

# How to stay well this winter

Advice and Information - Winter 2023

**Tips to help you stay well this winter and get the care you need.**



**Winter comes with a higher risk of health issues, particularly for older people or those with long-term conditions and compromised immune systems.**

Being cold can raise the risk of higher blood pressure, heart attacks and strokes. The cold, damp weather can aggravate existing health problems, making you more vulnerable to respiratory winter illnesses. But there are things you can do to stay well.

## Top tips to stay well from the NHS

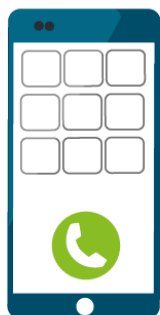
- **Get your vaccines and boosters.** Protect yourself and others by getting your COVID-19 booster and flu vaccination.
- **Keep warm during the day.** Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts. Try to heat rooms you regularly use to at least 18°C. **Make sure you're getting the help you're entitled to with your heating costs.**
- **Keep moving.** Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour.

- **Wrap up at night.** Wear layers to bed, including socks. Use a hot water bottle or an electric blanket. (Don't use a hot water bottle and electric blanket together.) Keep your windows closed at night.



- **Eat well.** Make sure you eat a balanced diet with lots of seasonal fruit and vegetables. And try to eat at least one hot meal a day. HMR Circle can provide meals for a small cost ([01706 751 165](tel:01706751165))
- **Stay hydrated.** Regular meals and hot drinks can help you keep warm. Many of the local libraries in Rochdale offer a warm space with hot drinks.
- **Have your medication on hand.** Make sure you have the right medicines at home in case you get poorly. Ask your pharmacist if you're not sure what medications you should have.
- **Stop the spread of germs.** Protect yourself and others by washing your hands with warm, soapy water, covering your mouth when you cough or sneeze, and wearing a mask in public spaces.
- **Look after your mental health.** The winter months can take a toll on our mental wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone – a friend, family member, or a healthcare professional like your doctor.

## If you get ill



- If you need medical help right now, call 111 or use **NHS 111 online**.
- If it is a real emergency and life-threatening, then you can call 999.
- If it's less urgent, contact your doctor or pharmacist. Find out how your pharmacy can support you. They offer lots of minor ailments support.

## Flu and COVID-19 vaccinations

It's important to get your seasonal flu and COVID-19 vaccinations if you're at higher risk of getting seriously ill from these illnesses.

You may be able get the NHS flu and COVID-19 vaccines if you:

- are aged 65 or over (including those who will be 65 by 31 March 2024)
- have certain health conditions or a learning disability
- are pregnant
- live with someone who has a weakened immune system
- are a carer
- are a frontline health or social care worker
- live in a care home



### If you're eligible for an NHS flu vaccine, you can:

- contact your GP surgery to book an appointment
- find a pharmacy that offers NHS flu vaccination (if you're aged 18 or over)
- book a flu vaccination appointment online or in the NHS App (if you're aged 18 or over)

Some people may be able to get vaccinated through their care home or their employer if they are a frontline health or social care worker.

You do not have to wait for an invitation before booking an appointment.

### **If you're eligible for the COVID-19 vaccine, you can:**

- book a COVID-19 vaccination appointment online
- Speak to your GP receptionist
- Enquire at your Pharmacy
- go to a walk-in COVID-19 vaccination site

### **Pneumococcal vaccine**

If you're 65 or over, you're also eligible for the pneumococcal vaccine, which will help protect you from pneumonia. **Ask your GP surgery.**



### **Rochdale Borough Council information:**

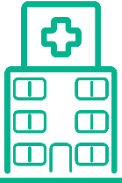
**<https://www.rochdale.gov.uk/covid-19/coronavirus-covid-19-vaccines>**

### **Who's most at risk from cold weather?**

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition





## Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- **a pharmacy** – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- **your GP** – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- **NHS 111** – go to [111.nhs.uk](https://111.nhs.uk) or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately – The nearest one in Rochdale is at Rochdale Infirmary on Whitehall St.... or call **999**.



## Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

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. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the [Gas Safe Register website](https://www.gas-saferegister.co.uk).

Make sure your home is fire safe. For fire safety advice specific to you and your home, visit the online home fire safety check website to complete a safety check for your home. <https://www.safelincs.co.uk/hfsc/>

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about [ways to save energy in your home from GOV.UK](#), or call the government helpline on **0800 444 202**.

