-o varietate de limbi ale comunității. Accesați www.northeastlondon.icb.nhs.uk/winter

تراجم اور متبادل فارمیٹ

یہ کتابچہ ہماری ویب سائٹ سے مختلف کمیونٹی زبانوں میں ڈاؤن لوڈ کیا جا سکتا ہے۔ وزٹ کریں:
www.northeastlondon.icb.nhs.uk/winter

অনুবাদ ও বিকল্প ফরম্যাট

এই বুকলেট ডাউনলোড করার জন্য আমাদের ওয়েবসাইটে কমিউনিটির বেশ কয়েকটি ভাষায় পাওয়া যায়। www.northeastlondon.icb.nhs.uk/winter ঠিকানায় ভিজিট করুন

ਅਨੁਵਾਦ ਅਤੇ ਵਕਵਕਿਪਕ ਫੋਰਮੈਟ

ਇਹ ਕਿਤਾਬੜੀ ਸਾਡੀ ਵੈਬਸਾਈਟ ਤੋਂ ਕਈ ਕਮਿਊਨਿਟੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਡਾਊਨਲੋਡ ਕਰਨ ਲਈ ਉਪਲਬਧ ਹੈ। www.northeastlondon.icb.nhs.uk/winter ਤੇ ਜਾਓ।

ترجمے تے دوجے فارمیٹ

ایہ کتابچہ کئی کمیونٹی زبانوں وچ ساڈی ویب سائٹ توں ڈاؤن لوڈ کیتا جا سکدا اے۔ وزٹ کرو:
www.northeastlondon.icb.nhs.uk/winter

YOUR FEEDBACK

We would like to hear your views on how useful you found this booklet. Please complete the following survey and post to **Winter Wellness City & Hackney, Freepost NHS North East London**



Alternatively, you can also complete the survey online by visiting www.surveymonkey.com/r/FBLYYP6

1 Please tell us how useful you found the information in this booklet:

| | 1 Extremely unhelpful | 2 Not very helpful | 3 Somewhat helpful | 4 Very helpful | 5 Extremely helpful |
|--|------------------------|---------------------|---------------------|-----------------|----------------------|
| Winter wellness advice (page 3) | | | | | |
| Finding advice and support (pages 4–6) | | | | | |
| Winter vaccinations (page 7–8) | | | | | |
| People who can support you in your community (page 9–10) | | | | | |

continued overleaf



2 If you found any of the information in this booklet unhelpful, please explain why it was not useful to you:

3 Is there any additional information you would find helpful to be included in this booklet and why?

4 Is there anything you think could be improved about this booklet and why?