



Your essential guide to wellbeing this winter

Information, advice and support



Foreword

We all feel the effects of cold winter weather and darker days, but it can be even more harmful for people with long-term ill-health or people aged 65 plus.

To help you get winter ready, we have pulled together this booklet which provides a wide range of advice and useful partner links to help you stay warm and well over winter.

Cheshire East Council, NHS Cheshire and Merseyside ICB and system partners are committed to improving the health and wellbeing of our residents and local communities this winter, to enable people to live longer and healthier lives.



Tips for getting prepared this Winter



Keep some extra food in the cupboard or freezer in case you can't get out to the shops.



Keep a mixture of salt and sand handy to put on steps or paths when it's icy – this can help you avoid a fall.



If you're worried about walking your dog in icy weather, **see if family, friends or a neighbour can help.** Or there may be local volunteers in your area.



Keep simple cold, flu and sore throat remedies at home.



Order repeat prescriptions in plenty of time, particularly if the weather might stop you getting out to pick them up. Ask your local pharmacy if it offers a prescription delivery service.



Follow simple hygiene measures to avoid germs, such as regularly washing your hands and keeping your distance from anyone with any symptoms of a bug or illness.

Keeping yourself warm

These tips can help you keep warm, both indoors and when you're out and about.

- If you're sitting down, wrap up with a shawl or blanket. Air is cooler at ground level – so you could even pop your feet up on something.
- If you struggle to stay warm in bed, try wearing some warmer layers. If it's particularly cold, thermal underwear and bed socks are a good idea – even a hat can really help you keep warm.
- Use a hot water bottle, heat bag or an electric blanket to warm the bed – but never use a hot water bottle and an electric blanket together.
- Water pipes can freeze and burst when it's cold, so it's important to know where your main stopcock is – and to check that it's easy to turn in case you need to turn the water off. If it's jammed, you might need to replace it.
- Install a carbon monoxide alarm in each room with a gas or solid-fuel burning appliance.
- Consider fitting a grab rail if you have steps at your front or back door.
- Check your smoke alarms are working. Your local fire service might be able to come round and do a free home fire safety check for you – and you might even be eligible to get free smoke alarms fitted. They'll also offer useful information leaflets. You can find the contact details of your local fire service at www.fireservice.co.uk.

Check that everything's working

- It's a good idea to get your heating system serviced every year in the run-up to winter to make sure it's running safely and efficiently. Make sure gas heating is serviced by a qualified Gas Safe registered engineer. If you're a tenant, your landlord should check that your gas heating system and appliances are safe at least once a year. You could also ask your energy supplier whether they have any further advice to help you prepare for winter.
- Keep a torch handy in case there's a power cut. You could also keep things like a radio, mobile phone or laptop charged, just in case.
- Could you ask someone to pop over to check in if there's a long period of particularly cold weather?
- Is your area prone to flooding? If so, you can sign up to Floodline to receive free flood warnings by phone, text or email. Tel: 0345 988 1188 www.gov.uk/sign-up-for-flood-warnings

Time to get your vaccinations

We are thankful to those who have chosen to protect themselves, their family, friends and the wider community by having their Covid-19 and flu vaccinations.

We would urge all of our residents who are eligible to get the Covid-19 booster and flu jabs.

The seasonal booster is safe, effective and the best way to prevent serious illness from Covid-19.

The booster dose appointments of the Covid-19 vaccine can be booked on the [NHS National Booking Service website](https://www.nhs.uk/booking-service/) or by calling 119. You can also get a Covid-19 vaccine without an appointment by searching for a [NHS local walk-in vaccination clinic](https://www.nhs.uk/local-walk-in-vaccination-clinic/) online.

nhs.uk/nhs-services/covid-19-services

The following groups are eligible at the time of printing for a Covid-19 booster vaccine to increase protection against respiratory viruses this winter:

- ✓ Residents in care homes for older adults
- ✓ All adults aged 65 years and over
- ✓ People aged 6 months to 64 years in a clinical risk group, as defined in tables 3 and 4 of the Covid-19 chapter of the UKHSA Green Book on Immunisation
- ✓ Frontline health and social care workers.
- ✓ People aged 12 to 64 years who are household contacts of people with immunosuppression, as defined in the UKHSA Green Book
- ✓ People aged 16 to 64 years who are carers, as defined in the UKHSA Green Book, and staff working in care homes for older adults

This is because the risk of severe Covid continues to be strongly associated with increasing age and underlying health conditions.



cwp.nhs.uk/livingwellservice
cheshireandmerseyside.nhs.uk/your-health/helping-you-stay-well/coronavirus-covid-19-vaccination/

Ward off winter illness

Protecting ourselves and those we love over winter means staying safe, being vigilant, keeping warm and eating well. Cold weather can make some health problems worse and even lead to serious complications. The table below will help you tell whether you have a cold, flu or Covid, to allow you to stay illness free and to make sure you have the medical essentials you need at home.

