

WINTER WELLNESS

Look After Yourself this Winter



Stay Warm

Heat your house, or even the room you are in, to at least 18 degrees. Evidence suggests this is better for heart and lung health, sleep and general health. Wear layers of clothing, including socks and a hat at night!



Eat Well

To stay well, it's important you eat a balanced, nutritious diet. Nottinghamshire Good Food can advise on healthy, affordable food:

www.nottinghamshire.gov.uk/goodfood.



Keep Active

Exercise can boost your mind and body and helps to protect your immune system. Just 30 minutes a day can help you stay strong and independent, even moving regularly helps you stay more steady.



Be Prepared

- Stay connected, keep in touch with family and friends
- Keep a list of emergency contacts
- Top up your first aid kit and store cupboard items
- Ensure your heating and boiler are serviced.



Stay up to date with your Vaccinations

If you are at greater risk of complications from flu and Covid-19 it's important to get vaccinated (over 65 you also get a pneumonia jab). Speak to your GP surgery or local pharmacy for more information.



Look After Your Home this Winter

Age UK Warm & Wise

Age UK's specialist Warm & Wise team supports adults aged 50+ living across Nottinghamshire to stay safe, warm and independent in their own homes.

Website: [Age UK](http://AgeUK)

Tel: 0115 859 9209

Email:

warmandwise@ageuknotts.org.uk

Nottingham Energy Partnership (NEP)

NEP provides advice and practical support with home insulation, heating improvements and information on available energy grants.

Website: NEP

Tel: 0115 985 9057

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Winter can be a challenging time, but there are plenty of ways to keep yourself and your loved ones safe, healthy and connected. Local services and community organisations provide a range of services and advice to help you stay well during the colder months.

Stay warm, stay active, and look after your wellbeing this winter!

Local Support

Local Councils help with energy bills, housing, food, childcare and mental health and wellbeing. Contact your local council:

Website: [Nottinghamshire County Council](#) | Tel 0300 500 8080

Website: [Rushcliffe Borough Council](#) | Tel: 0115 981 9911



Local Help & Advice

Notts Help Yourself find local activities, events and community groups across Nottinghamshire. Visit: [Notts Help Yourself](#)



Rushcliffe Social Prescribing Directories offer advice, information and wellbeing activities across the borough. Visit: [Rushcliffe Social Prescribing Directories](#)

Rushcliffe Health – Your Local Primary Care Network provides the latest news from GP practices, social prescribing events, and local health and wellbeing opportunities.



Visit: [Rushcliffe Health](#)



Your CVS helps local charities, community groups, and volunteers to help make a difference across Rushcliffe. Volunteer, join community group, or get support and stay connected this winter.

Tel: 0115 969 9060 | Website: [Your CVS](#)

Winter Wise

The Winter Wise booklet is full of practical tips to help you stay warm, active, and connected during winter. It also lists sources of extra support if you need it.

Visit: [Winter Wise](#) or scan the QR code.



Useful Contacts

Pharmacy – for advice on minor injuries and common ailments.

GP Practice – your GP surgery includes a team of healthcare professionals, who can support you in person, by phone or online.

Urgent Care Centre – for urgent needs such as sprains, fractures, minor burns and skin infections.

Open 7am–7pm, 365 days a year.

Tel: 0115 883 8500

Mental Health Support – contact your GP surgery or:

Nottinghamshire Talking Therapies:

Call 0333 188 1060 or visit [Nottinghamshire Talking Therapies](#)

Mental Health Crisis Line:

0808 196 3779

Samaritans: 116 123

Shout: Text Notts to 85258

NHS 111 – for advice and signposting if you need help fast.

Call 111 or visit [111.nhs.uk](#)

999 / A&E – for serious accidents or life-threatening emergencies needing immediate medical attention.