

WINTER WELLNESS



A guide to help you stay safe and well this winter

www.warwickshire.gov.uk/winterwellness

I know that this year has been tough for many. We started the year with a national lockdown amid high COVID cases and hospital pressures and although restrictions have eased, we are now approaching the end of the year and COVID is still present in our communities alongside other common winter viruses. The long winter nights and colder weather can also impact on our physical and emotional health.

Agencies across Warwickshire are here to help you as much as possible, helping to keep you safe and healthy through these winter months. This publication shows some of the support that is available to help get you through these months ahead.



By continuing to work together and with those around us, we can look out for and protect each other.

Shade Agboola
Warwickshire Director of Public Health

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To help reduce the spread of COVID and winter viruses please continue to:



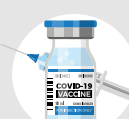
Regularly wash your hands



Cover your face in crowded spaces



Keep a distance from people outside your household



Get your vaccinations when they're offered



Take regular LFT tests if you do not have any symptoms



Isolate and get a PCR test if you have any COVID symptoms



Try to meet others outdoors where possible, or keep windows open indoors for ventilation

Continue to follow the latest government guidance: www.gov.uk/coronavirus



Looking after yourself

Physical and mental health



As the evenings are drawing in and the temperature lowers, it can be harder to get outdoors to exercise, however, there are plenty of activities you can do indoors such as dancing, yoga or online workouts. If you do head outside, going for a brisk walk is great exercise and can also keep you warm. For

ideas and advice about staying active indoors and out, visit www.warwickshire.gov.uk/beactive

Respiratory illnesses are more prevalent in winter months and smoking can increase the severity of symptoms. Now is a great time to quit smoking and the Warwickshire website Quit4Good can help you start. www.warwickshire.gov.uk/quit4good



Pregnant women and their families have access to a specialist team of experienced, confidential 'stop smoking in pregnancy' advisors. www.warwickshire.gov.uk/quit4baby

If you, or someone you know, needs help with alcohol or substance misuse visit www.warwickshire.gov.uk/drugsandalcohol or call **01926 353513** for drug and alcohol support.

Young people can contact Compass on **01788 578227**.

Flu

Flu is very infectious and can become a serious illness to some.

Anyone can get the flu vaccination and it is free for certain groups:

- People aged 50 or over
- Pregnant women
- All adults and children (from the age of 6 months) with health conditions
- Children aged 2 to end of year 11
- Carers and those working in health and social care
- People living with someone who is more likely to get infections

If you're eligible for a free vaccination your GP will get in touch, or you can book directly or at a pharmacy.

Five ways to wellbeing

To improve your mental health and wellbeing, and your overall feeling of happiness, try to introduce at least one of the five ways to wellbeing into your routine:



www.warwickshire.gov.uk/5ways

Make sure your friends and neighbours are okay too. Doing things for others is a good way to demonstrate the five ways and makes everyone feel good.

Balanced diet

Eating a balanced diet and warm meals can help you stay healthy in winter. If you are a social care customer or older person the county's meals provider can deliver nutritious meals at home. For more information, visit

www.apetito.co.uk/meals-on-wheels

If you need financial and practical help to get food for you and your family, visit

www.warwickshire.gov.uk/foodsupport



Dementia

Dementia Connect Warwickshire offers free practical and emotional support, a listening ear, suggestions on coping through these difficult times and advice about other services. Visit www.alzheimers.org.uk/dementiaconnect or call **0333 150 3456**.

For general advice and support about living well with dementia, visit www.warwickshire.gov.uk/dementia

For more advice on healthy lifestyles, sexual health and relationships visit www.warwickshire.gov.uk/health

Healthy ageing

To help us stay safe, healthy and independent as we get older, it's important to keep moving, drink lots of fluids and eat a balanced diet. The following videos offer practical advice you can incorporate into your daily routine.

Visit www.warwickshire.gov.uk/healthy-ageing

Support with your mental health

There is a wide range of low level and more intensive support available across the county, find out more at www.warwickshire.gov.uk/mentalhealth

Coventry and Warwickshire Helpline is available 24/7 on **0800 616 171** (or **0300 330 5487** from a mobile) for free, confidential help and emotional support.

We want everyone to feel safe and supported, so if you, or someone you know is having thoughts of suicide or significant self-harm, help and support is available now. Please visit www.dearlife.org.uk where you will find details for crisis support. Alternatively, telephone the Samaritans on 116 123.