The difference between Covid-19, flu and cold symptoms

| Symptom | Covid-19 | Flu | Common Cold | Guide: |
|-------------------------------|----------|-----|-------------|---------------|
| Aches and pains | ✓ | ✓ | — | ✓ Common |
| Cough | ✓ | ✓ | ✓ | — Sometimes |
| Diarrhoea | — | — | ✗ | ✗ Very rarely |
| Fatigue | ✓ | ✓ | — | |
| Fever | ✓ | ✓ | — | |
| Headaches | ✓ | ✓ | — | |
| Loss or change of taste/smell | ✓ | ✗ | ✗ | |
| Blocked or runny nose | — | — | ✓ | |
| Shortness of breath | ✓ | — | ✗ | |
| Sore throat | ✓ | — | ✓ | |
| Feeling sick or being sick | — | ✗ | ✗ | |
| Loss of appetite | — | — | — | |



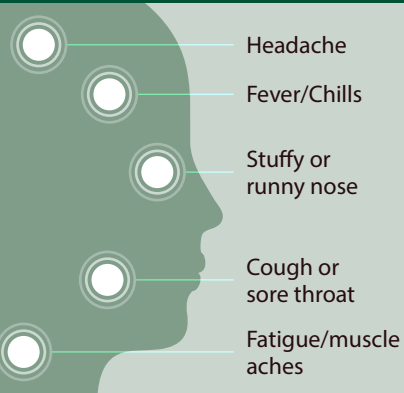
Medicine box essentials checklist

- ✓ Plasters/bandages
- ✓ Painkillers
- ✓ Antiseptic cream/spray
- ✓ Covid-19 lateral flow tests
- ✓ Cough medicine
- ✓ Lozenges/throat sweets
- ✓ Cold and flu tablets
- ✓ Anti-diarrhoea tablets
- ✓ Rehydration powders
- ✓ Indigestion treatment

Stay illness free this winter

Do you know how to prevent illnesses from spreading to you, your family, your workplace and others? Learn how to **SPOT, STOP, TREAT** and **PREVENT** illnesses this winter.

Spot symptoms



Treat

- ✓ **Rest! Rest! Rest!**
- ✓ **Contact 111 or your pharmacy** this winter initially before going to your GP or to the hospital
- ✓ **Make an appointment with your doctor** if your symptoms are persistent or get worse
- ✓ **Drink plenty of water**
- ✓ **Stay home** and away from others

Stop the spread

-  **Cover your mouth** and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow
-  **Wash your hands** often with soap and water. Use hand sanitiser when available
-  **Avoid touching** your mouth, eyes and nose
-  **Clean surfaces** with disinfectant at home and in the office
-  **Throw away used tissues**
-  **Try and stay at home if you are sick or feel unwell**
-  **Avoid contact with sick people**

Prevent

Get the Covid-19 and flu vaccines as soon as you can

Staying Independent



Cheshire East Care Services Directory

The comprehensive guide to staying independent, improving your wellbeing and choosing your care.

Cheshire East Council is committed to supporting residents to live well and for longer, helping them to remain independent where they can do so safely.

We want to put people in control of their lives so that they can prevent or postpone the need for formal care and support, and instead access services that are set up to ensure that people are encouraged to maximise self-reliance and to learn or re-learn skills in order to remain as active as possible.

The latest edition of the Care Services Directory 2023/24 includes essential and specific guidance to help with accessing support and care.

[Cheshire East Care Services Directory | Care Choices](#)

cheshireeast.gov.uk/livewell/livewell.aspx

Cheshire East One You Service

'One You Cheshire East' is a free health and lifestyle service which enables local residents who require support to; eat well, drink less, move more, lose weight and become smoke free through dedicated classes. Assistance is also provided by lifestyle support workers who can provide assistance to individuals in accessing these services.

More details of how you can access and utilise these services can be found in this link - [Home | One You Cheshire East](#)

For more information on how to stay well this winter and on illnesses such as colds, flu, norovirus and many more visit nhs.uk/conditions







NHS 'Use The Right Service'

If you or your child needs medical help, there are many options to choose from, but it's important you pick the right service to ensure you receive the right care as quickly as possible.

