Warwickshire TOGETHER

Keeping you warm and well this winter



Check on others who may be vulnerable



Have sufficient 'in date' food and medicine to last a few days



Heat rooms you spend most time in to 18°c



Keep yourself warm with layers of clothing and wear non-slip shoes



Use energy saving tips to save money on heating



Make sure appliances are safe and working well



Keep up to date with your vaccines



Download the Met Office app and check the forecast and the news



Get help. Call NHS 111 and 999 for emergencies

warwickshire.gov.uk/winterwellness

Supporting others over winter

Services are here to help but we can all play a part. Check in on neighbours and friends, particularly those more vulnerable to the effects of cold weather.

In addition to your GP the following services can help with medical advice.

NHS 111

For urgent but not life-threatening medical support contact NHS by phoning 111 or 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.

Pharmacies

Pharmacists offer expert advice for many common winter ailments such as coughs and colds, sinusitis, earaches and sore throats. If you feel unwell, you can get certain prescription medications for a range of ailments straight from a pharmacy, without a GP appointment. To find your nearest pharmacy, go to nhs.uk and search 'find a pharmacy'.

Warwickshire County Council

Cost of Living



We know that living costs continue to present challenges, particularly over the winter months. Knowing where to find the right information, support and advice can make all the difference.
Visit www.costoflivingwarwickshire.co.uk

Free advice around household energy

If you, or someone you know, is struggling with high energy bills or is in debt please contact Act on Energy on **0800 988 2881** or visit **www.actonenergy.org.uk/support/hsf-warks**

The service can also help people arrange a boiler service or repair and assist with general home heating and energy enquiries.

Help with energy costs - voucher campaign

People who are struggling to pay their energy bills may be able to apply for vouchers to help towards the cost. Households can apply whether they use pre-payment meters, pay by direct debit or on receipt of a bill.



Call **0800 408 1448** or visit **www.warwickshire.gov.uk/householdsupportfund** to find out more. This support is time limited and available from 16 December 2024 until the end of the campaign period. Those entitled to benefits eligible free school meals have already received this support.

If you, or someone you know, is affected by no longer receiving the Winter Fuel Payment you can find help at your local library from 23 December 2024. Visit with a form of ID and proof of your name and address and a member of staff can help you apply for this one-off support towards energy costs.
To find your nearest library visit:
www.warwickshire.gov.uk.findalibrary or call **0300 555 8171**.

This support is provided by Warwickshire Local Welfare Scheme and funded by the Department for Work and Pensions' Household Support Fund.

Emergency Support

Warwickshire's Local Welfare Scheme can provide one-off support to people facing unavoidable crisis when they have no other means of help. The scheme prioritises items necessary for day to day living particularly for those who may not be eligible for other support from the government.

Call **0800 408 1448** or **01926 359182**
or visit **www.warwickshire.gov.uk/localwelfarescheme**

Top tips

Keep your home warm and reduce your bills

- Sign up to your energy suppliers' Priority Services Register (PSR) if you are; a pensioner, disabled or chronically sick, or have a hearing or visual impairment
- Make sure your loft and cavity walls are insulated and don't forget to fit draught proofing
- 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 regular chimney sweeps to reduce the risk of chimney fires

Reduce the risk of health problems by staying warm this winter

- Try to have warm drinks and at least one hot meal each day
- Make sure all footwear has a snug fit with non-slip soles
- Keep your bedroom windows closed during really cold weather
- 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
www.warwickshire.gov.uk/keepwarm



Safe & Well



Respiratory illnesses are more prevalent in winter months and it's important to maintain a healthy weight at this time of year to help reduce your risk of serious illness.

Smoking can also increase the severity of symptoms. Quitting will improve your health whatever your age and no matter how long you have smoked. If you smoke 10 a day, you can also save over £2,000 a year by quitting!

Being active is a great way to look after your physical and mental health over winter. Even if you're staying indoors more, there are plenty of activities you can still take part in.

For more information on free stop smoking support, healthy eating, getting active and drinking less to stay well over winter, visit **www.warwickshire.gov.uk/healthylifestyle**

As you get older, you may start to find things more difficult to do. Learn more about the ways you can maintain your independence for as long as possible by visiting **www.warwickshire.gov.uk/livingwell**

Mental health support

If you are struggling with your mental health, you can phone the Coventry and Warwickshire Mental Wellbeing Line on **0800 616 171** or you can visit **wellbeingforwarwickshire.org.uk**

Available 24/7, 365 days/year, call the Wellbeing Line to talk to one of the friendly and compassionate advisors who can provide connection, advice, information and signposting to other services. On the website, you can also use the online chat function to speak to an advisor.



There are a range of mental health and wellbeing services that can help you to improve your wellbeing and support you during difficult times.

Visit **www.warwickshire.gov.uk/mentalhealth**

Winter vaccinations



Winter viruses can be very infectious, and some people may become seriously ill. Help to reduce the spread of winter viruses by getting vaccines if you're eligible and staying at home if you're feeling unwell. Vaccines can prevent the disease or can make it less severe.

COVID-19

You may be able to get a seasonal COVID-19 vaccine if you're at an increased risk of getting seriously ill from it. For example, this may be due to a health condition or your age. To check if you are eligible for the booster, visit the national booking service: **www.nhs.uk/covidvaccination**

You can call **119** free of charge to book over the phone if you cannot book online. You can speak to a translator if you need to.

Flu

Anyone can get the flu vaccination and it is free for certain groups including people aged 65 and over, pregnant women and those with health conditions.

Respiratory syncytial virus (RSV)

Those aged 75 and over are offered the RSV vaccine. RSV can cause pneumonia and other life-threatening conditions in older adults, with thousands needing hospital care each year.

If you're eligible for any of these vaccinations, your GP should get in touch with you.

If you're feeling lonely

Support is available for anyone who is feeling lonely and isolated over the winter months where colder weather and darker nights may reduce opportunities to meet up with others.

Walking, finding ways to connect with others, befriending services and keeping a healthy daily routine can help. Help yourself or others to combat loneliness, visit **warwickshire.gov.uk/loneliness**



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 450000**

Warwickshire Directory
Find information about local organisations, groups and agencies that provide activities, advice, services and support:
searchout.warwickshire.gov.uk



Police www.warwickshire.police.uk non-emergency number Tel: 101

Crime Stoppers crimestoppers-uk.org Tel: 0800 555 111

NHS nhs.uk For medical assistance: 111.nhs.uk Tel: 111

WCAVA wcava.org.uk Volunteering support Tel: 01788 574258

EQuIP www.equipequality.org.uk The Equality Inclusion Partnership Tel: 07377 431997

Age UK www.ageuk.org.uk Tel: 01926 458100

Samaritans www.samaritans.org Tel: 116 123

RISE cwrise.com Children's mental health Tel: 0300 200 2021

Coventry and Warwickshire Mind (mental health) cwmind.org.uk Tel: 0300 123 3393 Text: 86463

Citizens Advice
citizens advice

For free, confidential, impartial and independent advice on a range of matters, visit:

brancab.org.uk for Nuneaton, Bedworth, and Rugby

nwcab.org.uk for North Warwickshire

casouthwarwickshire.org.uk for South Warwickshire

Freephone: 0808 250 5715

Monday – Friday 9am-5pm

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

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



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NHS Coventry and Warwickshire · North Warwickshire Borough Council · Nuneaton Bedworth United to Achieve · Rugby · Warwick District Council · Warwickshire County Council · Warwickshire Police