If there is immediate risk to life, call 999.

Support for young people

Children and young people in Warwickshire can find support at Kooth.com - a free, safe and anonymous online community for mental health and wellbeing. There is also www.cwriase.com for information, advice and guidance.

ChatHealth is a secure, anonymous text service to contact a healthcare professional

- Parents or carers of under 5s can text a health visitor on **07520 615 293**.
- Parents or carers of 5 to 19 year olds can text a school nurse on **07520 619 376**.
- 11 to 19 years olds can text a school nurse on **07507 331 525**.

Under 17s experiencing a mental health crisis can contact the Rise Crisis Team on **0808 196 6798** (select option 2) at all times though it is an advice-only service overnight from 8pm to 8am.



Weight management

Being a healthy weight is good for your heart and immune system and can improve your ability to fight infections. It also reduces your risk of serious illness should you catch coronavirus, flu or other respiratory illnesses.

Visit www.warwickshire.gov.uk/fitter-futures

Combat loneliness

Loneliness and social isolation affects around 9 million people in the UK and contributes to a range of physical and mental health conditions. Walking, finding ways to communicate with others, befriending services and keeping a healthy daily routine can help. For support in Warwickshire visit www.warwickshire.gov.uk/loneliness



Medical advice

There are different ways to seek medical advice if you are worried about your health. In addition to your GP the following services can help you.

NHS 111 online

For urgent but not life-threatening medical support try NHS 111 online at 111.nhs.uk rather than going straight to A&E. You'll get help right away and, if needed, a healthcare professional will call you.

NHS 111 gives general health information and advice and tells you where to get repeat prescriptions or an emergency supply of your prescribed medicine. For concerns about children under 5, please call 111 for the telephone service.

Pharmacies

Pharmacists offer expert advice for many common winter ailments such as coughs and colds, sinusitis, earaches and sore throats. Some pharmacies also offer flu vaccinations and more. For the full range of services visit www.nhs.uk/nhs-services

Urgent care walk-ins

George Eliot Hospital, Eliot Way, Nuneaton, Warwickshire, CV10 7DJ, open 8am to 8pm, 7 days a week.

Hospital of St Cross site, Barby Rd, Rugby, Warwickshire, CV22 5PX, open 24 hours a day, 7 days a week. Tel: **01788 663432**. This service is for patients over the age of 5 years.



Looking after your household

Stay warm



The cold weather can make some health problems worse and even lead to serious complications in more vulnerable people.

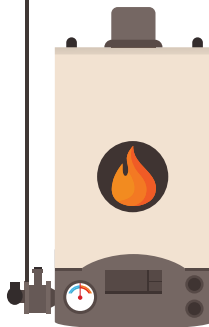
Here are some tips to stay warm during the colder months:

- Set your thermostat to 18-21 degrees Celsius.
- Try to have warm drinks and at least one hot meal each day.
- Dress in plenty of layers and make sure all footwear has a snug fit with non-slip soles.
- Keep active and remove hazards that may cause you to fall.
- Have an emergency contact number for a friend or neighbour in case you need help.

For more advice, visit warwickshire.gov.uk/keepwarm

Keep your home warm and reduce your bills

- Make sure your loft and cavity walls are insulated and don't forget to fit draught proofing.
- If you are either a pensioner; disabled or chronically sick; have a hearing or visual impairment you can sign up to your suppliers Priority Services Register (PSR).
- Ensure that you switch off appliances and lights that are not in use.
- Get your heating serviced annually by a qualified central heating engineer and have your chimneys swept at least once every year to reduce the risk of chimney fires.



Warm and Well Warwickshire offer

- Energy saving and fuel bill advice
- Referrals for energy saving measures such as insulation
- Advice on funding support
- Onward referrals for benefit checks.

Visit actonenergy.org.uk or call for FREE on 0800 988 28811

Household emergencies

Be prepared for emergencies, download a plan at www.cswprepared.org.uk/be-prepared/home-emergency-plan/

Facing hardship

Help is available for people struggling to afford food and pay household bills this winter.

If you don't know where to turn and are in need of financial or emotional support visit www.warwickshire.gov.uk/facinghardship or call 01926 410410.

