

# Winter Wellness Guide for Carers 2022

SHROPSHIRE CARERS SUPPORT TEAM



*HELPING YOU STAY SAFE AND WELL*



*To help you through the winter months, we have created a wellness guide, so you have information at your fingertips!*

## Keeping Safe & Well



### Stay Protected

It's the time of year again when the colder weather creeps in and the winter months may start to feel a bit gloomy. Energy levels and motivation can drop and many of our activities and habits can start to dwindle away, so time to prepare for when the cold weather hits us by making sure it does not harm us and those around us.

The cold weather runs a risk of affecting anyone, but some people are more vulnerable to the effects of winter, those to consider are:

- People aged 65 and over
- People on a low income (so cannot afford heating)
- People who have a long-term health condition
- People with a disability
- People who find it hard to keep warm, such as babies and young people, bed bound or those with addictions.
- People who have a mental health condition

It is important to think about what we can do to help eliminate risks, such as:

### Flu Vaccine



The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu. Flu vaccination is important because:

- More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic.
- If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill.
- Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both of these serious illnesses.

If you've had COVID-19, it's safe to have the flu vaccine.

As a carer, if you catch flu, you may become too ill to leave home and it may make it impossible for you to continue to care for the person you are supporting.

If you receive carers allowance or are the main carer for an older or disabled person who may be at risk if you are ill, you are eligible for a free vaccine from the NHS. The flu vaccine is available at GP practices and pharmacies.

Read more on flu vaccinations and how to book here: [Flu vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

To find a local pharmacy that offers the flu vaccine: [Local Pharmacies - \(www.nhs.uk\)](https://www.nhs.uk)

For further information on who should have the flu vaccine, please visit: [www.gov.uk/government/publications](https://www.gov.uk/government/publications)

## Covid 19 Booster

The NHS have started to deliver an Autumn Covid booster, this is being offered to:

- Adults aged 50 and over.
- People aged five to 49 with health conditions which put them at higher risk - including pregnant women.
- Care home staff.
- Frontline Health and Social Care workers.
- Carers aged 16 to 49.
- Household contacts of people with weakened immune systems.

Some people may be eligible to have both the flu vaccine and Covid booster at the same time. To book a Covid 19 booster you can:

- Attend a walk-in clinic - letter, text, email from NHS not required. For details of Shropshire, Telford and Wrekin walk-in clinics please visit: [Covid-19-vaccinations/drop-in/](#)
- Book appointment via [National Booking Service](#)
- Or by calling NHS 119.

If you prefer to be vaccinated at your GP surgery, please wait to be contacted.

Supporting your immunity will help to protect not only yourself, but your family, friends and community. Take care and stay well this winter!

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## Plan Ahead

Winter and cold temperatures can be hazardous. Stay safe by planning ahead. Prepare yourself, your homes, and cars, prepare for electricity cuts and outdoor activity. Keep yourself warm.

### Prepare Your Home

Some of you may prefer to stay indoors in the winter but staying inside is no guarantee of safety. Take these steps to keep your home and the home of your cared for person safe and warm during the winter months. Each step helps to improve heating systems efficiency and cost effectiveness.

- Check your home is ready by installing insulation. Heat escapes through the roof of homes and through walls or gaps in and around windows and doors. Simple insulation strips around doors and windows (available for a few pounds from most DIY stores, will make a difference. Ensure your letterbox shuts securely to avoid losing heat.
- Close doors, use draught excluders.
- Clean out gutters and repair roof leaks. Keep chimneys swept.
- Buy thermal linings for curtains.

- Check your heating systems, have them serviced professionally to ensure working properly and well ventilated. Maintain the temperature, if you can't heat all the rooms you use, heat the most used room during the day and the bedroom just before you go to sleep.
- Consider getting a smart meter so you have more control over energy bills by knowing what it will be beforehand. Contact your energy supplier to request a smart meter free of charge or visit [Smart Meters](#)
- Install a smoke detector, test the batteries regularly.
- Have stairlifts and other mobility equipment serviced. Also essential appliances like oven and washing machine.
- Have warming foods and drinks.

