

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.

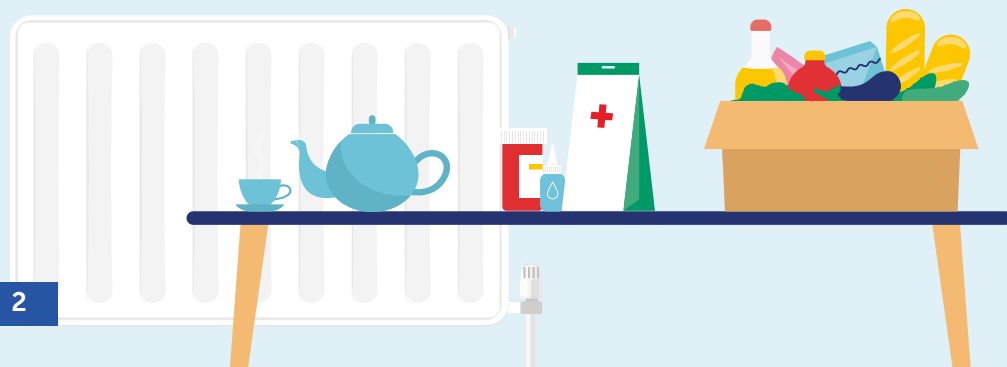
Keeping warm and well over the winter can help to prevent colds, Covid-19, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

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.
wellnewham.org.uk/winter-wellness

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 number of warm spaces in Newham, including libraries.



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 (nasal spray) from 2 years old up to 17 years old. Children in school will be offered the vaccine in school. 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.
- There are lots of community groups in Newham where you can meet people, socialise and get involved in activities. Visit wellnewham.org.uk/advice/connecting-others

FIND ADVICE AND SUPPORT

HEALTH AND WELLBEING



NHS 111

If you need urgent medical attention, but it is not life-threatening, visit **NHS 111 online** or call **111 first**.

Seeing a doctor out of hours

Urgent doctor's appointments are available seven days a week, including in the evenings, weekends and on bank holidays. Call your practice or NHS 111 to book.

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. Community pharmacists can also supply prescription medicines if you need them for seven different conditions without you needing to see a GP, under a new scheme called Pharmacy First. These conditions are:

- earache in children (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections (UTIs) in women (aged 16 to 64 years)

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. **Call NHS 111 and choose option 2.**

Mind

Mind can provide mental health support through a range of services.

020 7510 1081

www.mindthnr.org.uk

Newham Talking Therapies

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

0208 1751 770 – select option 1

www.elft.nhs.uk/newham-talking-therapies

Good Thinking

Good Thinking is an online platform that supports Londoners to look after their mental health and wellbeing in a way that works for them.

www.good-thinking.uk

For more information about the mental health support available in Newham, visit the Well Newham website.

www.wellnewham.org.uk/healthy-mind

MONEY AND ADVICE



Finance advice

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

www.wellnewham.org.uk/advice/help-money

Citizens Advice

Provides free, independent, confidential and impartial advice on a wide range of subjects. Appointments are available at their office in Canning Town (123 Star Lane, E16 4PZ).

020 3855 5233

eastendcab.org.uk/newham

Money A&E

Money advice & education for Newham residents.

020 8616 3750

www.moneyaande.co.uk

Our Newham Money

Hardship support, debt advice and income maximisation guidance.

020 8430 2041

www.ournewhammoney.co.uk

You can also come along to

112-118 The Grove, E15 1NS



COST OF LIVING SUPPORT



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. For more information visit:

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

Warm spaces

There are a number of warm spaces in Newham that you can go to if you are struggling to heat your home. They include libraries.

www.newham.gov.uk/warmhavens

Food banks

The Trussell Trust can provide food parcels to people who may be struggling to afford the essentials. There are currently three food banks in Newham run by the Trussell Trust which you can access if you have a voucher. The food banks are at the Royal Docks Learning and Activity Centre (RDLAC), Bonny Downs and the Ascension Church Centre. Ask them about how to get a voucher or call their Help Through Hardship helpline for advice.