If you're unsure of what to do, **NHS 111** can help direct you to the right service for your healthcare needs.

What do I need help with?

Where can I go for help?

| | |
|---|--|
| <ul style="list-style-type: none">• Minor cuts and grazes• Minor bruises• Minor sprains• Coughs and colds |  Self Care |
| <ul style="list-style-type: none">• Minor illnesses• Headaches• Stomach upsets• Bites and stings |  Pharmacy |
| <ul style="list-style-type: none">• Feeling unwell?• Unsure?• Anxious?• Need help? |  NHS 111 |
| <ul style="list-style-type: none">• Persistent symptoms• Long term conditions• Chronic pain• New prescriptions |  GP Advice |
| <ul style="list-style-type: none">• Breaks and sprains• X-rays• Cuts and grazes• Fever and rashes |  Urgent Treatment Centre |
| <ul style="list-style-type: none">• Choking• Chest pain• Blacking out• Serious blood loss• Stroke |  A&E or 999 |

Food help

Eating well is essential to staying well over winter. But this year, many people may find it tough to afford even essential groceries. However, there is plenty of help and support out there including food banks, community kitchens, free school meals and even apps to help get the nutrition you need for less.



Free school meals

We provide two types of free school meals to children attending a school within Cheshire East.

- **Free school meals for infants**
- **Income related free school meals (IRFSM)**

We suggest you do make a claim for free school meals even if your child is in Key Stage 1 as the school can claim additional funding (pupil premium) for new equipment and resources.

You can apply for nursery-age children if they attend before and after lunch sessions at a local authority nursery school, nursery class or an Academy nursery if it has the same Ofsted number as the primary school.

Phone **0300 123 5012** or visit cheshireeast.gov.uk/schools for further information and help.

Other useful links

We all need our food budget to stretch further, yet still make healthy and nutritious meals for all the family.

bbc.co.uk/food/collections/1_dinners

jackmonroe.com

worryingaboutmoney.co.uk/cheshire-east

bbc.co.uk/food/collections

Cheshire East Council are not responsible for content on external sites.



Food help

Food banks

Some residents in Cheshire East are struggling to make ends meet following the pandemic and are turning to additional support, food banks and soup kitchens for food supplies.

Find out more at

livewellservices.cheshireeast.gov.uk/Search?CategoryId=29

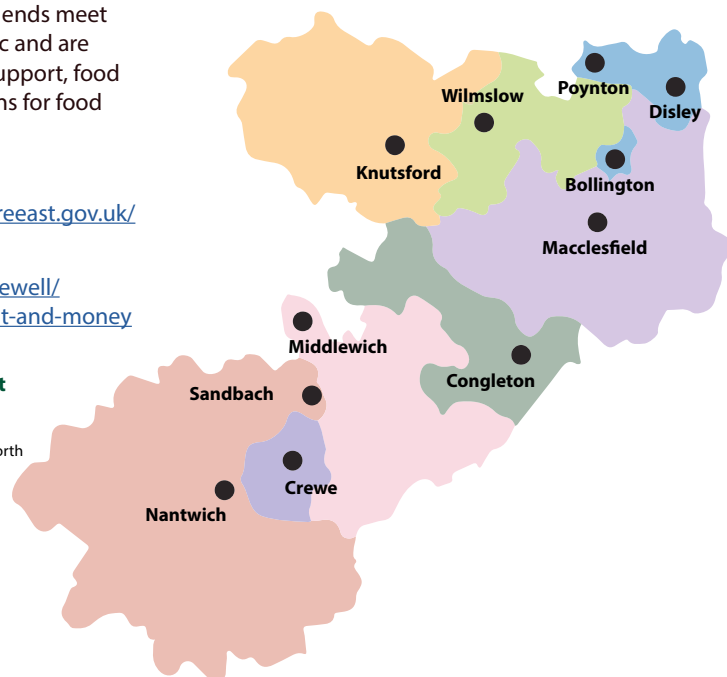
cheshireeast.gov.uk/livewell/education-employment-and-money

Food banks and soup kitchens in Cheshire East

- Knutsford, Colshaw, Handforth
- Wilmslow, Lacey Green
- Congleton
- Crewe
- Macclesfield
- Nantwich, Sandbach
- Middlewich, Alsager