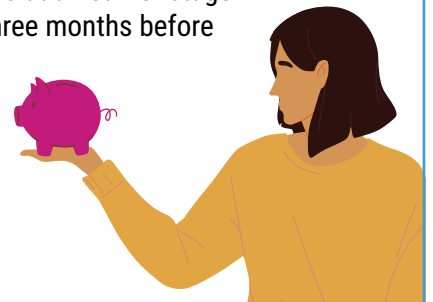
A range of food solutions for those who may be isolated, vulnerable or in financial crisis can be found online at www.warwickshire.gov.uk/foodsupport and www.warwickshire.gov.uk/foodbanks

The Warwickshire Local Welfare Scheme supports the most vulnerable residents at times of unavoidable crisis when they have no other means of help. The scheme provides basic and essential help for food and energy in the form of emergency food parcels or credit for energy. Call 0800 408 1448.

Your local district or borough council can also offer information about employment, financial support, food access, mental health, household energy concerns and loneliness and isolation. Contact details for your area can be found on the back page.

Preventing Homelessness Improving Lives (PHIL) helps Warwickshire residents who need advice about their housing situation. PHIL offers help and support to prevent homelessness at an earlier stage and at least two to three months before crisis point.

Contact: 01788 533644 or 01788 533643 Monday to Friday or email phil@rugby.gov.uk



Keep yourself and your loved ones safe by getting fully vaccinated. www.nhs.uk or call 119



Make life easier with AskSara

www.warwickshire.gov.uk/asksara

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advice about
equipment and
technology to
help support
independent
living.**



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your skills, start a
hobby, find some
company or simply try
something new?**

**See what Adult Community
Learning has to offer**

www.warwickshire.gov.uk/acl



SUPPORT FOR FAMILIES LIVING IN WARWICKSHIRE



**Warwickshire's Family Information Service (FIS)
provides information, advice and one-to-one
support for families with children and young people
aged 0 to 25 across Warwickshire on issues including
family relationships, finance, housing, parenting
support, special educational needs and disabilities
(SEND), childcare and health and wellbeing.**



**Call 01926 742274 or email fis@warwickshire.gov.uk
For more information visit
www.warwickshire.gov.uk/childrenandfamilies.**





Looking after your community

Carers

If you have caring responsibilities for another adult who couldn't cope without you don't forget that you need support too. There are services in Warwickshire to help carers look after their health and wellbeing, visit www.warwickshire.gov.uk/carers



Warwickshire Carer Wellbeing Service (Carers Trust Heart of England) offers emotional and practical support including a wellbeing check and signposting to services.

There is also support with emergency or planned breaks should you need to leave the person you care for via the CRESS service. Please visit www.carerstrusthofs.org.uk or call **02476 632972** (opt 2) Mon to Fri 9am to 6:30pm, Sat 9am to 1pm.

Adult carers can join a 'virtual cuppa' every day at 4pm with the Mobilise service, sign up at www.mobiliseonline.co.uk/cuppa

There is also support for children aged 8 and up who have caring responsibilities for relatives. Warwickshire Young Carers provides help, advice and activities. Visit www.warwickshireyoungcarers.org.uk or call **01926 963940**.

Parents of children or young adults with Special Educational Needs or disabilities (SEND) who need support can call **01926 413737** Mon-Fri 9am-5pm or email childrenwithdisabilities@warwickshire.gov.uk for advice.

Safe in Warwickshire

Organisations across the county work together in partnership to keep individuals and communities safe. To sign up for the latest news and alerts visit www.safeinwarwickshire.com. If you've been affected by crime, call your local victim care team in Warwickshire on **01926 682 693**.

Volunteering

If you have some spare time, you can make a difference to your local community by volunteering. You could meet new people, develop new skills, increase your confidence and try something new.

Check out local opportunities at www.wcava.org.uk or www.warwickshire.gov.uk/volunteering



Trading standards

Trading Standards use the information you give them to investigate unfair trading and illegal business activity, like rogue traders and scams.

This time of year everyone is thinking about gifts so make sure you buy yours from a reputable seller and report anything that seems dodgy or dangerous.



To get advice, make a complaint or report a breach of Trading Standards law call **0808 223 1133** or visit www.warwickshire.gov.uk/tradingstandards for more information.