0808 208 2138

www.trusselltrust.org/get-help

Newham Food Alliance

The Newham Food Alliance provides food to Newham residents who are unable to afford food.

☎ 07790 975 086

🖱 www.wellnewham.org.uk/advice/help-buy-food

Our Newham Money

The team can help if you're not able to afford heating, food or other essentials.

☎ 020 8430 204

🖱 www.ournewhammoney.co.uk

Community Links

Free legal, welfare, and debt advice.

☎ 020 7473 2270

🖱 www.community-links.org

Energy saving

You can access energy-efficiency grants, advice and services.

🖱 www.newham.gov.uk/energygrantsadvice

☎ 020 8471 6954

Please remember to warm your home safely.

🖱 www.london-fire.gov.uk/safety



FAMILY SERVICES



Family Hubs

Family Hubs give families and young children advice and support.

🖱 www.wellnewham.org.uk/advice/advice-support-families

Families can also find out about help and support available on the Well Newham website

🖱 www.wellnewham.org.uk/family-health



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**, including 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.


 www.wellnewham.org.uk/advice/walkinclinics

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.

 www.wellnewham.org.uk/advice/walkinclinics

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.
-  **Dieticians** 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.
Visit the AskSARA website to find out about other information and equipment that can support you to remain independent at home.
-  newham.livingmadeeasy.org.uk
-  **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.

Support in your community

There are also a range of people who can help you in your community, including:

- ✓ **Well Newham:** a website for all things health and wellbeing in Newham. It contains the Newham Directory of Service with links to over 500 organisations and support tools.
 - 👉 www.wellnewham.org.uk
 - 👉 www.wellnewham.org.uk/advice/well-newham-directory-services-powered-joy
- ✓ **Health champions:** Community Health Champions share up-to-date health information and connect people to services and support to improve the wellbeing of their community.
 - 👉 www.wellnewham.org.uk/advice/community-health-champions
- ✓ **Age UK East London:** provides a range of support and advice for older people as well as befriending services, activities and events.
 - ☎ 020 89817124
 - 👉 www.ageuk.org.uk/eastlondon
 - 📍 Newham branch, 655 Barking Road, Plaistow E13 9EX
- ✓ **Support for carers:** if you're a carer and would like some support, we can help.
 - 👉 www.wellnewham.org.uk/advice/support-carers

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

Niniejszą broszurę można pobrać z naszej strony internetowej w wielu językach oraz w formacie do łatwej lektury (Easy Read). 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, precum și în limbaj facil. 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 আমাদের ওয়েবসাইটে কমিউনিটির বেশ কয়েকটি ভাষায় এবং সহজপাঠ্য ফরম্যাটে পাওয়া যায়।
[www.northeastlondon.icb.nhs.uk/winter] ঠিকানায় ভিজিট করুন

ਅਨੁਵਾਦ ਅਤੇ ਵਿਕਲਿਪਕ ਫਾਰਮੈਟ

ਇਹ ਵਿਤਾਬਰੀ ਸਾਡੀ ਵੈਬਸਾਈਟ ਤੋਂ ਕਈ ਕਮਿਊਨਿਟੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਡਾਊਨਲੋਡ ਕਰਨ ਲਈ ਅਤੇ ਅਸਾਨੀ ਨਾਲ ਪੜ੍ਹੇ ਜਾਣ ਵਾਲੇ ਫਾਰਮੈਟ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। [www.northeastlondon.icb.nhs.uk/winter] ਤੇ ਜਾਓ

ترجمے کے دوجے فارمیٹ

ایہ کتابچہ کمیونٹی دیان کنی زبانوں وچ سے ایزی ریڈ (Easy Read) وچ ڈاؤن لوڈ لئی موجود اے۔
[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, 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?