- Alsager and District Food Bank
- Cre8 Macclesfield
- Hope Central Colshaw
- Hope Central Handforth
- Hope Central Knutsford
- Hope Central Lacey Green
- The Lighthouse Centre Soup Kitchen
- Macclesfield Community Kitchen
- Middlewich and District Food Bank

- Nantwich Food Bank – The Trussel Trust
- Salvation Army Community Drop-in Centre, Crewe
- Salvation Army Food Parcels, Crewe
- Sandbach Food Bank
- Silklife Foodbank
- St. Paul's Pantry Foodbank
- The Storehouse Foodbank – New Life Church, Congleton
- Wilmslow Food Friend



If you are struggling to afford enough food to feed yourself and your family and need help, the items below are available at food banks throughout Cheshire East:

Examples of non-perishable food items likely to be available:

Canned goods: soup, tomatoes, beans, canned fruits and vegetables

Long-lasting drinks: UHT milk, fruit juice, tea bags and coffee

Food cupboard items: pasta, rice, cereals, lentils, beans and pulses

Spices

Baby food

Examples of non-food items likely to be available:

Toiletries: toothpaste, toothbrushes, deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, hand wipes, female hygiene products

General household items: laundry liquid detergent, laundry powder and washing up liquid

Baby supplies: nappies and wipes

Clothing: thick, warm clothes, woolly scarves, hats, gloves, thick lined coats

If you don't need the help and support of a food bank and can afford to, why not donate the items above to help residents in your area who are struggling and need the extra help?

You can donate directly to your local food bank or at collection points, such as in supermarkets.

Social Supermarkets and Pantry's

A social supermarket is a shop which sells discounted food for those on lower incomes. So, social supermarkets differ from food banks, in that the food is not entirely free, but provides a wider range of food than a food bank may have, for a very low cost.

Food banks are also for those in immediate crisis, who need help in a timely manner. This is another point where social supermarkets and food banks differ. They fill the gap between supermarkets and food banks, helping those unable to afford full-priced food, yet may fall outside the realm of being 'eligible' to use a food bank.

Please find listed a series of links to Social Supermarkets throughout the borough of Cheshire East

CRE8 Grocery (Macclesfield)
www.cre8macclesfield.org/grocery.html

Chance Changing Lives Social Supermarket (Crewe)
www.chancechanginglives.org

The Green Tree House (Congleton)
TGTH Congleton Social Supermarket | Congleton | Facebook

The Bread-And-Butter Thing (Knutsford)
www.breadandbutterthing.org
The Sandbach Pantry (Sandbach)
[ThePantry@SandbachHub \(sandbachpantry.org.uk\)](http://ThePantry@SandbachHub (sandbachpantry.org.uk))
Bollington Community Grocery (Bollington)
www.bollington-tc.gov.uk/bollington-community-grocery

General advice

Recipe Ideas

We're all looking for ways to eat well and save money, in particular ways to avoid using the oven, one of the more expensive appliances in the home.

Maybe you're digging out those gadgets from the back of the cupboard that haven't seen much use before, including the slow cooker!

If this sounds familiar and you're looking for some recipe inspiration, there are [over 100 slow cooker recipes](#) to try on the BBC Food website. Whether it's a hearty stew, slow cooked curry or even something sweet, hopefully there will be something to spur you on to use the slow cooker more.

www.bbc.co.uk/food

Money Tips

It can sometimes be hard to find information on the benefits we may be entitled to, but help is at hand!

On the Gov.uk website there are some [Benefits Calculators](#) which help you check what you are entitled to, how much you might be entitled to and how your benefits may be affected if your circumstances change.

You'll need a few bits of information to hand when using the calculators, such as payslips, outgoings, savings and council tax bill.

www.gov.uk/benefits-calculators

Keeping Warm

It's important to keep warm in order to maintain good mental and physical wellbeing but with the cost of energy it can be a tough balancing act.

Moneysavingexpert.com shared an article about [heating the human not the home](#), advising ways you can stay warm without having to resort to turning the heating up.

The article includes a cost comparison of different methods to keep warm and some simple reminders around wearing layers and keeping your feet warm. They may seem like obvious suggestions but it can help to remind yourself every now and then.

www.moneysavingexpert.com/utilities

Fuel and energy help

Many people are worried about the cost of heating their home this winter, and may struggle to keep warm. As with food though, there are various support schemes available to help with fuel bills.

Cost of living

Concerned about the
Cost-of-Living?

visit: cheshireeast.gov.uk/costofliving

Many of us are concerned about the increased cost of living and how we can maximise our income and manage our money effectively.