## Prepare Your Car

- Have your car serviced, maintain antifreeze level, check tyres/tread and replace as necessary.
- Check the battery.
- Keep fuel tank at least half full to avoid ice in the tank.
- Keep a can of antifreeze and a scraper in the car.
- Prepare a winter emergency kit to keep in the car, to include:
  - o Blankets
  - o Spare Tyre
  - o A shovel
  - o Hi-visibility vest
  - o Screen wash
  - o Emergency Contact Numbers
  - o Portable phone charger
  - o Torch
  - o First aid kit
  - o Food and drink

## Outdoor Precautions

- Wear appropriate outdoor clothing, inner layers of light, warm clothing. Gloves, hats, scarves, waterproofs. 40% of body heat is lost from the head. Tight fitting mittens are better than gloves.
- Sprinkle salt, cat litter or sand on icy patches.
- Walk slowly if doing outside tasks.
- Carry a mobile phone.
- Carry emergency contact numbers.
- Check latest weather forecasts either by radio, TV, [mobile app](#) or [website](#).

Read [Here](#) about how to beat the cold.

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## Cost of Living

Worried about rising energy costs this winter?

Don't miss out on benefits. Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit [gov.uk/winter-fuel-payment](https://www.gov.uk/winter-fuel-payment) or call **03459 15 15 15** to see if you're eligible.

You may also be entitled to claim an Affordable Warmth Grant, which could help with heating and insulation improvements. For more information, call the Energy Saving Advice Service on **0300 123 1234** or visit [gov.uk/energy-company-obligation](https://www.gov.uk/energy-company-obligation).

To read about affordable warmth and energy efficiency, see latest offers in Shropshire and apply for Energy Efficiency Grants (full criteria), please read [Here](#)

Increases to prices in energy has put the energy providers market under pressure and, combined with an increase in demand this winter, may result in some energy providers going bust.

If your energy provider collapses, you will continue to receive gas and electricity. Ofgem will move your account to a new supplier, but you may not be able to negotiate the same price that you paid prior to the collapse of your energy provider.

Read more about steps that can be taken if your energy provider collapses [here](#)

Further reading - Martin Lewis, [Money Saving Expert](#) helping us to understand the choices open to us.

If you are struggling to make ends meet, there is advice available to you.

Read [Worry about Money - Shropshire](#) to find out more about some options that may be available to you. Link contains a few short questions, poster and useful leaflet to download.

- Shropshire Council Local Support and Prevention fund helps vulnerable people who are facing crisis or who may need to stay independent in the community. It is there to support short-term immediate needs – it is not a cash scheme; cash would only be given if there was no other way of meeting need. Read information on eligibility and how to apply [here](#)
- Shropshire Council Advice, Advocacy and Welfare Benefits service. Four local free, independent, confidential and impartial registered charities are working together to deliver this service in Shropshire. Read details of the charities, the support they provide and how to contact them [here](#)
- [Shropshire Larder](#) provides a wide range of information and advice on maximising income, budgeting and debts and household bills.

If you're worried about general debt, we recommend seeking advice from

- [Citizens Advice](#) – 01743 280019.
- [Barnabas Money Advice \(based in Shrewsbury\)](#) - 01743 364114.
- [16 things to help with cost of living](#) – Key resources.

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## Carer Information

### Carers Assessment

A carer's assessment is an opportunity for you to speak to someone about your caring role and the impact it has on your life. It is not a test to see how well you are caring, but a conversation to identify what support may assist you to maintain your own health and wellbeing.

It will consider the impact providing necessary care and support has on you and includes important aspects such as:

- Whether you're able and willing to carry on caring
- Whether you're currently working or want to work in the future
- Whether you want to study or socialise more
- What can you do to remain well?

Read more on Carer Assessments and what to expect by clicking [here](#) to book a carer assessment, please telephone First Point of Contact on 0345 678 9044.

