

Staying healthy during winter

Some people are more vulnerable to the effects of cold weather. This includes:

- People aged 65 and older
- Babies and children under the age of 5
- People on a low income (so cannot afford heating)
- People who have a long-term health condition
- People with a disability
- Pregnant women
- People who have a mental health condition

Make sure to keep your home warm, around 18°C. If you need it, you may be able to claim financial and practical help with heating your home. Grants available include the Winter Fuel Payment (<https://www.gov.uk/winter-fuel-payment>) and the Cold Weather Payment (<https://www.gov.uk/cold-weather-payment>). You can also find out about heating and housing benefits at gov.uk.

Have hot drinks regularly and make sure to have at least 1 hot meal a day.

To beat winter tiredness, keep these tips in mind:

- **Get outdoors** in natural daylight as much as possible.
- **Get a good night's sleep** – go to bed and wake up at the same time every day.
- **De-stress with exercise or meditation** – stress has been shown to make you feel tired. There are some free apps like Headspace, Insight Timer, or Calm that can help you with starting meditation.



Keeping warm

- **Layer** – Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air between them.
- **Wear a hat** – Most heat is lost through your head so always wear a hat when you go out.
- **Get cosy in bed** – Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together.
- **Wear gloves** – Gloves made of wool, leather or synthetic material with insulating properties are best for keeping your hands warm. Make sure your gloves aren't too tight as warm air needs to be able to circulate.
- **Avoid having bare feet** – Always wear socks, slippers or shoes in the house.
- **Put your feet up** – Hot air rises, so keep your feet up on a stool when sitting down, as floor level is likely to be the coolest part of a room.
- **Go for woolly socks.**

Flu Season

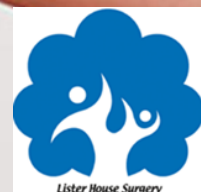
Experts have predicted that flu levels in the UK will be higher than normal this winter due to last year's social distancing and mask mandates which lowered the level of natural immunity. To keep yourself safe, employ similar methods to preventing COVID-19, such as **washing your hands frequently** and **avoiding touching your eyes or mouth**. Also, make sure to get the free flu vaccine.

Flu vaccines are delivered to Lister House Surgery throughout the flu season – which stops at the end of January 2022.

On the 12th of November we started to receive deliveries of under-65 vaccines at the surgery. **We will be inviting those eligible for the vaccine over the next 2-3 weeks.** Eligible patients are also able to get their flu vaccine during their Covid booster appointments. Work is already underway sending invitations to patients, so **you do not need to contact the surgery.**

If you do catch the flu, you should **drink plenty of water, rest** as much as possible and try to **keep warm**. Taking ibuprofen and paracetamol can help ease some of the symptoms.





Where to go for support

On this page, you will find various methods and places to find the help and support you may need.

Always remember that seeking support when it is needed is okay, and it will be beneficial to both yourself and the people you care for.

Take breaks when you need them and look after yourself.



Carers UK has some excellent services that may benefit you if you are feeling isolated. Check out <https://www.carersuk.org/help-and-advice/get-support> for more information.

Forums can be a great option for finding people who understand you. From there, you can get advice or just express how you feel to a group of people just like you. Carers trust has an extensive directory of forums that you can browse: <https://carers.org/help-and-info/chat-to-carers-online>

For help and advice, contact:

Carers UK: 0808 808 7777 from Monday to Friday, 9am to 6pm

Carers Direct: Call 0300 123 1053 Monday to Friday, 9am to 8pm and weekends, 11am to 4pm

Samaritans: Available 24 hours a day on 116 123

Text the word 'SHOUT' to 85258: free and a 24/7 service

Age UK: Call 0800 055 6112 every day of the year, 8am to 7pm

Dementia Connect: 0333 150 3456

OMEGA, end of life care and help with loss: 01743 245 088

The Money Advice Service – for advice about money and benefits: Call 0800 138 7777 Monday to Friday, 8am to 6pm

Useful websites:

<https://www.carersuk.org/help-and-advice>

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/>

<https://www.crossroadstogether.org.uk/>

<https://www.kids.org.uk/young-carers>

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/community-support-near-you-infolink>

<https://makingspace.co.uk/services/carers>

<https://healthwatchderbyshire.co.uk/support-and-advice/carers/>

