

Keep warm and well this winter

Tips to help you prepare for cold weather this winter

www.nhsglos.nhs.uk

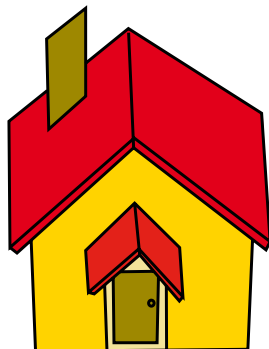
Keeping warm over the winter months can help prevent colds, flu or more serious health problems like pneumonia.

It's also important to be prepared for bad weather conditions like snow or ice, which may make it more difficult to get out and about.

About your home:

1. Keep your home warm

Your main living room should be between 18-21°C (64-70°F) and the rest of the house at a minimum of 16°C (61°F). You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.



2. You may be eligible for help to insulate your home

Insulating your walls and loft space will help keep your house warm and energy efficient.

You may be eligible for a grant from the Gloucestershire Warm and Well Scheme (www.warmandwell.co.uk) to help insulate your home. For free, impartial advice about this and other energy saving grants and offers call the Energy Saving Trust advice service on 0800 512 012.

3. Ensure that your heating system won't let you down when you most need it

Make sure you know how your heating system works, and keep it maintained throughout the year. Don't wait until the winter months to check that it is working.

If you use heating oil, remember to order it early.

4. Avoid draughts

Use old clothing or household linen and blankets as draught excluders round doors and windows.

5. You may be able to claim financial help with heating your home

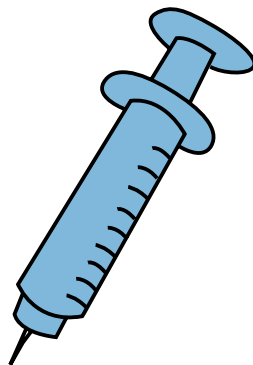
If you are over 60, disabled or on a low income you may be able to get financial help with heating your home. Grants available include the Warm Front Scheme, Winter Fuel Payments and Cold Weather Payments.

For more information about these schemes and the eligibility criteria, visit www.nhs.uk/winterhealth
Contact numbers are listed at the end of this leaflet.

About you:

6. Make sure you get your annual flu jab

People aged 65 or over, people with a chronic illness (such as diabetes or heart disease), and carers are eligible for a free flu jab. Contact your GP surgery to make an appointment as soon as you can, preferably in the autumn.



7. You lose a lot of heat through your head

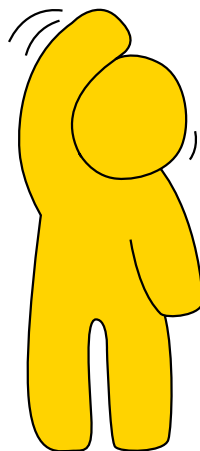
Keep a woollen hat handy and wear it, if needed, during the day and night.

8. Several thin layers of clothes are better than one thick layer

Wrap up warm, inside and outside. Wear trousers rather than skirts or dresses to keep your legs warm.

9. Keep active

Move around at least once an hour and don't sit down for long periods of time. Even light exercise will help keep you warm. You can also purchase disposable or reusable hand or foot warmers from your local pharmacy.



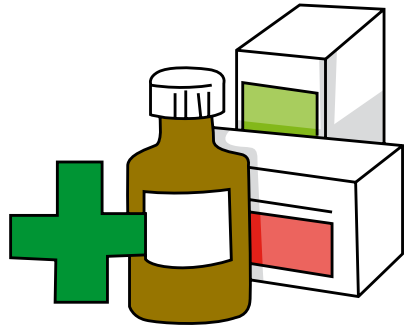
10. Plan meals in advance

Pre-cook meals for your freezer and keep some essential long life food products in stock in case the winter weather means you can't get out the house to go food shopping.

You can also keep a loaf of bread in the freezer, and freeze milk into ice tray cubes to use in hot drinks if you run out of fresh milk. To keep energy levels up in cold weather, make sure you eat regular meals and have mid morning and mid afternoon nutritious snacks. Eating a variety of foods including plenty of fruit and vegetables will help you to get the nutrients needed to stay well in the winter.

11. Stock up your medicine cabinet

Stock up your medicine cabinet with over the counter treatments for everyday illnesses, like indigestion or colds. If you take regular medication and need a repeat prescription, contact your local pharmacy to see if they have a home delivery service.



About your safety:

12. Check you have a torch at hand

Make sure that the battery and bulb are working in case of power cuts and that you have spare batteries. Think about getting a wind up torch as an alternative. Don't use naked flames or candles.

13. Use your local radio station

Stay tuned to your local radio station to listen to the latest weather and travel bulletins. And make sure you have some spare batteries.



14. Avoid going outside in icy weather to reduce the risk of falls

Be ready to accept help from friends, family and neighbours. Keep some salt for them to use on your doorstep and pathway to get rid of black ice and keep paths clear.

If you have to go out, wear shoes with a good grip. Another suggestion is to find some old thick socks and put them on over boots or sturdy shoes. This may also increase grip.

Finally, look out for elderly friends and neighbours, especially if they live on their own. If you are worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on **0800 1696565**

Further Information

If you would like further information about the issues covered in this leaflet, including local services and help with accessing information on benefits and grants, please contact the Gloucestershire GUIDe and PALS service on free phone **0800 0151 548**

GUIDe and PALS provide a free and confidential health, social care and disability information service for the public and professionals.

Useful contact information

Gloucestershire Warm and Well* (www.warmandwell.co.uk) can provide information on making your home energy efficient and local grants. For free, impartial advice about this and other energy saving grants and offers call the Energy Saving Trust advice service on **0800 512 012**.

NHS Direct is a 24 hour nurse advice and health information service. You can seek help either online at www.nhs.uk or by calling **0845 4647**.

The countywide Home Improvement Agency – ‘Safe at Home’ can provide practical advice and help with home maintenance, freephone **0800 032 3139**.

Village and Community Agents provide older people across Gloucestershire with easier access to information and services. To find your nearest agent call **01452 528491**, or visit www.villageagents.org.uk.

The Warm Front Scheme offers grants for heating and insulation improvements. To find out if you qualify, call a Warm Front advisor free on **0800 316 2805**.

The Winter Fuel Payment is a tax free payment to help older people keep warm during winter. To find out if you are eligible, call **08459 151515** or visit www.direct.gov.uk/winterfuel.

Cold Weather Payments may be available to you if you receive certain benefits or have a child who is disabled or under the age of five. To find out more contact Jobcentre Plus or visit www.direct.gov.uk/coldweatherpayment.

* Gloucestershire Warm and Well is being funded and managed independently from the Energy Saving Trust by the Severn Wye Energy Agency.

To discuss receiving this information in large print or Braille please ring **0845 658 3888**.

To discuss receiving this information in other formats please contact:

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如需以其他格式接收此信息，请联系

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