### Making Your GP Aware You Are a Carer

Does your GP know you are a carer? By letting your GP know about your caring role, a carer flag can be placed on your notes which gives you access to more tailored advice and support as necessary. Read more about the benefits of advising your GP practice [Here](#)

### Emergency Planning

Have you ever worried about what would happen if you suddenly could not be there for the person, you support and care for?

It is important for all carers to make contingency plans with the person they care for to use in circumstances where help from other people to deliver care may be required. Depending on the circumstances, this could be from family or friends or a care provider.

A good, well thought out emergency plan will give you and the person you care for peace of mind, knowing that back up support can be put in place in case you need it.

Creating an emergency plan that includes key aspects of your friend or family member's health and care can make it easier for other people to step in if you're not able to care for them. More information on carer emergency plans and a template to complete [can be accessed here](#).

Get help if you have any concerns by contacting your GP or NHS 111 for advice or **in an emergency call 999 for an ambulance**.

## Equipment

The right equipment doesn't have to mean the gadgets and aids we normally think of when we need some support around the home to maximise our independence such as walking frames and stair rails. It can be Assistive Technology equipment, such as Alexa, one cup kettles and ring doorbell, all of which can be purchased locally from mainstream shops.

Shropshire Council offers a range of assistive technology from:

- Standalone Assistive Technology - designed to support individuals without the need for connection via a telephone line, from specialised bath plugs to equipment that lets carers see, hear and listen to a person in another room.
- Telecare Service - telecare uses telephone wires and wireless sensors to link up the home to a call centre which is automatically alerted if, for example has a fall or if the oven is left on. It can be a simple falls alarm to memory reminders.

To find out if you are eligible for equipment and adaptations, please call Shropshire Council's First Point of Contact on 0345 678 9044 to request an Occupational Therapy Assessment. The assessment will identify your needs and advise you on what may help you to maintain your independence within your home. Read more information on equipment and links to helpful sites on making life easier at home [Here](#)

## Available Support

### Shropshire Carers Support Team

Shropshire Carers is a dedicated carer support team within Shropshire Council, providing information, advice and support to carers over the age of 18 years old. Our vision is to enable carers to live their best lives by providing timely and quality information and support.

The service offers carers:

- 1-1 support – we work with you to explore the options available to you as a carer.
- Information and advice – personalised for you. Information line operates Mon – Fri – 9am till 5pm.
- Signposting or referrals to specialist advice and support – such as benefits advice, advocacy.
- Regular check in and chat calls to check on your wellbeing.
- Assistance with planning ahead.
- Peer support groups – within local communities.

Contact Shropshire Carers by phone – **01743 341995** or email:  
[Shropshire.Carers@shropshire.gov.uk](mailto:Shropshire.Carers@shropshire.gov.uk)

## Shropshire Carers - Carer Register

A way that you can keep up to date with what's going on, both locally and nationally. The Carer Register is a means of sharing important information quickly to you by whichever method suits you best i.e., text or email or letter. With enrolment to the register, you will also receive a carer ID/emergency card, emergency plan template and free five-part email course delivered by Mobilise online support for carers. Carers can de-register at any time by notifying Shropshire Carers.

Read more about the Register and how to join [Here](#)

## Mobilise Shropshire

Online support for carers in Shropshire. Mobilise is available on dial up speeds and can be accessed via tablets, mobile phones as well as laptops and computers. Mobilise offers information, tools to check eligibility for carers allowance and blue badges, weekly emails on key local and national updates, facilitated Face book, where carers can support each other, email course, 1:1 support call, coaching programme, website live chat and virtual cuppa's.

Take a look at [Mobilise Shropshire](#) and see how they may help you.

## Shropshire Choices

First stop shop for information on a wide variety of health and social care support. Residents can access services from Shropshire Council, NHS partners and voluntary and community groups.

Read more about what you can find on Shropshire Choices [Here](#)

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# Staying Connected



## Informational Support

As a carer it can be difficult to know where to find information that is current and, importantly, correct. Perhaps you are new to caring and don't know which way to turn. Whatever the reason here are some ways that you can keep yourself informed.