We have brought together a list of support available nationally and locally for residents of Cheshire East.

The Cost of Living Crisis Team are available on 0300 123 5024 between 8.30am to 5pm Monday to Friday.

Further information about help available can be found on gov.uk/cost-of-living



Fuel and energy help

There is lots of information available online on how to keep warm and keep your energy bills low.

Take a look at the suggested websites and advise friends or neighbours who may be interested too.

WARM PLACES

Keeping Cheshire East warm

This Winter will be a challenging time for everyone. Which is why Cheshire East Council have created a network of Warm PlaCEs where people can keep warm, access hot food, and enjoy social activities in a supportive environment – what's available varies by location.

If you have space and a suitable venue, and would like to get involved, or to simply register your support for the Warm PlaCEs scheme, please visit www.cheshireeast.gov.uk/costofliving or call 0300 123 5024.

You'll also find details of our Warm PlaCEs charter and potential grant funding for community groups on our website.



Scan the QR code for more info.



www.cheshireeast.gov.uk/costofliving




The LEAP Project

LEAP -

The Energy and Money Saving Service

FREE FOR LOCAL RESIDENTS



We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can reduce your energy usage and keep you warm and cosy.

HOW IT WORKS:

If you are eligible, we will book you an appointment with one of our friendly, qualified advisers. LEAP can:

- Check your energy bills to ensure you are not paying too much for your energy**
- Provide FREE, simple energy saving measures** which can save the average household £30 on their energy bills a year.
- Give you day-to-day energy efficiency hints and tips** and ensure your heating system is set up to keep you warm and save money.
- Arrange a FREE telephone advice service** to help with benefits, debt and other money problems.
- Refer you for further funded energy efficiency improvements**, such as insulation and efficient heating systems.

Call us now on 0800 060 7567*
(Freephone) to book your appointment, or apply online:
www.applyforleap.org.uk

  LeapService *8:45am-5:30pm Monday to Friday

ARE YOU ELIGIBLE?

You may be eligible for the LEAP service if one of the below apply. If you:

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an income or disability related benefit



The Green Doctor

Take control of your energy bills

Worried about soaring energy bills? Register for a free consultation for help with saving energy, installing energy efficiency measures, accessing financial initiatives and changing tariffs. **Stay well and warm during the cost of living crisis.**

Who is eligible? Our free impartial advice is available for a wide range of people, many of which are struggling for the first time this year. You might fall into one of the following categories:

- ✓ Low income
- ✓ Poor housing or a cold and damp home
- ✓ High bills or energy debt
- ✓ Living with health conditions

Find out about our service in Cheshire, Lancashire & Merseyside:

0330 1740 863
greendoctor.clm@groundwork.org.uk
www.groundwork.org.uk/greendoctor



The benefits of exercise

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.

To stay healthy, you should try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities.

Ways to keep fit during winter



Physical health

Staying hydrated

It's critical that we stay hydrated throughout the winter months

Cold temperatures can reduce the body's thirst sensation by up to 40%. Spending time inside working, sleeping, and going about your day indoors exposes you to dry heat for much of your day. This can make you lose fluids and become dehydrated.

Our body needs water to:

- Regulate (control) body temperature (through sweating and breathing)
- Lubricate joints (to keep joints moving freely)
- Dissolve nutrients and minerals for the body to use
- Carry nutrients and oxygen around the body
- Help to flush viruses and infections out of the body
- Help prevent dry/cracked skin due to cold weather
- Help aid digestion and safely consume medication.

Symptoms of dehydration:

- Headaches
- Dry mouth
- Dry skin
- Dizziness
- Lack of energy
- Problems concentrating
- Not going to the toilet regularly

Tips

- Drink a glass of water as soon as you wake up and before you go to bed.
- Eat lots of water-rich fruits and vegetables: Cucumbers, watermelon, grapes.
- Carry around a reusable water bottle to prompt you to drink regularly.
- Flavour your water with herbal/fruit tea
- Use this healthy wee chart to see how hydrated you are.
- Aim for a pale, clear colour. Dark yellow wee means that you are dehydrated, so drink more to rehydrate.



- 1 Very good
- 2 Good
- 3 Fair
- 4 Light dehydrated
- 5 Dehydrated
- 6 Very dehydrated
- 7 Severe dehydrated

Your path to wellness. Find it in nature.



Nature can do wonders for the mind and body. Especially with our range of weekly activities; from simple nature walks, wildlife friendly gardening to wildlife surveys and creative workshops. Sign up now and see how wildness can help your wellness.