Warwickshire Against Domestic Abuse

The increased isolation and financial pressure at this time of year often results in higher incidence of domestic violence but there is no excuse for abuse. Whether physical, emotional, psychological, sexual, financial or technological, no one should have to suffer alone and help is available. Information and advice for victims, their friends and family, young people, professionals and perpetrators can be found at www.talk2someone.org.uk

Refuge Domestic Violence and Abuse Service helps anyone experiencing domestic abuse in Warwickshire. The service offers a 24-hour national helpline, safe house accommodation, advocacy and outreach support. Call **0800 408 1552** or visit www.refuge.org.uk and search Warwickshire.

Helping the environment



If COP26 in Glasgow has inspired you to live in a more sustainable way, then you are not alone. Reducing our impact on the climate can also be good for our own health and wellbeing,

our local environment - and even our bank accounts.

There's lots of small things that you can do this winter which can make a difference, such as using local shops, re-using packaging, recycling your Christmas tree and planning menus ahead to reduce the amount of wasted food. As we move into the New Year, you could even try swapping one or two of your usual car journeys with a walk or a cycle instead. It will bring lots of health benefits, whilst also being good for the planet!

For more ideas, visit www.warwickshireclimateemergency.org.uk.

Socialise safely

As coronavirus restrictions have lifted we are seeing more of each other and the winter weather means more of this will be at people's homes and in pubs, restaurants and theatres. Good ventilation is still important, along with covering your face unless you're eating and drinking. If somewhere doesn't feel safe it's best not to go.

During party season and on nights out people are reminded to take steps to be safe on the streets and in bars. Always let someone know where you are, keep a close eye on your drinks and use reputable taxi services. For more information and advice visit www.safeinwarwickshire.com

Drink safely and know your limits, visit www.drinkaware.co.uk for guidance. Advice on what to do if your drink is spiked is also available at this site.

If you experience or witness a sexual assault call **0800 970 0370** or visit www.blueskycentre.org.uk for confidential support.



Free training

Join county taskforce to achieve good health for all

If you're over 18, live or work in Warwickshire and are passionate about health and wellbeing, we want to hear from you.

Local residents are needed to join the council's Health Equity Group and become community champions. Champions will provide independent advice, ideas, insights and feedback to Warwickshire County Council from a community perspective to help improve health and access to services.

Champions will be asked to volunteer their time to complete training in preparation for the role and to attend monthly meetings with representatives from different health organisations.

This is a unique and interesting opportunity. To find out more contact Michelle Gravatt or Ripon Danis on **01926 742946** or email michellegravatt@warwickshire.gov.uk



Warwickshire County Council works closely with partners in district and borough councils, health, police and community and voluntary sectors. We are working together to ensure that everyone can access the level of support they need.

North Warwickshire Borough Council
www.northwarks.gov.uk Tel: **01827 715341**

Nuneaton and Bedworth Borough Council
www.nuneatonandbedworth.gov.uk

Tel: **02476 376376**

Rugby Borough Council
www.rugby.gov.uk Tel: **01788 533533**

Stratford-on-Avon District Council
www.stratford.gov.uk Tel: **01789 267575**

Warwick District Council
www.warwickdc.gov.uk Tel: **01926 456111**

Warwickshire Directory

Find information about local organisations, groups and agencies that provide activities, advice, services and support:

www.warwickshire.gov.uk/directory

Police non-emergency number Tel: **101**

Crime Stoppers crimestoppers-uk.org

Tel: **0800 555 111**

Coventry and Warwickshire Mind (mental health)

Tel: **0300 123 3393** Text: **86463**

WCAVA www.wcava.org.uk

Sexual Health Warwickshire

www.sexualhealthwarwickshire.nhs.uk

EqulP The Equality Inclusion Partnership Tel: **07377 431997**

Age UK Tel: **01926 458100**

Samaritans Tel: **116 123**

RISE Children's mental health Tel: **0300 200 2021**

Staying well together this winter

Services are here to help you but we can all play a part. Check-in on neighbours and friends, particularly those more vulnerable to the effects of cold weather. Those with long-term health conditions, older people, children under five, low income groups and pregnant women may need extra support at this time.

It might help to have your own winter wellness plan. Write down three things you can do to keep yourself and others safe and well.

 **@WarwickshireCountyCouncil**

 **@bestwarwickshire**

 **@warwickshire_cc**

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www.warwickshire.gov.uk/keepmeposted

To have your say on council services and priorities you can take part in our ongoing consultation and engagement at
www.warwickshire.gov.uk/ask

**For help to understand this information
please contact us on 01926 410410**