**Shropshire Carer Support team** – friendly support practitioners who can provide information, personalised for you. Just contact our information line to find out how we can help. Tel: 01743 341995 Mon – Fri 9.00am till 5.00pm or email:

[Shropshire.Carers@shropshire.gov.uk](mailto:Shropshire.Carers@shropshire.gov.uk)

**Shropshire Carers Register** is a way that you can keep up to date with what's going on, both locally and nationally. The Carer Register is a means of sharing important Information quickly to you by whichever method suits you best i.e., text or email or letter. With enrolment to the register, you will also receive a carer ID/emergency card, emergency plan template and free five-part email course delivered by Mobilise online support for carers. Carers can de-register at any time by notifying Shropshire Carers.

Read more about the Register and to join [here](#)

[Mobilise Shropshire](#) an online support for carers that offers information, tools to check eligibility for carers allowance and blue badges, weekly emails on key local and national updates, facilitated Face book, where carers can support each other, email course, 1:1 support call, coaching programme, website live chat and virtual cuppas.

[Shropshire Choices](#) - has a range of information on all aspects of health and social care plus a link to the Community Directory.

## Emotional Support

If you are feeling low this winter, please reach out and speak with someone.

**Shropshire Carers Support team** – we offer a listening ear. By talking through your situation, we can establish your needs and help you to reach solutions that assist you to move forward. Tel: 01743 341995 Mon-Fri 9.00am till 5.00pm

[Shropshire Mental Health Support](#) offers a wide range of support from groups, Calmer Café and telephone support.

[Mobilise Shropshire](#) If you are feeling really low [We offer free calls](#) with our carer support team. A friendly ear, the opportunity to get clarity around muddled thoughts, or simply just to connect.

[SHOUT](#) - You don't need to hide behind a smile.... you can talk with SHOUT over text 24/7, it's a free service available to everyone in the UK and it won't show up on your phone bills. And when you text there's a trained volunteer at the other end to talk with you – silently, by text message – until you feel calmer. Why not look at SHOUT's [Little Book of Coping Skills](#) a booklet with plenty of tips and techniques you can try to help you feel calmer and you can refer to it at any time.

[Samaritans](#) – if you need someone to talk to, Samaritans listen, without judgement and without telling you what to do. Call 116 123 for free, anytime of the day or night, 365 days of the year.

[Samaritans Self-help App](#) - keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

## Tangible Support

Shropshire offers a wide range of support to help you through the winter months. Please see information below on the support available.

**Shropshire Carers Support Service** – our dedicated team is here to support you offering help and advice. Our support line is available from Monday to Friday 9am-5pm Tel: 01743 341995 or you can email us at [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk).

[Shropshire Choices Support Finder](#) - a directory which gives you information on finding a care facility/paying for care/carer services/staying independent.

[Shropshire Community Directory](#) gives you information on where you can find help including benefits, groups, community transport, health and social care and housing.

[Mobilise Shropshire](#) is an online service for unpaid carers, which brings together the collective knowledge, wisdom and expertise of unpaid carers. Mobilise offers a range of information and opportunities to join their facilitated Face book, where carers can support each other, Virtual cuppas, 1:1 support via a phone call and website live chat.

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## Self-Care

Providing care, while often rewarding, can also have a significant impact on health and for carers both mental and physical health can be affected. Self-care is important, it isn't being selfish – it is essential that carers take steps to look after themselves. This means deliberately doing activities to promote good mental, physical and emotional health. Think about what small actions you can incorporate into your daily routine to help you stay well this winter. Adapt your wellbeing in winter without putting yourself under pressure.

### Building Resilience

Resilience is our ability to adapt and bounce back when things don't go as planned, so building your own resilience can help you to cope if a crisis presents itself. The good news is that we can learn to develop a resilient mindset and attitude. So, what can we do to build more resilience?