You can also find out more from GOV.UK about benefits and financial support if you're on a low income:

<https://www.gov.uk/browse/benefits/low-income>

## Useful Contacts:



- **Healthwatch Rochdale** – Feedback around health and social care, can also offer information, advice or signposting around health and social care topics.  
Tel 01706 249 575  
Email [info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)
- **Rochdale Carers Hub** Single point of access for carers living in Rochdale. Access information, advice and support services.  
Tel 0345 0138 208  
Email [enquiries@rochdalecarers.co.uk](mailto:enquiries@rochdalecarers.co.uk)
- **Rochdale Adult Social Care** A wide range of support and services available to Rochdale residents.  
Website <https://www.rochdale.gov.uk/adult-social-care>  
Tel 0300 303 8886  
Email [adult.care@rochdale.gov.uk](mailto:adult.care@rochdale.gov.uk)
- **HMR Circle** Membership organisation for older Rochdale Borough residents. Provides a number of social activities, digital support, drivers scheme and meals amongst other things. Tel 01706 751 165
- **Rochdale Together Advocacy Hub** Can help with NHS complaints. Tel 01706 641 389
- **Rochdale Borough Council** Tel 01706 647 474

## Information:

**healthwatch**  
Rochdale

action together

**Menopause Matters!**

Have your say

All Welcome

Please join us to discuss all things Menopause.

**THURSDAY 1ST FEBRUARY**  
**1PM - 3PM**

**Spotland Community Centre,**  
**Rochdale OL12 6PJ**

Please book on

<https://www.actiontogether.org.uk/civicrm/event>



For enquiries Contact us:

[info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)  
**01706 249 575**

**Menopause**  
Phase 1 and 2 reports

Mapping Exercise

Gathering feedback

Peer Support

Leaflet Coproduction

Local Offer

**healthwatch**  
Rochdale

**OPEN DAY**

**Tuesday 6th February 2024**  
**10:30am - 3:00pm**

**Venue: ROCHDALE TOWN HALL**

Come and join us for our annual open day to find out more about our organisation, volunteering opportunities and the impact we have made locally.

There will also be stalls from our partnership organisations.

For more information:

Contact us:  
**01706 249 575**

[info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)

[www.healthwatchrochdale.org.uk](http://www.healthwatchrochdale.org.uk)

[@HWRochdale](https://twitter.com/HWRochdale)

[@HWRochdale](https://www.instagram.com/HWRochdale)

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**healthwatch**  
Rochdale

Read all about it...

Pharmacy services are now playing a larger role in looking after people's health and following a discussion at Healthwatch Rochdale's Advisory Group we wanted to hear people's experience of using these services in the Rochdale Borough - Read our report!

The key findings within this report are:

- Medication
- NHS Minor Ailments
- Quality of Service

Would you like this report in an alternative format? [CONTACT US](#)

Tel: 01706 249 575 [info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)



Merry Christmas

We will close 12pm Friday 22nd December 2023 and reopen 10am Tuesday 2nd January 2024.

[www.healthwatchrochdale.org.uk](http://www.healthwatchrochdale.org.uk)

**healthwatch**  
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Have your say

**Womens Health**

Please share your experiences with us

[info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)

**NHS**

Download the NHS App and take control of your healthcare

Register now for quick, convenient access to your health and care records.

**healthwatch**  
Rochdale

Tell us your thoughts on this app

Have you missed appointments BUT never received a letter?

Share your feedback with us

**NHS**

**MISSING**

**healthwatch**  
Rochdale

# WE ARE RECRUITING!

## ARE YOU:

A stroke survivor who has had a stroke in the last 5 years?

OR

A recent or current carer of someone who has had a stroke?

IF SO, THEN  
WE WANT TO  
HEAR FROM  
YOU!

- Do you live in a Greater Manchester borough, including Rochdale?
- Are you willing to share your views and experiences?

## WHO ARE WE?

- We are a group of stroke survivors and carers that are part of the Greater Manchester stroke network
- We are a diverse group of people of all ages from all walks of life - no other experience is necessary

## WHAT DO WE DO?

- Our group shares our lived experience of stroke with the network
- Our voices help in the design and delivery of local stroke services
- We do this to help make stroke services better for patients and their families - both now and in the future

## WHAT DOES IT INVOLVE?

- Sharing your experience of stroke and your views to help us make services better
- You can be involved in the way that suits you best either online or face to face



BY THE END OF THE YEAR WE WANT TO WELCOME NEW STROKE SURVIVORS AND CARERS TO JOIN OUR GROUP – COULD YOU BE ONE OF THEM?

## HOW YOU CAN REACH US:



07717 275 839

(Tues-Thursdays, 9am-5.30pm)



deb.drinkall@nca.nhs.uk



@GMNISDN