Sign-up today

01270 685589 ebhealthy@everybody.org.uk
www.everybody.org.uk/green-spaces-for-wellbeing



Green Spaces
for Wellbeing

AT EVERY STAGE OF YOUR LIFE, WE ARE HELPING YOU TO LIVE WELL AND FOR LONGER, OFFERING A WIDE RANGE OF SERVICES ACROSS CHESHIRE EAST INCLUDING:

- ✓ Health and fitness memberships for gym, swim and classes at 16 locations across Cheshire East, with a range of sport activities also included
- ✓ Targeted health programmes such as a physical activity programme for those recovering from illness or have a long term medical condition, balance and mobility classes and more
- ✓ Disability and inclusion sessions including: Activity Hubs Inclusive Cycling, Activ8 Soft Play, holiday activities
- ✓ A range of sporting activities for people of all ages
- ✓ Learn to swim scheme



Visit our website to find out more:
www.everybody.org.uk

 **everybody**

Mental health and wellbeing

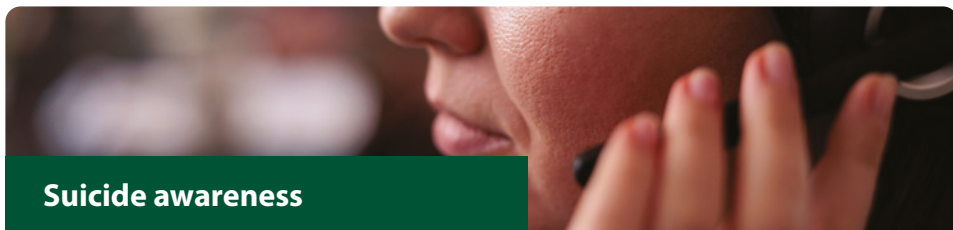


Five steps to mental wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing



Suicide awareness

If you are struggling with your mental health and need urgent support take a look at the many agencies who can help.

cheshireeast.gov.uk/livewell/health-matters/keeping-well/suicide/suicide

Cheshire & Wirral Partnership NHS Foundation Trust Mental Health Support

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

Mental health problems affect around one in four people in any given year. To help tackle the issues associated with Mental Health, Cheshire & Wirral Partnership NHS Foundation Trust have produced the attached toolkit which details how you can find the right support if you are suffering from issues relating to your Mental Health.



**Cheshire and Wirral
Partnership**
NHS Foundation Trust

Find the right support for you

Mental health services in Cheshire East



Talking therapies self-referral

Talking Therapies services are for adults and older people, with mild, moderate-to-severe symptoms of anxiety or depression. You can find your local services at www.nhs.uk/help



Shout mental health support text 'BLUE' to 85258

Are you feeling anxious or stressed and need support? Text 'BLUE' to 85258 to start a conversation via text with a trained volunteer who will provide free and confidential support. Open 24/7.



Crisis Cafes

Safe spaces for people struggling with emotional distress who consider themselves to be in a self-defined crisis.

The Weston Hub

01625 440700 Open 10am-10pm

The East Cheshire Housing Consortium (EHC) provide the service and it is located at: The Weston Centre, Earlsay, Macclesfield, Cheshire SK11 8RL

Crewcial

07516 029050 Open 1pm-10pm

The service is operated by Independence Support Living (ISL) and is located at: 3 Partridge Close, Flat 2, Dunwoody Way, Crewe CW1 3TQ



24/7 Urgent mental health crisis line - 0800 1456485

If your mental health gets worse and you feel you are unable to cope, this is a mental health crisis. It is important to access support quickly. The CWP urgent mental health crisis line supports people to access the help they need and is here to help 24/7.

Useful Numbers

It's useful to jot down some important contact numbers that may come in handy over winter.

Gas Supplier

.....

Electricity Supplier

.....

Water Supplier

.....

Plumber

.....

Electrician

.....

GP Practice

.....

Local Pharmacy

.....

Other

.....

Stay warm and well this winter



Contact us

0300 123 5500

cheshireeast.gov.uk



[CheshireEastCouncil](https://www.facebook.com/CheshireEastCouncil)



[Cheshireeast](https://www.instagram.com/Cheshireeast)



[CheshireEast](https://twitter.com/CheshireEast)



[Cheshire-East-Borough-Council](https://www.linkedin.com/company/Cheshire-East-Borough-Council)

We are aware that some of the advice within this booklet requires internet access.

Residents are welcome to attend our libraries or other community resources where they can access a computer and the internet, plus a warm room.