- Learn to relax – if you know a certain activity like
  - o taking a bath,
  - o listening to music or taking the dog for a walkhelps you to feel more relaxed make sure you set some time aside to do it.  
[8 tips for relaxation](#)
- Develop a good sleep routine or rest when you can - [10 tips on getting a good night's sleep](#)
- Practice gratitude – noticing something you are grateful for improves how you feel. Keep a gratitude journal and make a note of all the good things each day that are often easily forgotten.
- Meditation - spend 10 minutes a day doing [guided meditation](#)
- Movement for your Mind - help you look after your wellbeing with simple movements <https://qube-oca.org.uk/movement-for-your-mind/>
- Be active – doing physical activity is important for our physical and mental health. Going for a regular walk outside may help you feel less stressed, perhaps half hour walks in the morning to set you up for the day?
- Eat healthily – what you eat and when you eat can make a big difference to how you feel.
- Practice self-compassion. Learning to be kinder to yourself can help you to control how much pressure you feel and lower stress levels. Don't be hard on yourself if you don't do everything on the list.
- Distract yourself from the worry by doing a puzzle or playing a game. More things to do can be found at [Good Things to Do at Home](#)
- Stay connected with friends and family and develop a support network.

## Keep Physically Active

We all know that staying active is important to our health and wellbeing. It can feel harder to remain active throughout the winter months when it is cold and wet outside, and the days are shorter. Here are some ideas for ways to stay or get active over the winter months ahead.

### **Standing up – important for our health**

There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health. To reduce our risk of ill health from inactivity, we are advised to exercise regularly and reduce sitting time.

The [UK Chief Medical Officers' Physical Activity Guidelines report](#) recommends breaking up long periods of sitting time with activity for **just 1 to 2 minutes**. ***If you spend a lot of time at home in a chair, can you regularly get up and stand for a brief spell, walk round the room, swing your arms and do something that involves moving your body just for a few minutes?***

Many adults in the UK spend around 9 hours a day sitting. This includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train but does not include sleeping.

If you are interested to find out more, please read [Why we should sit less](#) for further information and advice.

Physical activity is vital for health whatever our age. Find information here: [Healthy Shropshire - Physical Activity](#) on the benefits of physical activity, and how much activity you need to do. The link also gives ideas for keeping active in your daily life, opportunities to join local exercise groups, sport or free activity.

**Walking is one of the best ways of taking exercise and improving your health and fitness.** Walking for health groups are available all over the county. They offer graded walks and there is something to suit nearly everyone, regardless of age or ability. They are a great way to enjoy being outdoors, meet new people, make friends and have fun!

Physical activity can help improve many medical conditions, but please check with your doctor first before attending a walk if you are not sure of the effects of activity on your condition

<http://www.shropshiresgreatoutdoors.co.uk/walking/walking-for-health/>

[Walk with me](#) – walking can be creative and fun as well as good exercise. you are invited to go for a walk outside, around your house and garden, or in your mind. You can document your walk in a variety of creative ways, or simply enjoy using your imagination by using the Walk with me guide.

Find your local walking for health [Here](#)

One of the key benefits of walking is being outside in natural daylight throughout the winter months and its free! Daylight is good for our physical and mental health and can improve our sleep patterns. During the dark winter months:

- Try to get as much natural light as possible – even a brief daily walk outside can be beneficial. Vitamin D is vital for healthy and strong bones.
- Make your work and home environments as light and airy as possible.
- Stand or sit near windows during the day, as often as you can when you're indoors.
- As far as you're able, take plenty of regular exercise, particularly outdoors and in the daylight.

## Managing Your Mental Health

Bad weather, shorter days, lack of support, depressing news every time we switch the TV on...all contribute to lowering our mental and emotional wellbeing.



Keeping a mood diary is a mindful activity that can help us track what is making us feel better and what is bringing us down. When you see a pattern emerge you can take steps to avoid or prepare for situations which cause you anxiety.... conversely, it means you can do more of what makes you happy too.

