

KEEPING WELL THIS WINTER

YOUR GUIDE TO A HEALTHY SEASON



NHS

North East London


**WELL
NEWHAM**
For a healthier you


Newham London

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

- You can get your free flu vaccination if you are aged 65 and over, pregnant or have certain long-term health conditions. You can also get your free Covid-19 vaccine if you are aged 75 and over or if you are immunosuppressed.
- Children can get a flu vaccine (nasal spray) from 2 years old up to 16 years old. Children in school will be offered the vaccine at 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. Order repeat prescriptions in 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

Well Newham

For more information about health and wellbeing support in Newham, including mental health support, free vitamin D tablets for over 60s and more, visit the Well Newham website or ask at your local library.

🖱️ www.wellnewham.org.uk

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.wellnewham.org.uk/advice/winter-wellness

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 2041

🖱️ 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

Lower your energy bills

The Seasonal Health Intervention Network (SHINE) is a free service that helps low-income people to reduce energy bills.

📞 0800 953 1221

🖱️ www.shine-london.org.uk



FAMILY SERVICES



Family Hubs

Family Hubs give families and young children advice and support.

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

📞 020 3373 2555

@ familyhub@newham.gov.uk

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

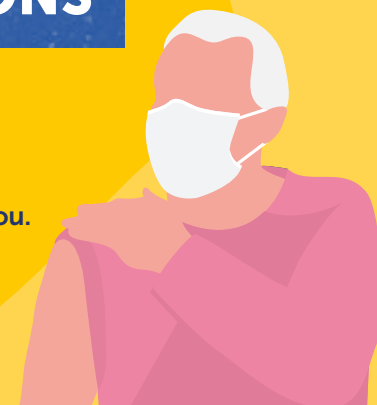
🖱️ www.wellnewham.org.uk/family-health



WINTER VACCINATIONS

Flu and Covid-19 can be life-threatening and **spread more easily in winter** when we are crowded together inside. If you are eligible, getting vaccinated against flu and Covid-19 will provide **protection for you and those around you.**

It is important to top up your protection, even if you have had a vaccine or been ill with flu or Covid-19 before, as **immunity fades over time** and these viruses can change each year.



Who is eligible

FLU VACCINE

- All adults aged **65 and over**
- People with **certain long-term health conditions**
- 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.**
- Frontline health and social care workers **through their employer**

Find out more:

🖱️ www.nhs.uk/flu vaccine

COVID-19 VACCINE

- All adults aged **75 and over**
- Residents living in a **care home for older adults**
- People aged **6 months and over** who are **immunosuppressed**

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
-  119
- Children aged 2 to 3 years old can get one from your GP or your local pharmacy.

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.

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 shingles vaccine and 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.
- ✓ **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.

 newham.livingmadeeasy.org.uk

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
- ✓ **Support for carers:** if you're a carer and would like some support, we can help.
📍 www.wellnewham.org.uk/advice/support-carers
- ✓ **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

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 ব্রুশার 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 ਕਿਤਾਬਕਾਰੀ ਸਾਡੀ ਵੈਬਸਾਈਟ ਤੋਂ ਕਈ ਕਮਿਊਨਿਟੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਡਾਊਨਲੋਡ ਕਰਨ ਲਈ ਅਤੇ ਅਸਾਨੀ ਨਾਲ ਪੜ੍ਹ ਜਾਣ ਵਾਲੇ ਫਾਰਮੈਟ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। www.northeastlondon.icb.nhs.uk/winter ਤੇ ਜਾਓ

ترجمے کے دو جے فارمیٹ

ایہ کتابچہ کمیونٹی دیان کئی زبانوں وچ تے 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. Complete the survey by visiting www.surveymonkey.com/r/FBLYYP6

FLU HIT HARD LAST WINTER AND SENT MANY PEOPLE TO HOSPITAL

PROTECT YOURSELF EARLY

Book your vaccine or walk into a pharmacy now.



YOUR ROUTE TO URGENT HELP



Minor illnesses can often be treated at home



Pharmacists can offer advice as well as medication over the counter



Your GP surgery should usually be your first contact if you have a health problem



NHS 111 provides help with a range of medical issues. They can connect you to an appropriate health professional for advice



Only call for an ambulance if you have a life-threatening medical emergency, or have a severe injury

Find out more by visiting

 northeastlondon.icb.nhs.uk/urgentcare



North East London