It's helpful to get outside if we can, especially if the sun is shining, so that we soak up as much vitamin D as possible. When we can't get out, we can still enjoy some of the benefits of being outside by trying virtual forest bathing (an ancient Japanese process of relaxation). Being calm and quiet and observing nature whilst breathing deeply can help boost our health and wellbeing in a natural way. Research has shown that viewing images of the forest can still cause changes in the brain and body that makes us feel more relaxed.

Try some virtual [forest bathing](#) and see whether it improves your mood.

There are several online sites that can help us to improve our mental wellbeing.

[Togetherall](#) – a safe online community where people support each other anonymously to improve mental health.

[Shropshire Mental Health Support](#) offers a wide range of support from groups, Calmer Café and telephone support. Please call 01743 368647.

[Shropshire Council bereavement support](#). A service to support Shropshire residents who are experiencing and suffering from bereavement and loss. The offer is open to anyone who has been bereaved by either a recent death or previous loss. The Bereavement Support Service is operated by Shropshire Council and community voluntary partners Samaritans, CRUSE, and Severn Hospice and CRANE counselling. If you or someone you know could benefit from this service, please call **0345 678 9028** for further information and access.



## Eating a Healthy Diet

It is important to ensure you stay on top of your diet and keep yourself well nourished. Eating a healthy balanced, nutritional diet is essential to keep your body strong and helps to maintain your physical and emotional wellbeing. Sticking to a healthy diet won't prevent you from picking up winter illnesses, but it can help maintain your immune system to better protect you. Should you fall unwell, a nutritious diet can help speed up your recovery.

A healthy diet can help to protect you from a range of health conditions including heart disease, Stroke, type II diabetes and some cancers. Good nutrition is important in aiding recovery following an illness or medical treatment when the body needs more energy. The link [8 tips for healthy eating \(NHS\)](#) gives practical tips on the basics of healthy eating.

The link to [Healthy Eating](#) provides some ideas on how to plan, enjoy and stick to a healthy diet.

The Eatwell guide is a good visual guide to healthy eating and the proportions of each food group to include in your diet. [Eatwell guide 2016 FINAL MAR23 \(bupa.co.uk\)](#)

A good community resource is the [Shropshire Larder](#) which gives details of Community Food Projects throughout Shropshire and handy tips on cooking on a budget.

It is important to keep up your fluid intake but avoid too much fluid before meals if you are struggling to eat. It is also worth looking at your medication if you are losing weight as some can interfere with the body's ability to absorb nutrients. There are several different reasons why appetite may be lacking, including ill-fitting dentures, poor oral health, problems with chewing, loss of taste and smell. You should consult your health care professional on any problems with your diet.

## Staying Connected

It is important to stay socially connected with friends, family and support mechanisms especially as winter draws near and the nights get longer.

Humans are naturally social creatures, and our lack of social interaction during the winter months can have a significant impact on our mental and physical health. Staying connected can help us stay healthy, reduce stress and improve our wellbeing. Covid 19 has meant that so much of our connection with others is now digital, over a phone, zoom or WhatsApp call. While this can't replace human contact it is a way that we can remain connected to other people and the wider world.

Being digitally confident can improve how we connect with family, friends and organisations who can support us.



If you would like more information or access to learning, short courses to support you are available to learn more about computer skills for all or just refresh your knowledge while building confidence.

[Shropshire Council Digital Skills](#) page gives details of different courses and sites to learn more and gain confidence in using the internet.

Try [Learn my Way](#) for courses on internet safety, online shopping and video calling. [Get Safe online](#) gives information on how on stay safe online.

[Digital Skills for Shropshire Citizens](#) - Help to get online and use the internet safely for over 65's.

[Make it Click](#) – Learn how to use the Internet for beginners.

## Importance of Play

As an adult, you have every right to enjoy yourself. In fact, adults need play. George Bernard Shaw once said, “We don't stop playing because we grow old; we grow old because we stop playing.”

In our hectic, modern lives, it's sometimes easy to focus heavily on our commitments that we never seem to have time for some fun. Play is not just for children. Researchers are finding that play for grown-ups can be an important means of reducing stress, stimulating creativity, improve connections with others, improve memory and maintain wellbeing.

Play is healthy and fun and there are many ways and different types of play e.g., adult colouring books can be very relaxing, playing fetch with your dog, going for a bike ride, doing some knitting. There doesn't need to be a point to the activity other than having fun and enjoying yourself. Decide what fun means for you, it may be a board game, scrapbooking, charades, a game of cards, crosswords or quizzes, jigsaw puzzles. Google 'bucket list ideas' for fun things to try.

[Good Things To Do at Home](#) – has some ideas of fun things you may like to try.

[Podcasts](#) – there're free! The luxury of podcasts means you have the opportunity to tune in to listening to favourite content keeping your hands and eyes free, perfect way to cut down on screen time. So much can be learned – there is a podcast out there for everything!

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## Helpful Websites to Stay Well this Winter

- Age UK [Winter Wrapped up guide](#) - a guide to keeping warm and well this winter.
- Shropshire Council - [Five Ways to Winter Wellness](#), information and advice, latest weather alerts and local information during bad weather.
- Shropshire Fire and Rescue Service - [Safe and Well Visits](#) – purpose of visits is to ensure you are aware of potential hazards within the home and can take appropriate actions.
- NHS Live Well - <https://www.nhs.uk/live-well/>
- Public Health England - [Stay Well Campaign](#)
- Local Food Bank Directory - <https://www.shropshirelarder.org.uk/emergencyfood>
- NHS Better Health – [Every Mind Matters](#)
- Gov.uk – Discounts and Offers – [Help for Households](#)
- Mobilise have a [growing community of carers in their private Facebook group](#), daily conversations take place – why not join them, they'd love to see you there.

More from Mobilise:

- [Financial help this Winter](#)
- [carers guide to respite](#)
- [getting started with paid support or home care](#), may be helpful first steps...
- ['How to save on the weekly shop'](#) includes top tips on how to save on groceries.

**To conclude, no one can stop the onset of winter. However, if you follow these suggestions, you'll be ready for it when it comes.**



## Top Tips – Be Ready for Winter!



Use the helpful check list below and tick the boxes so you know you are

	UK is prone to very changeable weather – keep your eye on the weather forecast. Visit <a href="#">Met Office (the national meteorological service for the UK)</a> to help you plan ahead.
	Check your boiler/heating system – does it need a service?
	Make sure stopcocks are easy to access and turn off in case of freezing weather and the risk of pipes bursting.
	Keep simple cold/flu remedies at home for coughs, sore throats and sniffles.
	Keep a torch handy in case of a power cut – blanket and candles will be useful too.
	Make sure your mobile phone is fully charged before leaving the house.
	Have spare batteries ready - hearing aids and remote control for the TV.
	Make sure you have enough of your repeat prescription medication and consider ordering a refill early if bad weather stops you getting out to collect it. Check if your pharmacy offers a prescription delivery service.
	To help avoid slips and falls, keep some salt handy to put on icy paths and steps.
	For motorists – is your car winter ready? Check your tyres, change the oil more frequently, check your battery, take bottles of water on the journey. Make sure your mobile phone is fully charged before the journey. Keep an emergency kit together in the car.
	Wear lots of light layers to keep warm and have regular warm drinks.
	Have an emergency contact number sheet where it is visible so that you can phone immediately to get support. Print off our template below to complete your own emergency care plan.

**\* Please print off**

<b>EMERGENCY CONTACT LIST</b>	<b>Supplier/Company/Contact</b>	<b>Name &amp; Telephone Number</b>
	<b>First Point of Contact (Shropshire Council)</b>	<b>03456 789044</b>
	<b>Emergency Contact</b>	
	<b>Emergency Contact Gas supplier</b>	
	<b>Gas Supplier</b>	
	<b>Electricity Supplier</b>	
	<b>Water Supplier</b>	
	<b>Plumber</b>	
	<b>Local Pharmacy</b>	
	<b>GP practice</b>	
<b>NHS 111</b>		

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